For Reference

Not to be taken from this room

Every person who maliciously cuts, defaces, breaks or injures any book, map, chart, picture, engraving, statue, coin, model, apparatus, or other work of literature, art, mechanics or object of curiosity, deposited in any public library, gallery, museum or collection is guilty of a misdemeanor.

Penal Code of California,
1915, Section 623.



Digitized by the Internet Archive
in 2012 with funding from
internet archive

http://archive.org/details/betterhomesgarde59jandesm

ETTER HOMES & GARDENS
January 1981

January 1981 · $1.25

Better Homes and Gardens®

Naturally good food– 33 recipes

Getting Closer to What Counts

34 color pages of home-focused ideas

ARDENING
ckyard
mper crops

REMODELING
Energy-smart home for a self-reliant life-style

CRAFTS
A wealth of family projects

BURLINGAME
DEC 31 1980
LIBRARY
01
0055





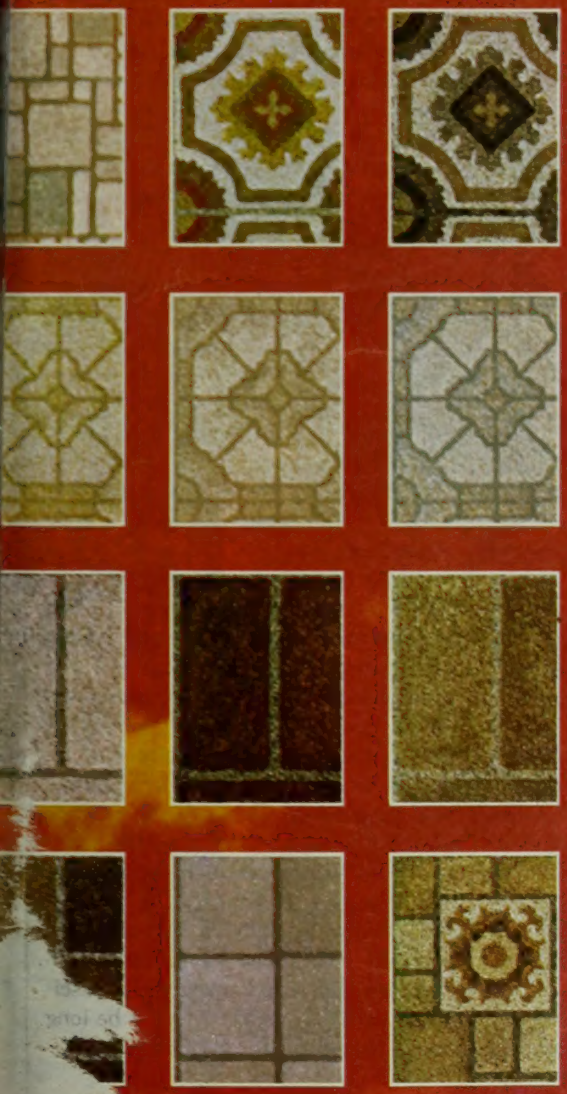
Armstrong Designe

48* beautiful no-wax floor



olarian®
ith one unique difference:

The richness of Inlaid Color.™





1. Varicolored granules are placed precisely onto the backing...

2. ...gradually building up the design–color by color.

3. Intense pressure and heat fuse the pattern into a solid inlaid vinyl...

4. ...sealed with a lasting protection and shine by the extra-durable Mirabond surface.

Most no-wax floors have their colors and patterns just printed on. But Designer Solarian is different. And that difference is called Inlaid Color. It's Armstrong's exclusive process that gives this floor its remarkable richness of color and uniquely "crafted" look that no printed flooring can begin to match.

Designer Solarian also offers the convenience of a long-lasting built-in shine. Its extra-durable Mirabond® surface resists scuffs and scratches, so it keeps its lustrous "like-new" look without waxing far longer than ordinary vinyl no-wax floors.

But as desirable as these features are, Armstrong knows that *first* and *foremost* on your mind when you're shopping for a new floor are color and design. And that's why Designer Solarian gives you such a broad selection—dozens of colors and patterns, so there's sure to be one that's right for you.

The richness of Inlaid Color...the sunny shine of the Mirabond no-wax surface...a wealth of color and design. Any way you look at it, Armstrong Designer Solarian has your number. See the full selection now at an Armstrong retailer. They're listed in the Yellow Pages under "Floor Materials."

*Periodic additions and deletions may affect the actual number of patterns available at any given time.

SEND FOR FREE INFORMATION ON ARMSTRONG FLOORS

For our latest brochure illustrating Solarian no-wax floors, plus our free 28-page booklet "How to Buy Resilient Flooring," send coupon to: Armstrong, Dept. 11F6h, P.O. Box 3001, Lancaster, Pa. 17604. Or just call the Armstrong Consumer Line, 800-233-3823. It's toll-free. (In Pennsylvania, call collect, 717-397-0523.)

Name _____

Street _____

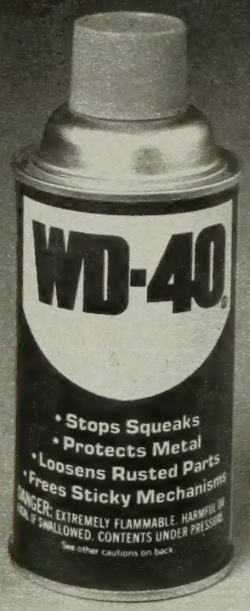
City _____ State _____ Zip _____

Armstrong

CREATORS OF THE INDOOR WORLD

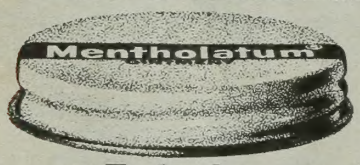
Certain floor designs copyrighted by Armstrong

Do it with



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

WD-40 COMPANY, San Diego, CA 92110



To help unstuff noses, unchap lips, untighten chests, uncap your Mentholatum Ointment.



Like a medicine chest in a jar.

EDITOR at large

What you're observing in the photograph below is one computer communicating with another over the telephone. It's not a scene from *Star Wars* or *2001* ("Hello . . . R2D2? This is Hal") but a real-life hookup between a small home computer and a much larger model in Columbus, Ohio. The smaller one, the one in the picture, is in our headquarters in Des Moines.

The way the setup works is logistically simple. We just dial the WATS telephone number of a Columbus company called CompuServe, then cradle the receiver in an attachment to our computer. Instantly, our small computer becomes a big one by extension and gives us access to a "database" of truly awesome dimension.



Photograph: Bill Hopkins

In computer talk, "database" means stored information, which in the case of CompuServe includes the complete Associated Press wire. World news, sports results, stock prices, weather —we have access to it all by merely striking a few keys. Or we might elect to display on our terminal's screen the editorial content of that day's *New York Times*, one of approximately a dozen newspapers that will be feeding onto CompuServe by the middle of this year.

But this service can do more than keep us well-informed. It also allows us to exchange messages with other CompuServe subscribers—the system acts like a cross between CB radio and an answering service—or even match wits with the computer in Columbus in games that range from electronic football to chess.

Recently we became one of CompuServe's suppliers, too. That company's current objective is to attract new subscribers by compiling an increasingly diverse and massive database, and we're the first magazine to be invited to join that effort. At least for the time being, our input will be modest, limited to supplementary information. For example, one of our Prize Tested Recipes this month is Oriental-Style Pork Steaks. You can learn how to make it by reading page 87. A nutritional analysis and meal plan aren't included because we'd rather use our space to run additional new recipes. But we're putting such information into CompuServe each month, and people with home computers who subscribe to the service can receive it.

To be sure, this isn't an especially large number—only about 10,000 subscribers have been signed up so far. For most families, cost poses a very big obstacle. Computers and their attachments are expensive devices. The equipment in our photograph, all necessary for the linkup, totals about $1,700 on the market. And CompuServe's time charges can add up quickly, too. Depending on how large a metropolitan area you live in, the fee runs from $5 to $7 an hour, which includes the use of the long-distance telephone line.

On the other hand, the price of home computers could drop quickly. Remember how dramatically the cost of calculators fell? Forecasters put the breakthrough point at $500; when reliable home computers can be sold for that amount, an eager public is expected to make them common household appliances. CompuServe predicts that by the end of this year the number of its subscribers will have multiplied by ten, climbing to a total of 100,000 people. Judging by the attention our own office computer gets—everyone who sees it work seems fascinated by it—I suspect it won't be long before that number tops a million.

Gordon Greer

Gordon Greer, Editor

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $10 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Controlled circulation postage paid at Des Moines, Iowa, and Lynchburg, Va. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336.

Benson & Hedges Lights

Only 11 mg tar



"B&H, I like your style."

Reg.: 11 mg "tar," 0.8 mg nicotine—
Men.: 11 mg "tar," 0.7 mg nicotine av. per cigarette

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

OUT OF EVERY 72 INQUIRIES, ONLY ONE MAKES IT AS A BETTER HOMES AND GARDENS™ REAL ESTATE SERVICE MEMBER.



YOU SHOULD BE SO PARTICULAR.

When we share the Better Homes and Gardens® name with someone, we are very particular.

We set the highest standards for our real estate members. And we ask tough questions about business reputation, successful track record, size and leadership, aggressive promotion, excellence in sales training, finance. The quality of the member is more important to us than pushpins on a map.

Out of 18,000 inquiries, only a few hundred...one out of 72...become Better Homes and Gardens® members.



It's as simple as this. People have come to expect quality when they see the Better Homes and Gardens® name.

So go with the sign that has two names you can trust: Better Homes and Gardens® and our real estate leader in your community.

THE REAL ESTATE MEMBERS OF

Better Homes and Gardens®

For relocation service call:
1-800-247-5050
(In Iowa call: 1-800-532-1430)

An association of independent brokers.

Litton knows you want it simple.



So we created Auto-Cook.

Litton knows you don't want to spend a lot of time learning microwave cooking.

So we created the exclusive new Litton Auto-Cook microwave oven. So simple, it lets you become a microwave expert on the first try!

Here's how simple:

1. The display panel asks you what kind of food.
2. How much it weighs.
3. And how you like it done.

Then Auto-Cook does the rest, cooking your food to perfection. Because the recipes are built into the oven's amazing memory. So Auto-Cook knows how to cook many of your favorite foods automatically.

And Litton knows you want other innovative, reliable features in your microwave oven. Like the Even Wave™ cooking system for uniform cooking results, large Meal-In-One® oven capacity, advanced Defrosting,™ automatic Hold Warm™ and Serve Time™ to turn the oven on when you're away.

Litton even knows you want microwave accessories and cookware. So we offer a complete line of quality Littonware.™

See a Litton today and find out why we say:

Nobody knows more about microwave cooking than Litton.

© 1981 Litton Systems, Inc.

L'eggs
WIDE BAND
KNEE HIGHS



EVERYDAY, EVERYWHERE,
THEY STAY
UP COMFORTABLY!

They won't bind you. They won't fall down. The Wide Comfort Band makes the difference. L'eggs® Wide Band Knee Highs: everyday, everywhere, they stay up comfortably!

Sheer Toe and Reinforced Toe, in the 2-pair egg or thrifty 5-pair canister.

© 1980 L'eggs Products



Nothing beats a great pair of L'eggs.

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ROSEMARY HUTCHINSON ELIZABETH WOOLEVER
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY BONNIE LASATER
DIANA TRYON JULIA MARTINUSEN

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH GREG ERICKSON R. LA MONTE JENKINS JIM HARROLD

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Books MARJORIE GROVES
Associate Editor DOUGLAS A. JIMERSON

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editor JUDY CRAWFORD *Special Assignments Editor* G. S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Associate Editors ANN LEVINE COLEEN DEERY GARY BOLING LAURA HOLTORF

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Senior Graphic Designer KRISTIN FRANTZ
Senior Graphic Designer (Covers) SHERYL VEENSCHOTEN
Graphic Designers MARISSA CONNER CHRIS GRECO JUDY HALL
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associate JOE HEUER *Art Production Assistant* DONNA RUSSELL

New York—Eastern Editor MARGARET McMAHON
Shopping Editor ANN LIVELY *Associate Editor* STACEY SMITH

Editor-in-Chief **JAMES A. AUTRY**
Group Editorial Director **NEIL KUEHNL**
Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER *Associate Art Director (Managing)* EVA PIETRZAK
Associate Art Director (Creative) RICK BEAULIEU *Assistant Art Director* DAVE WEBSTER
Graphic Designers RUDY EVANS KAREN HUBER DIANE DAVIS
JACK YOUNG JILL CAREY
Copy Chief ELIZABETH BROOKS *Senior Writer* RUSSELL O'HARRA

Books: *Editor* GERALD KNOX *Art Director* ERNEST SHELTON
Associate Art Director (Managing) RANDALL YONTZ
Associate Art Director (Creative) NEOMA ALT WEST
Assistant Art Director HARIJS PREIKULIS *Senior Graphic Designer* FAITH BERVEN
Graphic Designers LINDA FORD TOM WEGNER ALISANN DIXON
Production and Copy Editors DAVID KIRCHNER DAVID WALSH LAMONT OLSON

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON GOLBERT *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **WAYNE A. MILLER**
Publishing Group Vice-Presidents:
JACK D. REHM General Manager, Magazines
JAMES A. AUTRY Editor-in-Chief
JAMES R. NARBER Marketing Services Director
ROBERT E. GERHARDT Controller
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX STUART

CORPORATE OFFICERS
Chairman of the Board E. T. MEREDITH III
President ROBERT A. BURNETT
Group Presidents WAYNE A. MILLER, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD WALTER VOSS HERB SCHULTE
Vice-President, Finance WILLIAM H. STRAW
Treasurer MICHAEL A. SELL Controller Wm. DEAN ANKRUM
Vice-President and Secretary GERALD D. THORNTON
General Counsel and Assistant Secretary THOMAS G. FISHER
Assistant Secretary BETTY CAMPBELL MADDEN

Learn French at home.



It isn't hard.

In fact, Stouffer's Crepes may be one of the easiest, most delicious French lessons you could have.

Eight delightful crepe varieties with the spirit of France in every bite. Delectable, surprising combinations you can have for lunch or dinner, brunch, or late supper.

Try Beef Burgundy. Chicken with Mushroom Sauce. Ham & Swiss Cheese with Cream Sauce. Or one of our five other crepes. Whichever you pick, you don't have to do a thing except heat. And enjoy.

Crepes, from Stouffer's. Learning to love them is easy.



Crepes, from Stouffer's.®

© 1980 Stouffer Foods Corporation

Proof Positive!

You're reading this through a glass washed in Dishwasher **all**. It gets everything as clean and spotless as can be. The Rinse Agent Formula makes the difference. And the difference is clear.



CONTENTS

January 1981 Vol. 59, No. 1

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

MONEY

A family budget plan that works 14

- *With inflation and other pressures, it's mighty difficult these days to keep family finances on track. Here are four basic budgeting steps to help you manage your cash flow and move steadily ahead to your financial goals.*

HEALTH

What self-care is all about 20

- *In medicine today, the big news is the self-care movement, which makes it possible for you to be your own doctor in many situations. Here's a thoughtful report on do-it-yourself diagnosis and treatment.*



FOOD

Special diets: A guide to eating out 28

Win money for your recipes 30

Cake mix update 85

Prize Tested Recipes 87

- *Budget main dishes*
- *Homemade salad dressings*
- *Need a deliciously different main dish that's low-cost? Turn to the Prize Tested Recipes pages to find our readers' best Budget Main Dishes. You'll also discover unique Homemade Salad Dressings that make everyday salads extra special. What's more, these recipe pages will fit your* Better Homes and Gardens New Cook Book®.



CONTENTS CONTINUED ON PAGE 10

This issue is published in multiple editions. **Subscription Prices**: One year $10 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs**: They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1980. All rights reserved. Printed in U.S.A.

KAOPECTATE®

#ONE

Recommended Antidiarrheal by Physicians and Pharmacists.

When food or stress causes diarrhea, use Kaopectate.



Regular Flavor



Now in Mint Flavor

Read and follow label directions.

Don't put things like this in your disposer...



unless it's a KitchenAid.

The ruggedly-built KitchenAid stainless steel disposer can handle things other disposers can't.

It has a powerful ½ hp motor, and strong start-up power to grind up tough bones, corn cobs, stringy vegetables, even things like pineapple tops.

And if something should ever jam it, that's no problem, thanks to the exclusive KitchenAid Wham Jam button. KitchenAid is the only disposer that unjams itself at the touch of a button.

KitchenAid stainless steel disposers are so well built, we offer a five year limited warranty.

Find out all the advantages KitchenAid has over other disposers by sending for our free point-by-point comparison.



KitchenAid®
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374

CONTENTS

continued

GETTING CLOSER TO WHAT COUNTS: Five Families Show the Way 35

THE DURRANTS 36

A home designed for self-reliance 36

The restorative pleasures of gardening 38

An up-to-date kitchen redo 42

- *The Durrants' kitchen is a happy blend of country charm and Yankee frugality. Every inch of space is used well—all of their pots, pans, and cooking implements hang on a perforated hardboard wall near the stove, where they're readily accessible for use at mealtime.*



Hearty family food 42

THE JERDEES 44

A family joined in the joy of crafts 44

Personalized kids' rooms 46

Backyard family projects 48

A marriage quilt heirloom 50

- *Our extra-special marriage quilt may inspire you to create one of your own. It's a lovely way to commemorate the important occasion. You can stitch the quilt from the patterns and instructions provided or order a preassembled kit, if you like.*



THE SNYDERS 52

Gardening is a family affair 52

Plan for a bumper-crop backyard plot 54

Fresh food for the table 56

Small-space remodeling 58

THE ZAWOJSKIS 60

Special food for a simple life-style 60

Favorite dishes with a Slavic heritage 62

THE SMITHS 64

Meals geared to better health 64

New recipes to suit new diets 66

BUILDING

Who says you can't afford an architect? 110

Tips, tools, and techniques 118

SHOPPING

Shopping editor's choice 120

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.

New Salem Ultra

The first Ultra low tar that stands for refreshment!



Above all it's a Salem.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

NOW YOU CAN FEEL BETTER ABOUT THROWING IN THE TOWEL.

Running a household requires a lot of energy. Yours. And the country's. But, now there's a way you can save a little of both. With a new, energy-efficient gas clothes dryer.

Compared to electric, the new gas dryers dry 3 loads for the price of 1.

The average cost of drying clothes with an electric dryer is three times the cost of drying clothes with gas.* Today's gas dryers are equipped with energy-saving pilotless ignition and automatic shut-offs. They also feature larger drums to handle bigger loads. All of which help you keep the cost of drying clothes to less than a nickel a load!

So, the next time you go to throw in the towel, and the sheets, and the shirts . . . toss them in a new gas dryer. You'll feel a lot better knowing you're saving energy and money at the same time.



Gama
Gas Appliance Manufacturers Association

The new gas appliances are good for your economy.

*Comparisons are based on the average conditions specified in the Department of Energy test procedures.



Don't give up the shine. Shine Guard™ it.

Glamorene® Shine Guard, cleaner and protector for no ax floors can get your no wax floor shiny clean. Clean eep down into the crevices. In one easy step. Without wax.

Use it every time you clean your no wax floor. As often s you like. Just pour. Spread with your sponge mop then nse the mop. Not the floor.

What's more, Shine Guard costs less per shine than any ther product just for no wax floors.

So while you're not giving up the shine, you're not giving p the shiny coins either.

15¢ **shineguard** 15¢

Cleaner and Protector for No Wax Floors

TO DEALER: Airwick Industries, Inc. will redeem this coupon for 15¢ plus 7¢ for handling provided that you and the customer have complied with the following terms. Invoices showing purchase in the last 90 days of sufficient stock to cover coupons presented must be shown upon request. Customer must pay any sales tax. Void when presented by outside agency, broker or others who are not retail distributors of our merchandise or where taxed, prohibited or restricted by law. Cash value 1/20 of 1¢. AIRWICK CONSUMER PRODUCTS DIV., AIRWICK INDUSTRIES, INC., P.O. BOX 1010, CLINTON, IOWA 52734. Offer expires December 31, 1981.

15¢ 26600 100221 15¢

Margaret Daly

A Family Budget Plan That Works

If your family is typical, you're finding it harder than ever to make ends meet because of inflation and other money pressures. Yet even today there are ways to win the battle of the budget. Your basic weapons are time-tested: a realistic focus on how you handle money; specific savings programs for achieving specific goals; a consistent method for tracking your cash flow; a commitment to follow your budget and adjust it when necessary.

It takes time and perseverance to develop the right money management habits. But if you set up your budget properly and follow through on a regular basis, you can make your finances work.

Every household needs some sort of financial plan that is realistically based on income and outgo, but does not get bogged down in nickel-and-dime details. The plan should reflect family goals for the future as well as for the year and be flexible enough to adapt to changing circumstances.

After talking with several financial counselors, we outlined the following four steps to help you get your family budget on track. You can also adapt the chart on the next page as a basic tool for recording and reviewing your cash flow on a monthly basis.

Step one: Look at spending habits

Gather whatever records you have for the past 12 months—checks, receipts, last year's tax returns, and so forth. This can be a time-consuming task, but it's the important first step to setting up a realistic budget for 1981.

Last year's expenses should be sorted into three categories. (They're the ones you'll use for your 1981 budget.) *Fixed expenses* are those regular payments you must make each month, like the mortgage or rent and installment loans. *Occasional expenses* are bills that come due periodically—insurance premiums, tuition, and the like. *Variable expenses* cover the rest of your outgo, such as food, clothing, and bank card bills. Where records are incomplete, make an educated guess.

From your records and estimates, add up a 12-month total for each category (the chart provides a guide for the kinds of items to be included) and divide by 12 to get a monthly average.

If your records are really sketchy, you might want to track your checks and cash outgo for the next month or so before setting up your actual budget. Get into the practice of keeping receipts and marking the purpose of checks on the checks themselves as well as the stubs. When checks are for cash, write down what you need the cash for. Do the same on receipts from cash machines. Also carry a notebook with you so you can jot down daily cash outgo. As Sara Welles, editor of Citibank's "Consumer Views," points out: "Cash leaks for out-of-pocket expenses are one of the most common budget problems. Be sure you make notes at least every 24 hours. After a month or two, you'll have a pretty good idea of where your cash is going."

Step two: Establish goals

Your primary goal is to live within your means. But it's important to make saving and investing for future goals an integral part of your budget.

Don't just talk with your spouse about money matters; your kids should be in on the planning sessions, too. And don't limit your money talks to day-by-day spending problems. Encourage each person to speak up about longer range goals—vacation, new car, whatever. Then try to fit these objectives into your budget, realizing that if you direct funds toward one goal, you won't have those funds available for another. The point of the discussions is to set priorities.

As you outline goals, think about savings in terms of three objectives:

- *Emergency cash.* Most financial advisers suggest that you have from three to six months' worth of take-home pay in some sort of savings account which allows you to withdraw funds easily, without penalty.
- *Short-term goals.* These might include a vacation or a new washer-dryer—anything you plan to pay for within the next year or so. Try to amass these funds in a savings vehicle that pays higher interest and is timed to pay off when you'll meet the expense.
- *Long-term goals.* Typical long-range goals are a down payment for a house, college tuition, retirement funds, and so forth. Again, shoot for higher interest accounts, if you can.

Step three: Set up the budget

Before you start, decide where you will keep your records (check stubs, grocery receipts, bills, pay records, etc.) and make a firm commitment to file all such records in that spot routinely. Also, resolve to review your records at least once a month.

Then draw up your plan for the year, using the averages from the past 12 months, your daily out-of-pocket diary if you've kept one, plus any new information (such as an increased insurance bill). Make a separate chart for each month, plugging in projected income and expenses now and actual data at the end of the month.

- *Income* includes salaries (take-home pay only), bonuses, tax rebates, interest and dividends, rentals, and so forth. When you must guess, be conservative.
- Make *savings* a fixed expense.
- Plan for *occasional expenses* systematically by setting aside one-twelfth of the projected costs each month.
- Before you shop, review outstanding

continued

Hanes® doesn't want your shorts to be short-lived.

That's why they trust washing the All-Temperature Cheer® way.

The old fig leaves may have been disposable, but you want your new shorts to last. So Hanes makes their shorts in a variety of high-quality fabrics for long-wearing comfort and fit. And they want them washed in the right water temperature. That's why Hanes trusts washing the All-Temperature Cheer way.

Cheer does a great job of cleaning in all three temperatures—hot, warm and cold. Hot to clean your whites, warm for your permanent press, and cold to help protect bright colors from fading. But Cheer does more. It even contains a special ingredient that helps reduce wrinkling.

In fact, Hanes thinks washing right is so important, they're sewing a special care label inside their underwear. It will approve the use of All-Temperature Cheer, and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help keep those boxer shorts looking like champs.



All-Temperature Cheer. Cleans in the right temperature hot, warm, or cold.

Cheer has agreed with Hanes to feature their garments in Cheer advertising.

continued

Family Budget Plan

bills. That may curtail impulse buying.

- Factor *inflation* in wherever it is likely to hit. Fixed expenses may not change over the year, but food, energy, and almost everything else are likely to rise. Use last year's average monthly figures as a basis, then add at least 10 percent for 1981. "Inflation makes it especially important to monitor your expenses accurately," says Sharon Stark, editor of "Everybody's Money," from the Credit Union National Association. "Even if you bring in more income, you're caught by higher taxes. Your best recourse is better management of what cash you have."

Step four: Review and adjust

At the end of each month, there will be a net gain or loss for the month on the chart. When you show a pattern of deficit spending, it generally takes a few months to get a good fix on where your problems lie. These tips can help.

- If credit payments other than your mortgage exceed 10 or 12 percent of your monthly take-home pay, stop using credit until you're in the proper range. "Many families get in over their heads because they don't realize how much they are paying out each month on credit card accounts," says Joyce Bryant, director of the Money Management Institute, Household Finance Corporation. "They pay the minimum installments on each bill and don't look at the total for all credit accounts together. But $5 here and $10 there can add up to a lot per month."
- Look for specific areas—say, the phone bill or meals outside the home—where your projected budget is consistently out of line with reality. If you cannot reduce those expenditures, adjust your projections for those items in upcoming months. But that means you'll have to cut back elsewhere.
- Reexamine priorities. You may find you *can't* save for a vacation and a new washer at the same time.
- Sharpen shopping skills. Time purchases to sales, use discount outlets, avoid impulse buying, examine merchandise for quality, follow care labels.
- Adopt cost-saving energy tactics. "Energy costs will probably exceed the overall inflation rate in the '80s," says Jerry Lareau, president of the Consumer Credit Counseling Service in New York.
- To keep savings on schedule, use devices such as automatic paycheck deductions and monthly transfers from checking to savings.
- Don't be embarrassed to seek professional help. Many credit unions, banks, and other institutions offer financial counseling. Also look into nonprofit consumer credit counseling services. Write the National Foundation for Consumer Credit, 1819 H St., N.W., Washington, DC 20006.

Your Family Budget Plan



Month_____

	Projected	Actual
Fixed expenses		
Rent/mortgage	$_____	$_____
Personal loans	_____	_____
Car loans	_____	_____
Installment loans	_____	_____
Savings/investments	_____	_____
Alimony/child care	_____	_____
Total fixed expenses	$_____	$_____
Occasional expenses		
(figure annually and divide by 12)		
Insurance		
Life (*)	$_____	$_____
Health (*)	_____	_____
Car (*)	_____	_____
Homeowners (*)	_____	_____
Other (*)	_____	_____
Taxes		
Property (*)	_____	_____
Income (*)	_____	_____
Other (*)	_____	_____
Tuition/camp (*)	_____	_____
Vacation	_____	_____
Other	_____	_____
Total occasional expenses	$_____	$_____

	Projected	Actual
Variable expenses		
Groceries	$_____	$_____
Meals out	_____	_____
Household operations		
Gas or oil	_____	_____
Electric	_____	_____
Telephone	_____	_____
Water and sewer	_____	_____
Maintenance	_____	_____
Other	_____	_____
Transportation		
Gas and oil	_____	_____
Car repairs	_____	_____
Public transport	_____	_____
Other	_____	_____
Clothing	_____	_____
Cleaning and laundry	_____	_____
Medical and dental not paid by insurance	_____	_____
Personal care items	_____	_____
Credit card and charge accounts	_____	_____
Entertainment	_____	_____
Pocket money	_____	_____
Contributions and dues	_____	_____
Misc. job expenses	_____	_____
Other	_____	_____
Total variable expenses	$_____	$_____

	Projected	Actual
Monthly income		
Take-home pay	$_____	$_____
Spouse's take-home pay	_____	_____
Social security	_____	_____
Bonuses	_____	_____
Tax rebates	_____	_____
Interest income	_____	_____
Dividend income	_____	_____
Rental income	_____	_____
Other	_____	_____
Total monthly income	$_____	$_____
Your Monthly Plan		
Total income	$_____	$_____
Total expenses		
Fixed	_____	_____
Occasional	_____	_____
Variable	_____	_____
Income minus expenses	$_____	$_____

* actual due date and full amount

Dogs stay for Mainstay.





Because Mainstay tastes so good.

Mainstay Brand Dog Food from Purina is really different.

It has meat and bone meal and vegetables in flavor pieces you can actually see.

Dogs love the taste of Mainstay so much, they can't wait for their next meal.

Bet your dog will stay for Mainstay™ too.



© Ralston Purina Company 1980



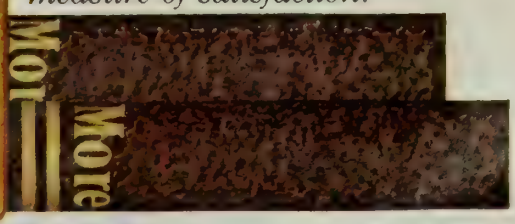
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

"I'm More satisfied."





More. For that extra measure of satisfaction.



21 mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

Dan Kaercher

What Self-Care Is All About

An exciting concept is catching on in the world of medicine today. It's called self-care, and it focuses on what people can do themselves to stay healthy and get well again when illness does strike.

What are the newest "tools" of self-care? How can you and your family benefit from practicing self-care? Here's a report on the fastest growing new approach in health care.

Americans are becoming more knowledgeable than ever before about how their bodies work, how to detect illness, and how to treat common disorders. Medical instruments and diagnostic tests that once were found only in doctors' offices are now used routinely in thousands of homes. Many medications that until recently were labeled "prescription only" now are being sold over the counter. These developments are all part of the self-care boom among people who want to be actively involved in their health care.

The cornerstones of the self-care philosophy are common sense and personal responsibility. Together, these two factors have more influence on your health than all the advances in medical technology combined.

Yet in recent years we've tended to look to doctors to provide a "quick fix" for whatever ails us. "Over the past 30 years, we've had such good health care in this country that we've begun to believe that all the answers are in the hands of a doctor," says Dr. Keith W. Sehnert, a Minneapolis consultant and coauthor of *How to Be Your Own Doctor (Sometimes).* He recalls that when he helped pioneer the self-care concept a decade ago, the idea was called "heretical."

Certainly, self-care alone is not a panacea for the more serious chronic disorders that plague our society—such as heart and blood vessel diseases, cancer, and diabetes. In these cases, the self-care philosophy demands an active partnership between patient and physician. However, the vital role of personal involvement in prevention, early detection, and effective treatment of major diseases is becoming more and more apparent. (See "Help yourself to better health," *Better Homes and Gardens,* January 1980.)

What are the "tools" of self-care?

It seems incredible today, but as recently as 25 years ago some doctors would not permit patients to take their own temperatures. Of course, now it's generally accepted that no family should be without a thermometer—and a number of other medical instruments may be considered essential for the home 25 years from now.

Some families already are purchasing "black bag" kits (available for under $100) that include many of the instruments needed to monitor blood pressure and ear, eye, nose, throat, and respiratory problems. However, most authorities would caution against buying a complete set of medical instruments. What you buy should be determined by the specific medical problems you're likely to encounter and your ability to use the instruments properly.

One medical instrument that has come into widespread home use—with the blessing of most doctors—is the blood pressure kit (available for about $30). Consisting of a stethoscope and a sphygmomanometer (blood pressure cuff), the kits are routinely used under a doctor's guidance to monitor blood pressure. Home blood pressure monitoring is especially useful for persons whose readings fluctuate during the day or go up during visits to the doctor's office. Automatic, coin-operated blood pressure devices also are available in shopping centers and other public places.

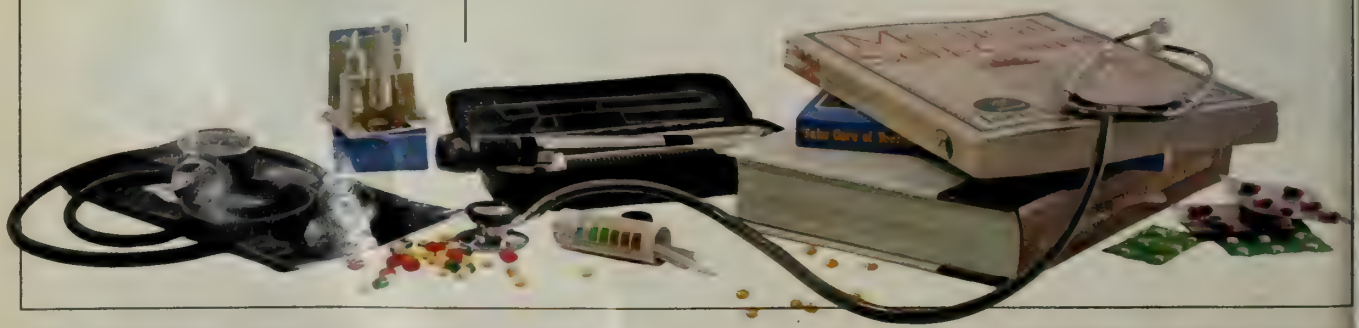
Some parents of young children who have recurring ear infections have been trained by their physicians to use the *otoscope.* This instrument is used to determine the color of the eardrum; if it's red or purple rather than white, a visit to the doctor's office is in order. The benefits: fewer "false alarms," prompt medical treatment when there is indeed an infection, and an opportunity for active parental involvement in the child's care.

One of the most valuable self-care

continued on page 24

Shown in photo: Sphygmomanometer, pregnancy test kit, otoscope, urine test strips, stethoscope, self-care texts, and over-the-counter drugs.

Photograph: Kuhn/Garmon



New Improved Stayfree® Maxi-Pads make you feel more secure and comfortable.

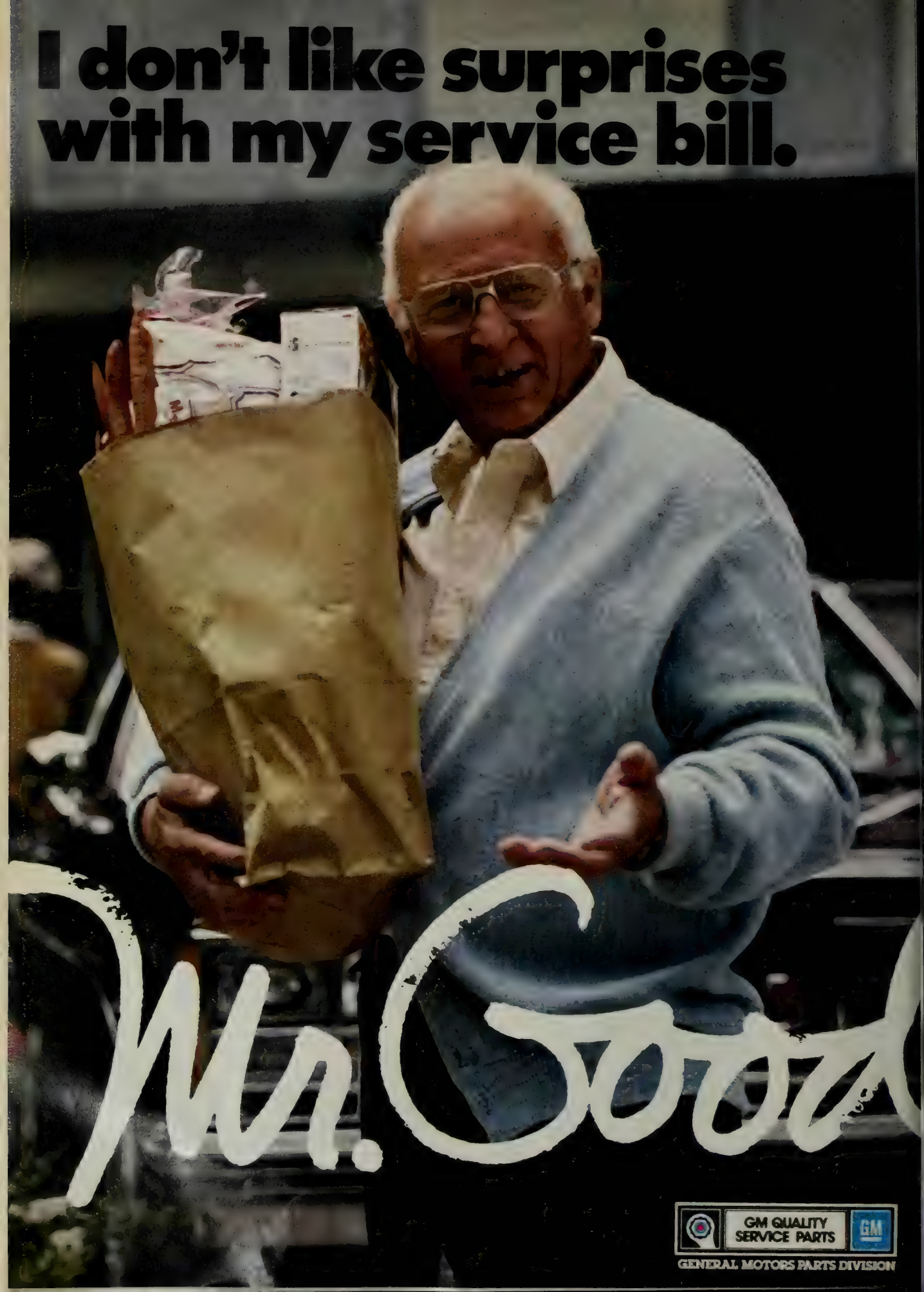


STAYFREE is the trademark of Personal Products Company, Milltown, N.J. 08850 © PPC 1981



The better your Stayfree® Maxi-Pad stays in place, the more secure and comfortable it makes you feel. So we've put two new adhesive strips far apart from each other, where they can hold the pad in place more effectively than ever.

Of course, security means absorbency, too. Stayfree Maxi-Pads give you maximum absorbency...plus a blue moisture-proof shield for even more protection. So take it from Cathy Rigby: "Try new Stayfree Maxi-Pads for a wonderful new feeling of security and comfort."


I don't like surprises with my service bill.
Mr. Good
GM QUALITY SERVICE PARTS
GM
GENERAL MOTORS PARTS DIVISION

That's why it's good to know Mr. Goodwrench.



He puts his name on the line. I get a written estimate from Mr. Goodwrench without even asking. That way I know in advance just about what the work will cost. No nasty surprises when I go in to pick up my car. And if he finds anything else wrong, he'll get my OK before doing any work. Best of all, Mr. Goodwrench is committed to reasonable prices that are competitive with those of other places I could go for service around here.

Mr. Goodwrench has GM parts. It's important to me to keep my GM car GM all the way through. So naturally, I specify genuine GM parts. Mr. Goodwrench keeps a good supply of them available, and that helps me get back on the road fast.

He's trained by GM to understand GM cars. Mr. Goodwrench has General Motors training available and he has the right equipment to help him analyze problems and fix my car right. So when my car needs service I watch for a Mr. Goodwrench sign. You'll find it at more than 5,000 GM dealers. Across America.



wrench

KEEP THAT GREAT GM FEELING WITH GENUINE GM PARTS.

AT PARTICIPATING INDEPENDENT MR. GOODWRENCH DEALERS SELLING CHEVROLETS, PONTIACS, OLDSMOBILES, BUICKS, CADILLACS, GMC AND CHEVY TRUCKS.

continued from page 20

Self-Care

instruments is also one of the simplest and least expensive—a high-intensity penlight with a narrow-focus beam. With it, you can look into the mouth, nose, and ears for signs of inflammation or foreign objects.

What medical tests are used at home?

A great boon to self-care has been the development of do-it-yourself diagnostic tests. Several medical tests that formerly were performed exclusively in doctors' offices or labs now are done at the bathroom counter in the home. The advantages: privacy, convenience, and elimination of unnecessary trips to the doctor's office.

The most widely used of the new home tests is the pregnancy test kit, available for about $10. It contains all the supplies needed to check urine for the presence of the hormone produced during pregnancy. Positive test results are 95 to 98 percent accurate—if instructions are followed carefully. However, manufacturers caution that if results are negative and the menstrual period does not begin in one week, the test should be repeated.

Persons who suffer recurring urinary tract infections now can use chemically treated strips to test the urine before painful symptoms occur. A package of three test sticks costs only $1, while getting a professional diagnosis can cost $15 to $20.

Diabetes tests are the oldest of the do-it-yourself medical tests. Tablets and treated strips are used by diabetics to check for the presence of sugar in the urine. Today, a much more sophisticated device—the home glucose monitor—permits insulin-dependent diabetics to test blood sugar levels at home. The home monitor costs about $340, much less than a single hospital stay (the usual alternative) would cost.

More routinely, some parents are being taught to take throat cultures at home to detect strep infections.

What about nonprescription drugs?

Well over half of the medications (an amazing 350,000 product brands) used by Americans are sold over the counter—not by prescription. Among the most widely used products are cough and cold remedies, antacids, and analgesics (pain relievers).

Standards for safety, effectiveness, and labeling of over-the-counter medications have never been higher. And more drugs are being made available on a nonprescription basis. Almost 30 prescription drugs have been recommended for nonprescription use since the Food and Drug Administration began an ongoing review of the over-the-counter drugs in 1972. Among the most recently marketed of these drugs is hydrocortisone ointment for skin rashes and itching. In other cases, FDA panels have recommended increasing the potency of existing OTC products.

Does self-care mean doing without a doctor?

Definitely not. Many health problems require a doctor's attention, and it's important to know when you need professional care and where to turn for treatment.

The self-care approach does demand active participation in the patient-physician relationship. If doctors make you nervous, list the questions you want to ask and take the list with you when you go in for an examination.

Don't allow yourself to be left in the dark about the status of your health, say self-care advocates. And don't feel compelled to accept any doctor's diagnosis as final. If you are uneasy about a particular physician's diagnosis, seek further advice.

What about checkups?

Regular examinations by a health care professional are important, to be sure. But many self-care advocates and other authorities question the value of having certain medical tests performed too frequently.

According to Dr. David Sobel, acting chief of preventive medicine at the Kaiser-Permanente Medical Center in San Jose, California, "Everyone used to think that 'more is better' when it came to medical tests. Now they are beginning to say 'I want what I really need.' "

A major area of concern has been cancer tests. After evaluating the effectiveness, possible side effects, and expense of frequent professional tests, the American Cancer Society last year significantly modified its recommendations. The result: Much more emphasis on self-examination in the early detection of tumors.

Where can you learn more about self-care?

An excellent way to brush up on your self-care skills, or to learn some new ones, is to enroll in a class. Many organizations sponsor such classes (although they may not be labeled self-care classes). Check with your public health department, community college, adult education program, YMCA and YWCA, Red Cross chapter, or cooperative extension service. Associations like the American Cancer Society and the American Heart Association also sponsor courses.

Most communities also have self-help groups that meet to exchange information and provide mutual support in dealing with specific mental and physical disorders—everything from alcoholism to kidney disease. Check the phone book under the key word of the disorder you're interested in learning more about.

A national listing of self-care classes and contact persons is included in Dr. Tom Ferguson's book on medical self-care (see below). Dr. Ferguson, a California physician and self-care advocate, also edits *Medical Self-Care* magazine. A subscription to this quarterly consumer health publication is $15 per year; write *Medical Self-Care,* Box 717-B, Inverness, CA 94937. Sample copies ($4 each) and a brochure are available by writing to the above address.

For further reading

- *How to Be Your Own Doctor (Sometimes)* by Keith W. Sehnert and Howard Eisenberg. Check your library or bookstore, or order from Grosset and Dunlop, 51 Madison Ave., New York, NY 10010 ($5.95 paperback, $9.95 hard cover).
- *Take Care of Yourself: A Consumer's Guide to Medical Care* by Drs. Donald M. Vickery and James F. Fries. Published by Addison-Wesley Publishing Co., Jacob Way, Reading, MA 01867 ($6.95 paperback, $10.95 hard cover).
- *Medical Self-Care: Access to Health Tools,* edited by Dr. Tom Ferguson, Summit Books, 1230 Avenue of the Americas, New York, NY 10020 ($8.95 paperback, $19.95 hard cover).

—Produced in cooperation with Gail Bronson

Giant new garden catalog yours FREE!



BRAND NEW ROSES! Featuring MADRAS, the 1981 Rose of the Year, an incomparable cerise red that wins instant praise. Making history in the world of roses, J&P swept the All-America awards for 1980 by taking first place in *all three categories* with LOVE, HONOR and CHERISH pictured to the right above. Our new catalog offers page after page of the world's finest roses . . . **ALL GUARANTEED TO BLOOM IN YOUR GARDEN!**

EVEN MORE — fragrant hybrid CRABAPPLES . . . easy to grow BERRIES and GRAPES . . . EXOTIC FLOWERS . . . flowering and shade TREES . . . lots of planting and landscaping ideas, in the most asked-for garden catalog in the world! It's yours **FREE.**

Mail your postage-paid card today — or use the coupon to the right.

Jackson & Perkins Co.
World's Largest Rose Growers and Nurserymen
33-A Rose Lane, Medford, Oregon 97501

©1980, Jackson & Perkins Co

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

All J&P Roses have earned this seal

Jackson & Perkins Co.

33-A Rose Lane, Medford, Oregon 97501

Rush my free copy of your full color catalog — Roses '81

Print Name _____

Address _____

City _____ State _____ Zip _____

SPECIAL DIETS: A Guide to Eating Out

If you're following a special diet, you may think that eating out is more trouble than it's worth. But if you follow these tips, you can dine out in style and stay on your diet.

First, choose your restaurant wisely. Look for one that features a varied menu, including food your diet permits. Read the menu carefully. If you're not sure how a food is prepared, ask. Don't be bashful about requesting a dish "without salt" or with sauce "on the side." Check this chart to find foods that fit your specific dietary guidelines.

MENU SELECTIONS

	Diabetic	Fat-controlled	Sodium-controlled
Appetizers	Fruit cup or juice (unsweetened) Shrimp or crab cocktail Oysters on the half-shell Steamed cherrystone clams Tomato juice Fresh vegetable relishes	Fruit cup or juice Crab cocktail Oysters on the half-shell Steamed cherrystone clams Tomato juice Fresh vegetable relishes	Fruit cup or juice Shrimp or crab cocktail (avoid cocktail sauce) Oysters on the half-shell Steamed cherrystone clams Fresh vegetable relishes
Soups	Chicken or beef bouillon Herbed tomato soup Gazpacho Vegetable soup	Chicken bouillon Herbed tomato soup Gazpacho Vegetable soup	Most soups prepared in restaurants are too high in sodium.
Salads (Order salads undressed—add permissible dressings.)	Tossed salad Spinach and mushroom salad Chef's salad Cottage-cheese-stuffed tomato Fresh fruit salad (unsweetened)	Tossed salad Spinach and mushroom salad Tomato stuffed with low-fat cottage cheese Fresh fruit salad	Tossed salad Spinach and mushroom salad Turkey chef's salad (avoid the cheese) Fresh fruit salad
Fish and Seafood	Broiled or baked unbreaded fish Broiled or boiled shrimp Broiled or boiled king crab legs (Order without butter or margarine; use lemon.)	Broiled or baked unbreaded fish Broiled or boiled king crab legs (Order without butter or margarine; use lemon.)	Broiled or baked unbreaded fish Broiled or boiled shrimp Broiled or boiled king crab legs (Order without salt, butter, or margarine; use lemon.)
Poultry	Roast turkey Roast Cornish hen Roast duckling (Order poultry without gravies or sauces. Remove skin.)	Roast turkey Roast Cornish hen (Order poultry without gravies or sauces. Remove skin.)	Roast turkey Roast Cornish hen Roast duckling (Order poultry without salt, gravies, or sauces.)
Meats	Broiled or baked pork or lamb chop Sliced roast veal Broiled sirloin steak Broiled beef en brochette Baked ham (Order meat without gravies or sauces. Remove visible fat.)	Broiled or baked pork or lamb chop Sliced roast veal Broiled sirloin steak Broiled beef en brochette Baked ham (Order meats without gravies or sauces. Remove visible fat.)	Broiled or baked pork or lamb chop Sliced roast veal (request inside slices) Broiled sirloin steak Broiled beef en brochette (Order meats without salt, gravies, or sauces.)
Accompaniments	Plain baked or boiled potato Plain boiled or steamed vegetables Rice (Order accompaniments without butter or margarine.)	Plain baked or boiled potato Plain boiled or steamed vegetables Rice (Order accompaniments without butter or margarine.)	Plain baked or boiled potato Plain boiled or steamed vegetables (Order accompaniments without salt, butter, or margarine.)
Breads	All plain breads, dinner rolls, corn bread, muffins, biscuits, breadsticks, or crackers	All plain breads, dinner rolls, or breadsticks	Unless you're restricted to low-sodium breads, you can order most plain breads except salted breadsticks or crackers.
Desserts	Fresh fruit Fresh fruit and cheese plate	Fresh or poached fruit Flavored gelatin Fruit sherbets or ices Angel cake	Fresh, baked, or poached fruit Fruit sherbets or ices Angel cake

NOW

The Lowest



Box

Now–"closest to tar-free"™
Less than 0.01 mg tar

Also available: Soft Pack 85's and 100's

Regular or Menthol



BOX: Less than 0.01 mg. "tar", 0.005 mg. nicotine.
100's FILTER, MENTHOL: 2 mg. "tar", .2 mg. nicotine,
av. per cigarette by FTC method; SOFT PACK FILTER, MENTHOL:
2 mg. "tar", .2 mg. nicotine, av. per cigarette,
FTC Report DEC. '79.

Warning The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



PRESERVED PLANTS



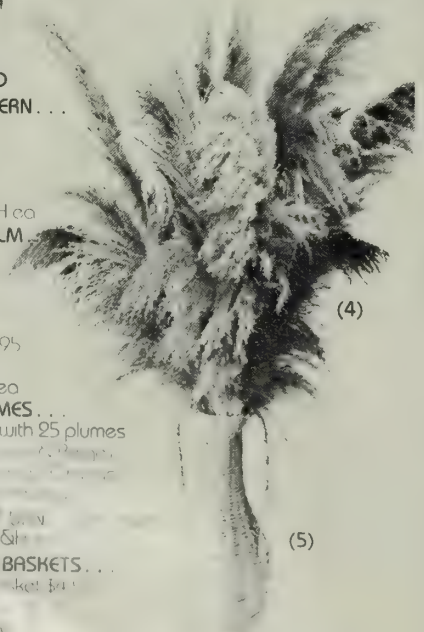
ONCE LIVING, THESE PLANTS HAVE BEEN MIRACLE TREATED TO PRESERVE THEIR NATURAL LIFE-LIKE STATE INDEFINITELY . . . NO CARE . . . NO WATER . . . EVER!

CREATE A WARM INVITING MOOD IN EVERY ROOM OF YOUR HOME WITH PLANTS THAT CAN'T DIE. . . THEY'RE PRESERVED

(1) GIANT PRESERVED BOSTON FERN . . . A beautiful preserved plant with detachable macramae hanger potted in a handsome basket urn Large (pictured) 3' wide $14.95 X-lg 3'4" wide $16.95. Add $3 P&H ea

(2) GIANT PRESERVED ARECA PALM . . .

(3) GIANT PRESERVED FAN-TAIL PALM . . . Both the Areca and Fan-tail Palms come complete with a holder for any size container Medium sizes (pictured) 4' tall $12.95 Large 5' tall $19.95 X-large 6' tall $27.95 Add $3 P&H ea



(4) GIANT TROPICAL GRASS PLUMES . . . A colorful 5' tall dried arrangement with 25 plumes Natural earth tone colors. (Gold, Br... with your choice of accent col... Yellow, Green or Blue $12.95 ...

(5) GIANT HAND-WOVEN BASKET ... brown & tan pattern $9.95 + $3 P&H ...

(6) HAND-WOVEN RUSH & PALM BASKETS . . . Charming tan & brown 10" x 10" ... basket $4... 12" x 12" basket $6.95. Add $2...

(7) HAND-WOVEN BANANA BAS... Heavy baskets in Gold, Brown & ... basket $3.95 / 12" x 12" basket $5.95

ORDER BY MAIL OR TOLL FREE! Send a ... your VISA/ BA or MC card. Satisfaction guaranteed! ... INSTITUTE, INC. Box 21496, Dept. K, Ft. Lauderdale, Florida 3... Free 1-800 327-...

FOOD



Potato Salads
Main Dishes for Two

Is your favorite potato salad recipe praised for its deliciously different flavor? Are you adept at making tasty main-course dishes to serve just two? Send us your recipes—you could be a winner next August. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next August. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Potato Salads

You can submit any version of a popular potato salad with a new twist, such as a main dish or low-cal potato salad. Do you use frozen or canned potatoes? Hints: **stir-fried hot potato salad, spinach 'n sweet potato salad, herbed yogurt potato salad.**

Main Dishes for Two

Any idea for a main dish that serves one or two is eligible. Do you make a scaled-down variation of a classic entrée or make clever use of a convenience product? Tips: **Individual salmon soufflés, Bavarian pot roast dinner, baked lamb curry pilaf.**

THIS MONTH'S WINNERS

(See recipes on pages 87 and 88.)

Cooks-of-the-Month

Mary E. Druce, Lubbock, Tex.
Mrs. Roger C. King, Metaline Falls, Wash.

Runners-up

Judy Bodnick, Grand Island, N.Y.
Anne Dobrinen, Fresno, Calif.
Mrs. Roger Nacker, Madison, Wis.
Mrs. Deanna Powers, Rapid City, S.D.

Honor Roll

Liz Barclay, Annapolis, Md.
Cynthia L. Case, Columbus, Ohio
Roxanne E. Chan, Albany, Calif.
Louise Cleveland, Deposit, N.Y.
Sarah H. Gaston, Taos, N. Mex.
Nancy L. Jones, Forestville, Calif.
Fred T. Marshall, Hollywood, Md.
Mrs. Nancy Sutton, Lahaska, Pa.
Edna Whiteley, Gallipolis, Ohio
Mrs. Richard Wilder, San Mateo, Calif.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "August Potato Salads" or "August Main Dishes For Two."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, January 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8101 Food Department. Better Homes and Gardens, Des Moines, IA 50336.**

What nature started, we finish beautifully.





An exquisite combination of nature's finest materials with man's most exceptional furniture design. That's Bridgeton™—Burlington's versatile "Early American" bedroom collection. Its northern maple solids and veneers have been carefully selected with an eye for bold graining and subtle color contrasts. Authentic detailing and custom hardware add a touch of distinction to this warm and charming collection.

Like all Burlington furniture, Bridgeton's™ time-honored construction techniques and fine hand-finishing processes give you a lifetime of beauty and enjoyment. You'll find it, along with other Burlington Furniture collections, wherever fine furniture is sold.

For further information, write to Burlington Furniture, a division of Burlington Industries, P.O. Box 907, Dept. A6, Lexington, North Carolina 27292.

Furniture made better by Burlington.

DISCOVERING GUATEMALA

A Country of Surprises





Bargaining for colorful textiles and exploring mysterious Mayan ruins highlight a Guatemalan vacation.

Central America, that elbow of land that links Mexico to South America, is becoming easier to reach all the time. And thanks to affordable tour packages, colorful Guatemala, the closest Central American country to the U.S., has become one of the area's premier vacation destinations. More and more travelers are discovering that Guatemala's fascinating highland Indian villages, jungle-shrouded Mayan ruins, and big-city pleasures add up to a uniquely enjoyable adventure.

Picking a package

A travel agent is your best source of information about vacation packages to Guatemala. Though prices stay the same year round, November through April are the best months to schedule your visit to avoid the rainy season. The temperature stays in the 60s and 70s in Guatemala City and varies in other parts of the country.

Unless you're familiar with Guatemala's sometimes rugged terrain and melting pot of Indian and Spanish people, visiting the country on your own the first time around can be more than you bargained for. A week-long package tour is the best way to go. You can buy a package that includes accommodations and sightseeing before you leave home or from [illegible] mala's local tour operators after you arrive (air fare is always extra).

Eastern, for example, offers a seven-night tour package, including sightseeing junkets; Pan Am offers a similar deal, with most meals, too. Costs range from $368 to $475 per person double. Reliable tour operators based in Guatemala, like Clark Tours, Panamundo, and Guatemala Sightseeing, also arrange seven-night packages (without meals). Prices average $400 per person. You travel via bus usually with an English-speaking driver and guide.

Pan Am has scheduled flights to Guatemala City from New York, Miami, Houston, Los Angeles, and San Francisco. Round-trip air fare from New York runs $352 to $367 per person, and round-trip fare from Los Angeles is $382 to $399 per person, when you buy your ticket together with Pan Am's tour package. Eastern flies to Guatemala City from Miami and Atlanta. Round-trip air fare from Miami, when you buy Eastern's package tour, costs $207 to $227. Air fares may fluctuate, depending on when you go.

Touring from Guatemala City

Since you'll be flying into Guatemala City, it's the logical base for your stay (with side trips to other attractions). In this sprawling capital city, surrounded by gentle foothills and impressive volcanic peaks, one of your first tour stops is likely to be Minerva Park. There you'll find a giant relief map (more than a quarter of an acre in size) that will quickly acquaint you with the country's layout.

Another popular tour stop is the National Palace at the Main Plaza, which houses Guatemala's government offices. The huge murals inside, painted by the country's most famous artists, depict significant events in Guatemala's history.

You'll see some of the country's best handicrafts at the government-operated National Arts and Crafts Market near the airport. Stalls there are stocked with Indian wares from nearby towns and villages. Save a free afternoon for museum going, too. The Ixchel Museum exhibits elaborate, authentic Mayan costumes, and the Popol Vuh Museum displays intriguing pre-Columbian artifacts.

If your tour package doesn't include meals, take the opportunity to sample some of Guatemala City's excellent dining on your own. For Belgian cuisine, indulge yourself at Estro Armonico. Three more good choices are Gaucho's and El Rodeo (both specializing in beef) and Mar y Flores (for jumbo shrimp). Advance reservations are a good idea. An after-dinner nightcap at Safari or the Ritz Continental Hotel is a great way to top off the evening.

Visiting venerable Tikal

Make sure Tikal is included in any package you buy. A day trip to this ancient city is like journeying back to a time when the legendary Mayans dominated the area. All around, a lush jungle threatens to engulf the mysteri-

Photograph: Bill Hopkins (left)
Photograph: Randa Bishop (right)

continued

It does the thinking. It does the turning. You get the compliments. The Panasonic Genius II microwave oven.

"Takes the guesswork out of cooking." "Easy programming." "The best one around." "It has more features than the others." "I like its looks." "Large internal capacity." "Even if you forget to take the meat out of the freezer in the morning, the Genius II can take care of it."

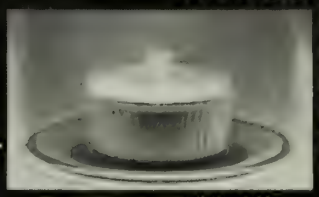
That's what the people who own a Genius II™ say about it. They say such nice things because their Genius II has so many nice things. Such as the Auto Sensor Control and the Cook-A-Round™ rotating turntable that make the Genius II incredibly fast and easy to use.



Auto Sensor Control. A few taps, and a miniature computer knows exactly how to cook whatever you're cooking.

The Auto Sensor Control is the brains of the Genius II. For example, put in a frozen roast. Then just tap the Auto Sensor Control four times. It automatically calculates the cooking time and knows exactly when to turn off. It defrosts the roast, cooks it to perfection and keeps it warm till dinnertime. With just four taps of your finger!

Once the Genius II is set, the Cook-A-Round turntable lets you walk right out of the kitchen until dinnertime. It rotates food constantly throughout the cooking process. So food cooks evenly, all by itself. For almost every dish, you don't even have to be there to turn or stir.



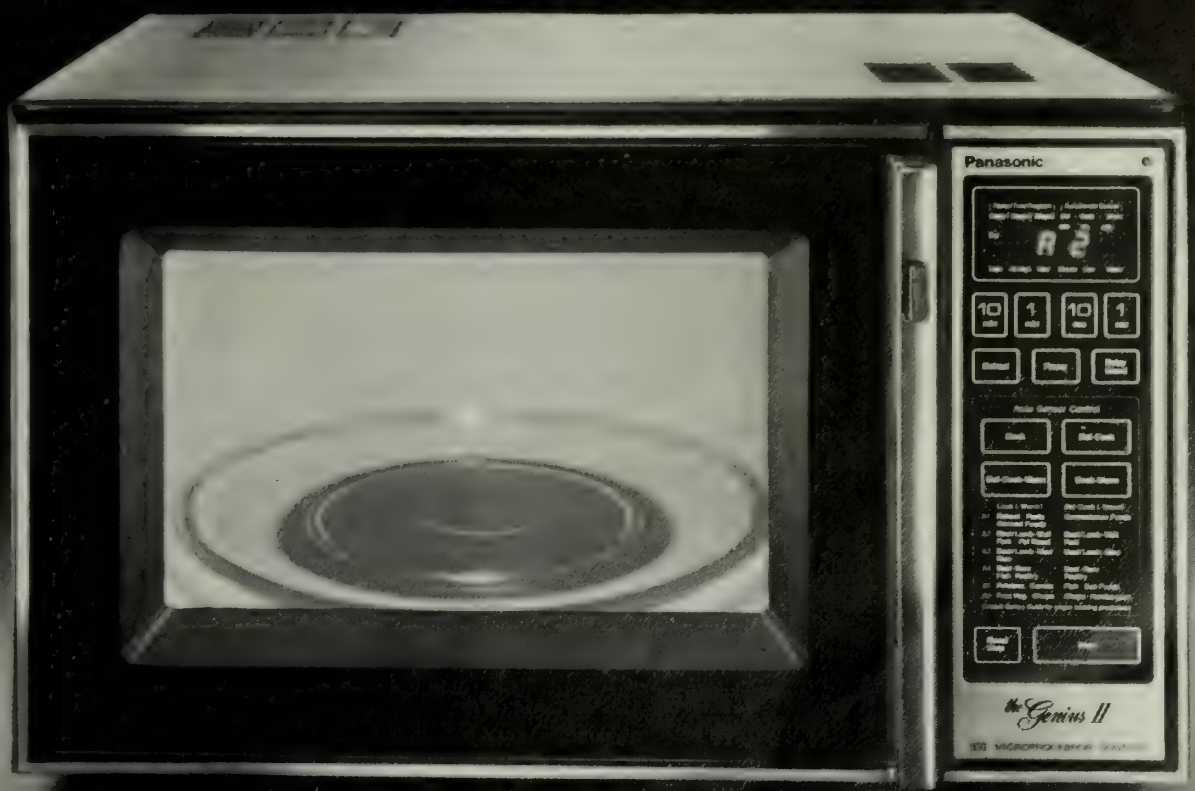
Cook-A-Round magnetic turntable. It turns food constantly while it's cooking. So you don't have to!

With the Genius II Auto Sensor Control and Cook-A-Round turntable both working for you, you're free to go shopping while the roast defrosts. Spend time with your family or guests while the casserole cooks. Or work late while dinner stays warm.

And for another dimension in cooking, see the new Panasonic Dimension 3,™ a countertop oven that's a microwave oven, a convection oven and a microwave/convection oven all in one.

The Genius II or the Dimension 3. Either one takes care of the cooking so you get the compliments.

Cabinetry is simulated wood.



Panasonic.
just slightly ahead of our time.



My husband said he'd be bored silly on a 14-day cruise. That's him singing with our waiters.

As you can see, he's enjoying his boredom enormously. Today for example,we're on our way to Caracas. So I thought we'd just relax,and rest up for South America,right?Wrong.

My husband—who loves to sleep late—was so full of vim that he got us up at the crack of dawn. Why? So we could get off to our morning exercise class.

After exercise class? An early breakfast at the outdoor verandah cafe. He wanted to eat hearty to be ship-shape for the basketball tournament.

The next thing I know,he hu[illegible]les us off to dancing class. And this afternoon, over at the pool, who won first place in the inner-tube race? You guessed it.

We've been going on like this for days. Thank goodness we're on a 14-day cruise.We still have plenty of time.To relax.To bask in the sun. To be pampered.To feel better than we've ever felt in our lives.

See a travel agent about a Royal Caribbean cruise. You'll find one leaving Miami every week and it's one of the nicest vacations you'll ever have. If there's any doubt, ask my husband. He's been singing its praises since we've come aboard.



Ships' Registry: Norway

SUN VIKING · NORDIC PRINCE · SONG OF NORWAY
and 14-day Royal Caribbean Cruises

Cost Saving Air/Sea Packages available fro[illegible] All accommodations subject to prior sale.

Royal Caribbean Tours, Inc., 1980

continued

Guatemala

ous palaces, plazas, and stairways that made Tikal the Mayans' largest ceremonial center some 1,200 years ago.

You'll have to get up early for the one-hour flight to Tikal from Guatemala City via Aviateca Airlines, followed by a short, jarring bus ride over jungle roads. A day tour, including air fare, bus transportation, and lunch, runs about $140 per person. Before you go, attend one of the evening slide shows depicting the famous ruins at major hotels in Guatemala City.

Journeying to the highlands

Visiting Guatemala's highlands is another feature of most packages. From Guatemala City, you'll travel by bus to Antigua, a delightful town rich in colonial ruins and restored buildings just 30 miles away. You can easily while away an afternoon strolling the cobbled streets and peering through enormous wooden doorways into quaint little shops. Colorful handwoven Indian textiles are everywhere. Churches with elaborate façades mix with arcades and flower-decked plazas.

Part of your itinerary may be a visit to the nearby village of San Antonio Aguas Calientes, one of the country's best bargaining spots. Blankets, wall hangings, and such generally cost considerably less there than in the city.

More likely than not, your package will include hotel-style accommodations. But if not, you might overnight in one of the friendly little *posadas*—small inns with charming high-ceilinged rooms usually filled with antiques. A couple of good choices are the Posada de Don Rodrigo, in Antigua, and El Cortijo de las Flores, in nearby Ciudad Vieja (about $26 double).

Seeing celebrated "Chichi"

Be sure your tour takes in Guatemala's most talked about town, Chichicastenango (Chichi for short), about a three-hour drive northwest of Antigua. On Thursdays and Sundays, this tiny town blossoms into a tented marketplace, and you'll be caught up in the bargaining. Overlooking the market is Santo Tomás church, where Indians burn incense and pray in whis-

continued

Serta

50 Golden anniversary

Celebrate with Serta! Save $40 to $150†

Celebrate with Serta and save. For a limited time only, Sertapedic Pillow Soft® *and* Sertapedic Maxim III mattresses and foundations are at celebration prices! And you can share in the celebration. For 50 days, you can save from $40 to $150 on this quality bedding with special features found in our more expensive mattress and foundation sets. Fifty days of savings, one day for each year, in honor of Serta's Golden Anniversary. See your participating Serta dealer now. Don't miss your golden opportunity to get sensational bedding at sensational savings. Offer expires March 1, 1981.



Sertapedic Pillow Soft

Nationally Advertised*

	Regular	Now
Twin 2 pc. set	$289.95	$209.95
Full 2 pc. set	$359.95	$279.95
Queen 2 pc. set	$459.95	$359.95
King 3 pc. set	$599.95	$449.95

Sertapedic Maxim III

Nationally Advertised*

	Regular	Now
Twin Ea. pc.	$139.95	$ 99.95
Full Ea. pc.	$169.95	$129.95
Queen 2 pc. set	$429.95	$329.95
King 3 pc. set	$569.95	$ 419.95

Serta

*All prices shown are nationally advertised suggested retail prices.
†All savings are based on nationally advertised suggested retail prices.

SLEEP BETTER LIVE BETTER

Makers of the famous **Perfect Sleeper**® and Sertapedic®Maxim mattresses and foundations. SERTA, INC., Rosemont, Ill.



Introducing the Newest Most Exciting Escape!

LIVELY NEW "Let's Go" CRUISES

Twice Weekly Year Round Aboard the

S/S AZURE SEAS

The "Party Boat" the cruiseship exclusively for parties, for parties of people of all ages who love to party. Sailing from Los Angeles to Ensenada, B.C., Mexico every Friday and Monday.



3 NIGHT WEEKEND FLING
(Friday P.M. to Monday A.M.)
from $290 to $450

4 NIGHT MIDWEEK SPREE
(Monday P.M. to Friday A.M.)
from $380 to $600

Registry Panama



Days of fun, Nights of frolic.
Extraordinary dining.
Great entertainment.

Three night clubs. Five bars. Dancing and discoing. A Party-Go-Lucky Casino, Extra comfortable Staterooms. The S/S AZURE SEAS docks wharfside at the port city of Ensenada, B.C., Mexico



SEE YOUR TRAVEL AGENT

WESTERN CRUISE LINES
EASTERN STEAMSHIP LINES, INC.
GENERAL SALES AGENTS

1220 Biscayne Blvd., P.O. Box 010882, Miami, Florida 33101
Telephone RESERVATIONS (305) 371-3992

We honor American Express, Master Charge, BankAmericard and Diners Club

continued

Guatemala

pered chants (respectful visitors are welcome). You might elect to spend the night in one of the town's pleasant *posadas,* like the Mayan Inn or Hotel Santo Tomàs (about $33 double).

Photograph: Bill Hopkins



Visiting mountain-cradled Lake Atitlan is another enjoyable side trip.

Winding up your trip

An overnight visit to Lake Atitlan makes a perfect ending to your vacation. To get there from Chichi, you'll make a twisting, steep descent from the highlands to Panajachel (at the north end of the lake).

Serene, shimmering Lake Atitlan, nestled in a volcanic crater, stretches nearly as far as the eye can see. Scattered about the lake are a dozen small villages where Indians of Mayan ancestry live. Your tour package probably will include accommodations in Panajachel, an excellent choice for your lakeside stay.

Most of the area's villages can be reached on foot, by boat, or by car. In the early morning, the lake's surface is broken only by the paddles of passing canoes. In most cases, your tour will include a lake cruise, usually with a crossing to Santiago Atitlan, biggest of the local villages. Be sure to browse its curious tiny shops, set between thatch-roofed houses of stone or bamboo.

If you have some free time, you can rent a motor boat and explore several

continued



Never underestimate the cleaning power of a 94 year old chick with a French name.

We won't deny it

This is a shameless attempt to win your hearts and get you to try Bon Ami for your own good.

It's a 94-year old idea whose time has come. Again.

Bon Ami is for people who care about the nice things they own. About their sinks & tubs. Their tile. Their appliances. Their stoves. Their cookware.

It's not for the use-it-today and throw-it-away generation.

Harsh cleansers scratch stains away.

Bon Ami, on the other hand, polishes them clean. That's why it keeps new things looking new.

Tender loving care for people who care.

No wonder Bon Ami is the cleanser recommended by such famous names as Corning®, Pyrex® U.S. Ceramic Tile, Congoleum®, and Rival®. As our fine-feathered friend, the chick, reminds us, it "hasn't scratched yet."

Isn't it about time you got a 94-year old chick with a French name to do your cleaning?



Bon Ami®

THE LOW DOWN.

OVALTINE IS LOWER DOWN IN CALORIES THAN ANY LEADING REDUCED CALORIE COCOA.



With only 50 calories per cup, Ovaltine™ Reduced Calorie Cocoa is just as rich, creamy and as deliciously chocolatey as any cocoa that's rich, creamy, deliciously chocolatey, and fattening.

And Ovaltine has the 7 essential vitamins and minerals to help you keep your nutrition up while you cut your calories down.

continued

Guatemala

villages on your own. Along the narrow cobblestone streets, you'll encounter the gentle, smiling village people in colorful dress. Each hamlet has its own unique heritage and traditions.

If you would like more information, write to Maria de Landis, Travel Division, Embassy of Guatemala, 2220 R Street, N.W., Washington, DC 20008, or contact the Guatemala Tourist Commission, Box 523850, Department MS, Miami, FL 33152. Other good sources of information are the *Guatemala Guide* (Passport Press; $7) and *Four Keys to Guatemala* (Thomas Y. Crowell Company, Funk & Wagnalls; $5.95). Both books are available in most libraries and bookstores.

TRAVEL PLANNING GUIDE Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

1. **Royal Caribbean Cruises**—*Song of Norway, Sun Viking, Nordic Prince.* Ships' registry: Norway.
2. **Western Cruise**—*SS Azure Seas*—3- and 4-night cruises from L.A. to Ensenada, Mexico.

Name_____

Address_____

City_____

State_____ **Zip**_____

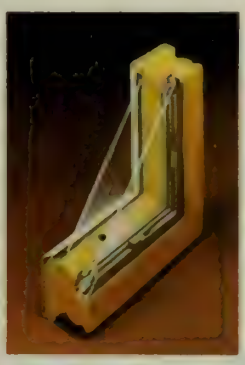
Mail To: (Include 25¢ handling charge)
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 101L
DES MOINES, IA 50336

Pella replacement windows make home improvement simply grand.

You're the proud owner of a wonderful old home and you want to do everything possible to make it more comfortable, convenient and energy-efficient. But it's essential to protect its traditional charm as well as your investment. So when it comes to replacing those loose, leaky, old windows, Pella has a lot to offer. First and foremost, there's the exclusive Pella replacement system that simplifies installation. And, of course, there's superior wood construction for unsurpassed insulation and aesthetic warmth. Add to that a choice of styles and sizes to blend beautifully with exterior and interior design. Still other important features like the Pella Double Glass Insulation System and maintenance free exterior cladding are described below. All in all, Pella has more to offer than any other wood window.



So easy to wash. Thanks to Pella's unique hinging system, the sash pivots straight out and moves toward the center of the frame providing plenty of room to clean outside glass from inside the room.



More insulation for energy economy. Pella's Double Glass Insulation System, with its full 13/16″ air space between panes, actually outperforms ordinary welded insulating glass . . . yet it can cost less.



Aluminum exterior needs no painting. Pella offers an optional jacket of protective aluminum cladding in a choice of colors outside, with the beauty and natural insulation of wood inside.



Building, renovating or replacing windows . . . Pella has ideas and information for you! Free! Lots of handy facts and colorful photographs to help you make the right window choices. Everything you need to know about window styles and placement, not to mention information on how Pella windows conserve energy and reduce maintenance. Information on different styles of sliding glass doors and wood folding doors too. Send for this free 16-page brochure today.

Please send me a free copy of *Pella Window and Door Ideas for Older Homes*. I plan to ☐ remodel ☐ replace windows

Name _____

Address _____

City _____

State _____ Zip _____

Telephone _____

Mail to: Pella Windows & Doors, Dept. CO1A1, 100 Main St., Pella, Iowa 50219

Also available throughout Canada.

This coupon answered within 24 hours.

Only Pella offers it all.

© 1980 Rolscreen Co.

Shapely and Tasty Cookies

You can give our special Chocolate Butter and Brown Sugar 'n Spice cookies any form you like simply by using cookie molds. To make these European-style designs, we used a Dutch wooden cookie board, a springerle rolling pin, stoneware molds, and tiny Scandinavian stamp molds.

The molds and stamps are available in a multitude of designs at stores that carry specialty cooking items. The first few times you use the molds or stamps, season them beforehand by thoroughly brushing cooking oil into the designs. For clear-cut designs, it's important to blend the cookie dough well; otherwise, dry particles in the dough could become embedded in the mold.







Photographs: Mike Dieter

BROWN SUGAR 'N SPICE COOKIES

These spicy cookies are reminiscent of the Dutch windmill cookies—

1 cup butter *or* margarine, softened
1½ cups packed brown sugar
1 egg

• • •

3½ cups all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
½ teaspoon ground cloves

Cream butter or margarine and brown sugar; add egg. Beat till light and fluffy. Thoroughly stir together flour and spices; add to creamed mixture gradually, mixing well. Cover; chill about 1 hour, or till firm.

To shape cookies, follow directions above (if using a springerle rolling pin, roll dough to ½-inch thickness.)

Transfer cookies with spatula onto ungreased cookie sheet; bake in a 350° oven for 10 to 12 minutes. Remove from cookie sheet; cool on wire rack. Store cooled cookies in a tightly covered container. Makes about fourteen 3½-inch or 2½ to 3 dozen 1½-inch cookies.

To use a Dutch stoneware mold *(above left),* or a cookie board *(above right),* press dough firmly into the oiled mold. Use a wooden pick to gently pry the dough from the molds; then peel the cookies out. For easier removal, dust molds with flour before each use. (Dough will be easier to remove when the molds become seasoned.)

If you're using a Scandinavian stamp mold *(above front),* roll the dough into 1-inch balls, then flatten with stamp. Round off the edges with a biscuit cutter. For springerle rolled designs, roll dough into a rectangle; press in the designs firmly with a springerle rolling pin *(above back).* Cut out the cookies along the borders of the designs.

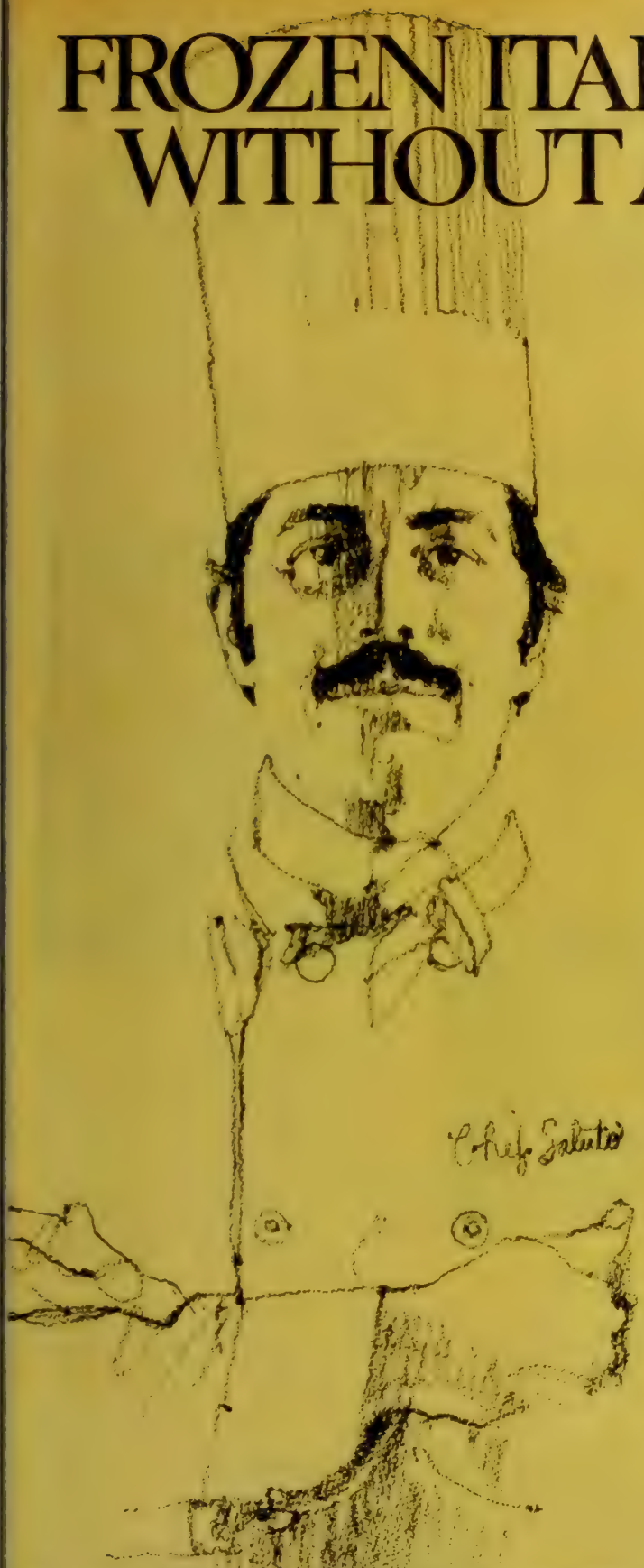
CHOCOLATE BUTTER COOKIES

The powdered sugar glaze helps show off the designs—

1¼ cups butter *or* margarine, softened
1½ cups granulated sugar
2 eggs
2 teaspoons vanilla
3 squares (3 ounces) unsweetened chocolate, melted and cooled
4¾ cups all-purpose flour
1½ teaspoons baking powder
1 cup sifted powdered sugar
2 tablespoons milk

In large mixer bowl beat together butter or margarine and granulated sugar till light and fluffy. Beat in eggs and vanilla. Blend in chocolate. Thoroughly stir together flour and baking powder; gradually add to butter mixture, beating till smooth. Cover; chill till firm or about 1 hour. To shape cookies, follow directions above (if using a springerle rolling pin, roll dough to ¼-inch thickness.) Transfer cookies with spatula onto ungreased cookie sheet. Bake in 375° oven for 12 to 14 minutes for 3½-inch cookies or 10 to 12 minutes for 1½- to 2-inch cookies. Cool 1 minute; remove to wire rack. When cookies are completely cool, stir together powdered sugar and about 2 tablespoons milk or enough to make a thin glazing consistency. Spread glaze thinly over cookies; allow to set. Makes about twenty 3½-inch or 3½ to 4 dozen 1½-inch cookies.

FROZEN ITALIAN FOOD WITHOUT APOLOGY.



I thought, all people should know what superb Italian food tastes like. They should know the delicate blendings of ingredients that give food greatness. The touch of the right spices. The magic of the sauce. The highest quality meats and cheeses.

That is why Chef Saluto has adapted fine Manicotti, Lasagna, Veal Parmigiana, Meat and Cheese Ravioli as frozen food.

That is why Chef Saluto gives you a remarkable new pizza. A pizza with a crust that's light, crisp, fresh tasting!

It is frozen food of uncompromised quality. Anything less would be an apology.



CHEF SALUTO™ PIZZA AND ITALIAN ENTREES.

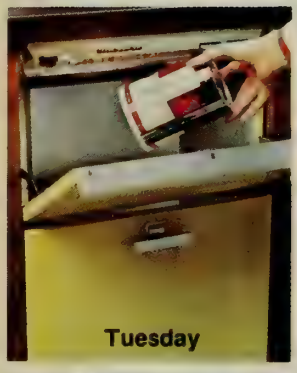
©Saluto Foods,® 1980



The KitchenAid Trash Compactor.

















You'll wonder how you ever got along without it.

Spend a week with the KitchenAid trash compactor, and you'll wonder how you ever got along without it.

It squeezes a week's trash into one small load. Does away with overflowing wastebaskets and smelly trash cans.

The KitchenAid compactor has an exclusive Litter Bin® door on top that's super convenient for quick throwaways. And a big trash drawer down below for wastebasket loads. Its exclusive Tilt-Away basket can be used with or without trash bags. And the exclusive activated charcoal filter removes odors.

A KitchenAid trash compactor has the same kind of built-in reliability and performance as KitchenAid dishwashers. Plus convenience features that'll prove their worth many times a day. To learn more, see your KitchenAid dealer or write for our free point-by-point comparison.

We built our reputation on performance, not promises.

KitchenAid®. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

A new look at open storage

What can you do if you like the convenience of open storage but don't like the cluttered look that often goes with it? The owners of this kitchen came up with the answer. They filled an entire wall with open storage nooks—each one designed to meet a specific need.



Photograph: Harry Hartman
Field editor: Bonnie Maharam

The one-foot-deep storage wall is perforated with a series of geometric cutouts that are as much fun to look at as they are to use. The wall provides a showcase for unusual mugs and brightly colored dishes, and keeps kitchen staples in impeccable order. Many of the openings hold store-bought canisters that slide neatly into place. Contents are identifiable through the canisters' clear plastic fronts. The larger cutouts have one or more shelves that support small appliances, dishes, and cook books. The entire wall is surfaced with plastic laminate.

All of the counter space in this well-organized kitchen is provided by a T-shaped center island. The island houses the cooktop, sink, dishwasher, and a trio of work surfaces. Food preparation takes place on the butcher block adjacent to the range; wet dishes and hot pots and pans can't damage the stainless steel surrounding the sink. The table extension is surfaced with plastic laminate and rests on a removable tripod.



Have a Sweet Pickle - it won't cost you a nickel!

It's FREE

for your 2 to 7 year-old to keep

also 3 other SWEET PICKLES BOOKS

all for $1.00 plus shipping and handling

(a total value of $11.80)

Get giggles and tickles and life's silly pickles. Say "hello" to the Sweet Pickles® gang—the silliest, merriest animal characters ever to tumble out of children's storybooks... and into kids' hearts.

These lovable Sweet Pickles® are "regulars" on the Captain Kangaroo TV show where they make reading fun and growing up a little easier for youngsters age 2 to 7. And now they've got a special FREE treat for your child.

Just mail the Gift Certificate and we'll send your youngster a whole package of colorful, hardcover storybooks brimful of adorable characters that boys and girls just naturally love.

Each Sweet Pickles® character has a personality trait your child will quickly recognize. Like **Imitating Iguana** who wants to be just like everyone else. **Accusing Alligator** who's always blaming others for what happens to him. Or **Worried Walrus** who worries—a lot.

These wacky characters help children overcome everyday "growing up" problems—and feel better about themselves, too. Best of all, Sweet Pickles® storybooks make reading **fun.** And easy. With bright illustrations that make kids laugh—and keep on reading! After all, the folks behind Sweet Pickles® are the reading experts from **Weekly Reader.**



© Weekly Reader Books 1980 A1/S11

Share a Sweet Pickle® with your child—FREE

Get **Goose Goofs Off** plus the Sweet Pickles® Wall Poster and Personalized Bookrack FREE for your child. We'll also send 3 other Sweet Pickles® storybooks shown (an $8.85 value) for 10 days without charge. If Sweet Pickles® win you both over, keep all 3 introductory books for the special price of just $1.00 plus shipping, handling and sales tax.

Then your child will receive 2 new Sweet Pickles® storybooks about every 6 weeks, on approval. Keep the ones you want for only $2.69 each plus shipping, handling and sales tax. No obligation to buy a single book. Cancel at any time. Mail the certificate today. It won't cost you a nickel!



Plus 2 FREE Bonus Gifts.

This big, colorful Wall Poster with all the Sweet Pickles® gang... and this Sweet Pickles® Bookrack with letters so you can personalize it with your child's name.

SWEET PICKLES® BOOK CLUB
A Service of Weekly Reader Books
1250 Fairwood Avenue, P.O. Box 16551
Columbus, Ohio 43216

Sweet Pickles characters © 1977 Eyeknowme, Inc.

A-W116-BH

SWEET PICKLES®

We are coming to your home!

SWEET PICKLES® BOOK CLUB
A Service of Weekly Reader Books
1250 Fairwood Avenue, P.O. Box 16551, Columbus, Ohio 43216

YES, please send my child's FREE copy of **Goose Goofs Off** plus the Sweet Pickles® Wall Poster and Bookrack which are ours to keep. Also send the 3 other introductory Sweet Pickles storybooks on approval, which we can keep, if we wish, for just $1.00 complete plus a small additional charge for shipping, handling and sales tax. We'll then be entitled to receive 2 new Sweet Pickles storybooks on approval about every 6 weeks and keep only the ones we want for just $2.69 each plus shipping, handling and sales tax. We're not obligated to buy a single book—ever. And we may cancel membership at any time. Whatever we decide, the FREE storybook and bonus gifts are ours to keep, forever, FREE.

(Print)
Child's name_____ Age_____

Address_____ Apt._____

City_____ State_____ Zip_____

Parent's signature_____

Child's Birth Date_____ Phone No._____
Mo. Day Year (area code)

D234-016

Gerber Nutrition Report
Answers to questions parents ask us.

How can I supplement my baby's diet without interfering with breast feeding?

Breast-fed babies are very fortunate. They receive a sound nutritional start, and the special closeness of breast feeding is a wonderful foundation for a secure and loving relationship.

It's no wonder that many breast-feeding mothers are reluctant to introduce bottle fed formula when the time comes to supplement breast milk. When bottle feedings fulfill baby's need to suckle, breast milk stimulation diminishes, and the nursing experience may be foreshortened.

By spoon feeding Gerber Baby Foods, you can add needed nutrients to your baby's diet and begin an important developmental step with no interference to suckling. Spoon feeding provides baby with new tastes and textures, new stimulation, and a new opportunity to socialize that does not hamper or replace nursing.

The addition of wholesome Gerber foods can help meet your baby's growing nutrient needs while you continue to nurse.



Gerber®
Babies are our business...
and have been for over 50 years.
Gerber Products Company, Fremont, MI 49412

We've learned a lot about food because we care a lot about babies.

GETTING CLOSER TO WHAT COUNTS

FIVE FAMILIES SHOW THE WAY

An encouraging way of life is emerging in our country today. Look around and you'll see for yourself. In response to the stresses and strains of contemporary times and in rejection of the rampant materialism and excessive self-indulgence of the '60s and '70s, more and more people are attempting to enrich and add deeper meaning to their own lives. They're setting individual priorities, becoming more self-sufficient, and trying to strengthen family bonds and conserve resources. Once more in our history, Americans are exhibiting that great adaptability that turns adversity into advantage. The rewards they find are personal growth and satisfaction, and closer, more nurturing relationships.

In this issue, we look in on five families from across the United States who have adapted this life-style to their particular needs. They've reordered their lives to become more independent, more self-reliant, more self-directed. They've carefully determined where their own satisfactions lie, and they're bringing themselves closer to what counts most to them.

All five of these families are in the American mainstream—not the kind of people you'd call dropouts from the rat race. The changes in their lives have not been extreme (though two of the five families have figured out ways to earn a living by working out of their homes). But they all are mapping out a life-style that combines the most enduring values from our past with a new awareness of what will be needed to live well in the future.

What's nudging people toward greater self-reliance and independence? Sometimes a family embarks on this new way of life without even realizing it. A person plants a garden and discovers the joy of putting homegrown food on the table. Someone takes tools in hand for a minor remodeling project and suddenly discovers pride in a skill. Parents teach children how to sew or model clay, and the whole family discovers the pleasure of using talents.

Sometimes money plays a motivating role. Families respond to the economic pinch by consciously seeking new ways to be frugal, and along the way they make the happy discovery that frugality can lead to creativity and independence. "Waste not, want not" is once more a prevailing philosophy. And for these families, frugality extends to using time wisely. Consequently, they've decided to rid their lives of clutter, to shake free of society's distracting demands and rituals, retaining only those that really matter.

Ecological concerns also are important in this movement. Americans have been forced to the realization that petroleum is neither cheap nor plentiful and that even the abundance of the good earth has its limits. And along with this growing awareness of natural resources has come a greater awareness of human resources. Family members are giving more importance to the time they spend with one another and are thoroughly enjoying doing things together. The self-centeredness of the '70s has given ground to a sensitive regard for others. The focus has changed from "me" to "we."

This shift to a new life-style isn't a yearning for pioneer hardships, a turning back of the clock to yesteryear, or a rejection of progress and modern conveniences. Rather, it's a reaction to what's shabby and cheap, short-lived and trendy. It puts new emphasis on quality products and on those that help the consumer become more self-reliant—such things as energy-smart housing, high-mileage cars, nutritious foods, durable furnishings, self-help medical products, educational toys.

The long-range result of this new approach can be enhanced living, as you'll see on the following pages.



THE DURRANTS



THE JERDEES



THE SNYDERS



THE ZAWOJSKIS



THE SMITHS

WHAT COUNTS



THE DURRANTS

A HOME DESIGNED FOR SELF-RELIANCE

A few years ago, Pamela and David Durrant of Harvard, Massachusetts, decided they wanted to become more self-reliant. That's an ambitious goal, to be sure, but one they've been able to reach through some conscious decisions and a lot of work.

Consider, for instance, what they did with the 1907-ish house they bought. They could see that the old clunker faced a major shake-up if they were going to achieve their aim of becoming independent of high utility bills.





David, a designer by profession, decided to do as much of the work as possible himself. "It's a good learning experience," he says. "To pound a nail and to know how a building goes together makes all the difference. Part of my education was that you don't design until you know how to build."

Top priority was the shell of the house. The Durrants tore out the old plaster, insulated the exterior walls, added a layer of polyethylene sheeting, and put up a fresh skin of drywall. In addition, they reduced the number of north windows, blew 12 inches of insulation into the attic, and caulked with great fervor.

Then came a major improvement in the heating system: the addition of a passive solar greenhouse on the south side, behind the kitchen. The addition of a lower-level living room followed.



The recent addition of a lower-level living room *is indicated by the shed shape that juts off the north side of the house* (facing page, bottom). *The floor of the addition is three feet below the adjoining room. David used every energy-saving trick he could muster when he designed this addition. "I built it with 2x6 studs so I could get 5½ inches of insulation in the walls rather than the usual three inches," he says. And he put no windows facing north.*

An open wall between the upper and lower living rooms *improves the convective flow of heat throughout the house. Thus the big old wood-burning stove that David put into the new addition* (left) *helps to heat not only the lower room but the upper level as well. And because the new wing is open to the rest of the house, it can be warmed by the south-facing greenhouse, too.*

The Durrants say it's fun to gather wood for the stove. "We all go out in the fall," Pamela says, "and our four-year-old, Colin, helps heave the wood into the truck. Ian, who's just a year old, still watches. We spend a lot of enjoyable time together cutting, splitting, and stacking wood. It's good exercise, especially in the winter, which is a sedentary season."

Nearly all the heat the house ever needs is supplied by the stove in the Durrants' new living room, another wood-burning stove in the kitchen, and their solar greenhouse. The only time they burn oil is when they go away for two or three ski weekends each winter. Last year they used only a quarter of a tank of oil.

When the Durrants decided to drop the lower living room by three feet, heat flow wasn't the only objective. "We have an active family," Pamela says, "and this is the room where it all takes place. I do my weaving here, and this is where the children play. Whatever state the room is in, it's never visible from the main living room up above."

The fireplace in the upper-level living room (facing page, top) *is not particularly heat-efficient, so its value is more aesthetic than practical. "We only use it when there are guests for dinner," David says.*

Photographs: Feliciano; Chapple; Maris/Semel; Gorchev & Gorchev; Hedrich-Blessing. Designer: David W. Durrant. Field editor: Estelle Bond Guralnick

WHAT COUNTS



"I DON'T SEE HOW YOU CAN LIVE IN THE COUNTRY WITHOUT PLANTING."

Pamela and David Durrant grow about 98 percent of the vegetables for their family of four. All they have to buy is asparagus (until they get their asparagus bed started), artichokes, and fresh lettuce in the wintertime.

The Durrants became serious gardeners when they first moved to Harvard, a small town in the Boston area where new and remodeled houses dot the semiwoody countryside. "I don't see how you can live in the country without planting," David says. "And once you start, it's hard to go back to store-bought food. Gardening becomes almost an addiction."

Their main vegetable garden is about 60x70 feet, including a big block of sweet corn. Also on the family's two-acre lot are a separate potato patch, an herb garden, and a fruit garden of strawberries, raspberries, and blueberries.

Each year, the Durrants plot their garden carefully. Pamela keeps records of planting and germination times and harvest results so they have comparison charts to refer to in the future.



When Pamela finishes shelling peas in the garden (top), *the pods go to the family's two pigs, which are being raised in a 4x10-foot pen as another means of making the Durrants self-sufficient. The pigs are a source of both fresh and smoked pork. The pen extends from the back of the barn, well away from the house. Aged pig manure is recycled to the garden as fertilizer.*

Vine-ripened strawberries that come fresh from the patch, *like those being picked by Pamela and Colin* (above), *end up in pies, jams, and homemade ice cream. Cheesecloth normally covers the bed to stop birds from eyeing and pecking the bright red berries. The strawberries, raspberries, blueberries, and rhubarb all grow in cleared areas along the wooded drive. This saves space in the main garden.*



Both Pamela and David are deeply involved in gardening. "It's a very peaceful and restorative activity," David says. After the garden is plotted, David does the tilling—"the rough preparation," as he calls it. Spreading the fertilizer is a shared effort, and then Pamela pretty much takes charge of the garden, with David acting as an occasional helper. She spends an hour or two in the garden every day, sometimes more.

The Durrants mulch heavily to keep weeding to a minimum. The bottom layer of mulch consists of a layer or two of black-and-white newspaper. "The dye in colored newsprint is injurious to the soil," Pamela says. The top layer of mulch is salt-marsh hay, which is tilled into the soil in the fall. David rotary-tills then to expose any bugs in the soil to the winter frost.

The alternate freezing and thawing of winter helps to break up clods left in the soil after tilling. Come spring, the soil is nicely crumbled and ready for planting of the early, cool-season crops.

In another ploy to combat bugs, David has assembled many birdhouses from scrap lumber and scattered them strategically around the garden. These and bird feeders encourage a large bird population, which gobbles up most of the pests in the garden. "Within a period of about 30 seconds," David says, "I've watched a catbird get 15 caterpillars to feed its young. Mind you, that's in less than a minute. There's no need to spray when the birds do their job."

Fresh greens are a daily treat for the Durrants *in the spring and summer. The productive area behind their house* (left) *was nothing but hard clay before David began rotary-tilling it several years ago. Now it produces bumper crops of lettuce, spinach, peas, tomatoes, beans, and squash.*

WHAT COUNTS



"GARDENING IS A VERY PEACEFUL AND RESTORATIVE ACTIVITY."

The Durrants will be the first to tell you that their independent life-style—from planting the garden to tending the animals—takes time. It also requires a lot of unglamorous work, and they say it's important that a family make work fun if their goal is self-sufficiency.

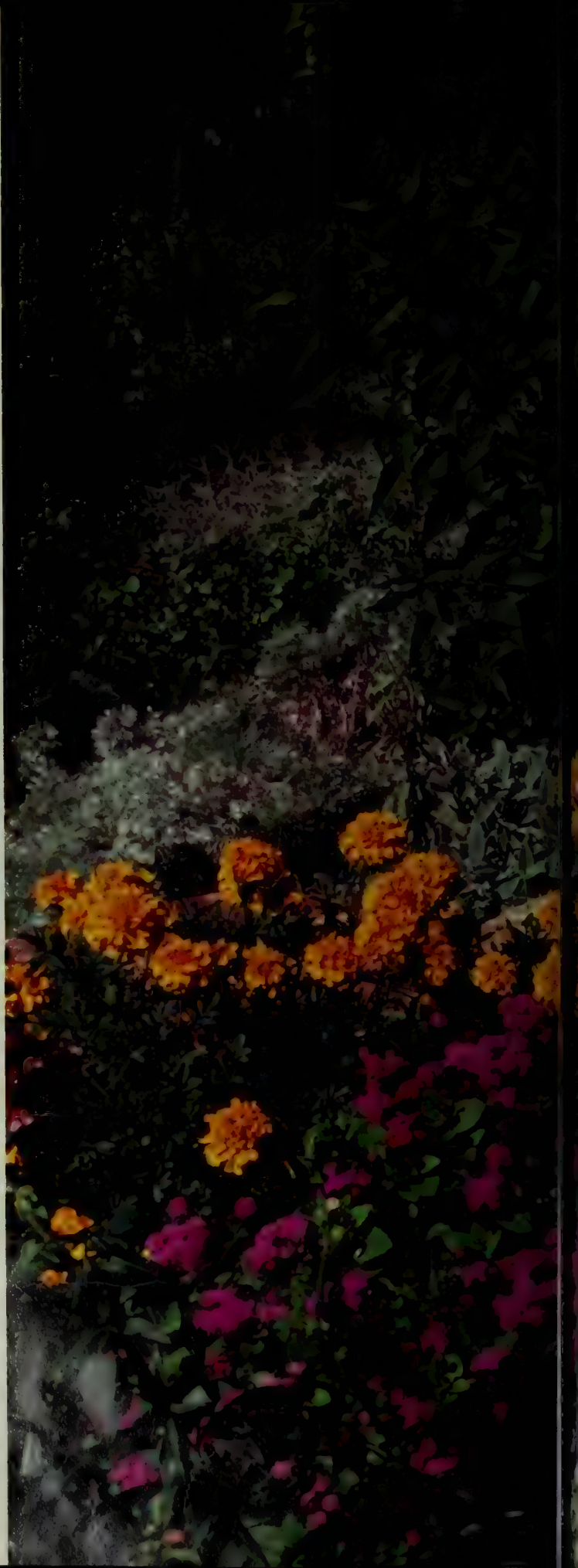
What's also necessary is that someone stay home. "After all, if you're heating with wood," David says, "someone has to be there to run the stove." For Pamela and David, this was easily arranged. Both had been working as professional designers, and home is where both of them wanted to be. So they consciously made a basic change in their life-style by starting their own business and putting their office in their home.

Or to be more precise, they put it in the barn. With the help of some friends, David built a barn with a shop and garage on the first floor and a studio office on the second.

"A big part of what we've been able to accomplish," David says, "is due to the fact that we're both on hand most of the time. Deciding to work for ourselves was perhaps our most important mutual decision. It eliminated running back and forth to an office every day. We know that not everyone is in a position to make this sort of change, but we recommend it highly to anyone who has the choice."









The Durrants get a head start on the growing season *with cold frames. There's a large unit back of the barn near the garden. Four old storm windows bolted together in pairs form its top, which is closed at night to retain the sun's warmth.*

Using scrap lumber, David also designed and built a smaller portable cold frame (facing page, top) *to use on the deck in the spring. The top is simply a wood frame with heavy polyurethane stapled onto it. Plants are started in flats in the Durrants' indoor greenhouse, then transplanted to the cold frames.*

Also, the cold frame on the deck works as a holding place for nursery-bought plants waiting to be set in the ground.

Their own six hens are the Durrants' egg suppliers. *The family calls them Colin's chickens because he collects the eggs* (facing page, middle) *and is allowed to keep the money from the sale of any surplus.*

The chicken pen is shaded by the surrounding second-growth woods. Extra greens from the garden supplement grains in the chickens' diet.

Pamela dries some of her homegrown flowers and herbs *to use in permanent arrangements. This wreath* (facing page, bottom) *contains Silver King artemisia, statice, Siberian iris pods, columbine seed pods, balloon flower pods, globe thistle, black-eyed susan, and tithonia.*

To make the wreath, Pamela started with a ten-inch wire frame covered with strips of fabric cut from an old T-shirt. Silvery branches of dried artemesia were wired onto the fabric padding first, then other decorative pods and flowers were added.

The foliage, pods, and flowers were picked in September and hung to dry for six weeks before being shaped into the wreath.

From spring until frost, a kitchen-side herb garden (left) *adds color to the Durrants' vista and good flavor to their food. The herbs include artemesia, salad burnet, santolina, veronica, pineapple sage, lamb's-ears, garlic chives, Egyptian onions, and lavender.*

WHAT COUNTS





"WE REMODELED THIS HOUSE TO MAKE IT OUR OWN."

The Durrants' kitchen is just as much a part of their personalized environment as their garden is. Big windows gather in the sky, a 19th-century wood-burning stove keeps the room cozy, and the cabinets and flooring were lovingly crafted by David himself. "We remodeled this house so we could make it our own," he says.

The Durrants did most of the labor themselves. The south and east walls were designed to take advantage of the warm rays of the sun in the winter and the garden view in the spring and summer.

The Durrants preserve, by freezing or canning, *much of the produce they grow in their garden. "We really prefer to freeze," David says, "because it's easy and you don't boil the goodness out." David does most of the freezing himself, parboiling the vegetables and freezing them in plastic bags.*

Canning is a joint project. Pamela and David pickle beets, make tomato juice, put up fruits such as brandied peaches, and make jams and jellies.

Some of their favorite dishes (above) *are* ***Boeuf en Daube*** (front right), ***Herb Dip*** (in red cabbage), ***David's Apple Pie*** (front left), *and* ***Bread and Butter Pickles*** (back left). **Recipes begin on page 70.**





Old-fashioned charm and up-to-date decorating *are carefully blended in the Durrants' remodeled kitchen* (left). *They laid the oak floor in varying directions, creating a bold pattern. And being frugal Yankees, they didn't waste a bit of the leftover flooring. They laminated the oak together for a butcher-block chopping surface in the two-level island.*

Pamela and David didn't settle for look-alike walls jammed with cabinets above and a ribbon of counters below. "We have no drawers in the kitchen because we believe in ready accessibility," Pamela says. They organized all their everyday cooking implements along a perforated hardboard wall that descends to a row of suspended cubicles, each 12 inches deep and 15 inches high. The open cupboards are topped with a laminated counter set two inches away from the wall to keep appliance cords out of the cook's way.

All the cabinets are covered with laminate for ease in cleaning. David also built a sculptural exhaust hood, and installed lights that shine down on the work surface and up toward the vaulted ceiling.

The wood-burning stove that stands in the kitchen (facing page, top) *may conjure up images of grandmother's homemade biscuits, but it also functions for a family in 1981. "The stove's steady dry heat is excellent for drying my herbs and fruits," Pamela says, "and it helps bread dough rise even on the coldest winter days." In the summer, the Durrants rely on a gas cooktop and built-in barbecue in the kitchen island.*

To save money, David kept the plumbing where it had been in the old kitchen. The new sink counter is located along what was once the outside wall—now the wall leading to the greenhouse.

Pamela covered the windows near the dining table with the same type of heat-controlling quilted shades she used in the lower living room and greenhouse. "The kitchen had never been a really comfortable place at night," she says. "If you sat next to the stove, you were too hot. If you sat next to the window, you froze."

WHAT COUNTS



THE JERDEES

A FAMILY JOINED IN THE JOY OF CRAFTS

Turning a house into a home is no easy task. It requires time, patience, and creativity—but not necessarily a lot of money. For Becky and Allen Jerdee, it was a task they gladly embraced when they moved to Rosemount, Minnesota, five years ago.

Becky is a free-lance designer, and Allen is a Lutheran minister. They've not only done most of the creative work themselves, but they've also passed along their knowledge of crafts, gardening, carpentry, and decorating to their children—Amy, 13, and Adam, seven.

For the Jerdees, building a family life and creating a personalized home environment are one and the same. "Our hobbies give our home a personal touch," Becky says. "And by teaching our children skills we feel are important, we're creating an opportunity to work together. Then we all have a share in shaping our life-style."

Becky uses simple projects to teach her children stitchery (above). *"Appliquéd pillows are ideal," she says, "because the kids can try out new designs, using leftover fabrics. Small needlepoint ornaments are another good choice because they don't take too long to complete."*

A corner of the garage has just enough work space *for father-and-son projects like this Noah's ark* (top right).

Becky creates appliquéd portraits of her children *from photographic slides that she projects on the wall. Adam's portrait hangs in the dining room* (bottom right).

The one-of-a-kind apron Adam wears for kitchen detail (facing page) *was stitched from an 11x18-inch piece of printed black fabric, tapered at the top for shape and then appliquéd with simple fabric designs. Double-fold bias tape is used for the apron strings.*

Instructions begin on page 90.





Photographs: Jim Hedrich, Hedrich-Blessing



WHAT COUNTS

"USING ADAM'S AND AMY'S DRAWINGS IN MY DESIGNS HELPS ME PRESERVE EACH STAGE OF THEIR CHILDHOOD."

To tour the Jerdees' home is to take a course in creative design. Each room is uniquely stamped with the personality of its occupant. And the whole house is infused with a warm, inviting ambience created with good taste, color, imagination, personality, and artfulness.

Becky has the knack of solving decorating problems with inexpensive, practical, intriguing creations. Not many people have this truly special gift, but anyone can copy or adapt her ideas.

You'd never mistake Amy's room for anybody else's. *It's furnished with much more than the typical teen-ager's paraphernalia. On the bed is a quilt that her mother stitched from an assortment of Amy's drawings that she had collected for six years* (bottom right). *The matching pillow was inspired by a prizewinning drawing that Amy did to promote fire prevention. And an appliquéd portrait of Amy hangs on the wall.*

Adam's room is a world of cars, trucks, and planes *fashioned by the seven-year-old car buff himself. His bedspread is actually a ready-made spread that was embellished and personalized with appliquéd designs of his own drawings* (facing page). *The headboard is made from 13x16-inch pieces of rainbow fabrics attached to wooden dowels. To make the framed pictures on the walls, Becky enlarged some of Adam's favorite drawings onto fabric and secured each piece to the background with fusible webbing.*

"Using Adam's and Amy's drawings in my designs," Becky says, "helps me preserve each stage of their childhood."

Instructions begin on page 90.



With Adam's help, Allen builds his son's wooden toys. *The Noah's ark project they worked on together* (right) *represents many pleasant hours in the workshop and now fills other enjoyable hours as one of Adam's favorite playthings.*

"To encourage my kids to do things," Allen says, "I figured I'd better set a good example. Adam and I have built quite a few projects together, and now I find those projects are the ones I like most."




adam

WHAT COUNTS



"BY TEACHING OUR CHILDREN SKILLS THAT WE FEEL ARE IMPORTANT, WE'RE CREATING AN OPPORTUNITY TO WORK TOGETHER."

Allen and Becky Jerdee say the economy of doing things themselves motivated a lot of their handcrafted projects. But even more important, crafts provide them the chance to pass along to their children a lesson worth learning: the importance of doing, of using your own resources, and of spending time together as a family.

The handcrafted doghouse for the Jerdees' black poodle (above) *was largely an Allen-and-Adam collaboration. "It was a design-as-you-go job," Allen says. "We tried to use up as much scrap lumber as we could, including some leftover cedar siding from our deck."*

The roof leaked a little at first because there wasn't enough pitch. "But my dad showed me how to fix it," Adam says.

The imaginative sun screen and Martian-like scarecrow (bottom right) *were inspired by the kids' early drawings. Becky stitched their designs on fabric.*

Amy's current hobby is making potpourris (top right), *using flowers, herbs, and spices from the Jerdees' own garden. "I have a few favorite potpourri recipes," she says, "but I'm always anxious to try new ones, too." Amy markets her potpourris at the Renaissance Festival that's held each summer in Shakopee, Minnesota.*

Working, learning, or just having fun, the Jerdees *never seem to have a problem keeping busy. They spend a lot of summer hours in the yard, designing their big-impact, low-maintenance garden and building hardworking outdoor furniture* (facing page).

The backyard provides a place for all of the Jerdees to pursue their own individual interests. While Allen enjoys tending the garden, Becky can catch up on some hand stitching. "I'm very proud of my wife's designs, and I have a special appreciation of her work because I know what goes into each project," says Allen.

Instructions begin on page 90.







WHAT COUNTS

"I WANTED TO QUILT A MARRIAGE CERTIFICATE FOR OUR BED THAT WOULD BE A LIVING HEIRLOOM."

Sewing is an integral part of Becky Jerdee's life, and many of her projects are the result of the go-anywhere stitching she does in her spare time.

A book about liturgical designs that Becky wrote *for the church prompted her to stitch a collection of robes and vestments* (bottom right).

Most of Becky's machine stitching is done in a corner of the basement that she uses as her studio. She keeps her work area well organized so she can operate efficiently in a small space. Fabrics are stored according to color in handy plastic bins. Becky keeps all of her scraps in case she can use them for future projects.

Becky's pride and joy is the anniversary quilt *she made to commemorate her marriage to Allen* (facing page). *"I wanted to quilt a marriage certificate for our bed that would be a living heirloom," she says, "not just a piece of paper tucked away in some filing cabinet."*

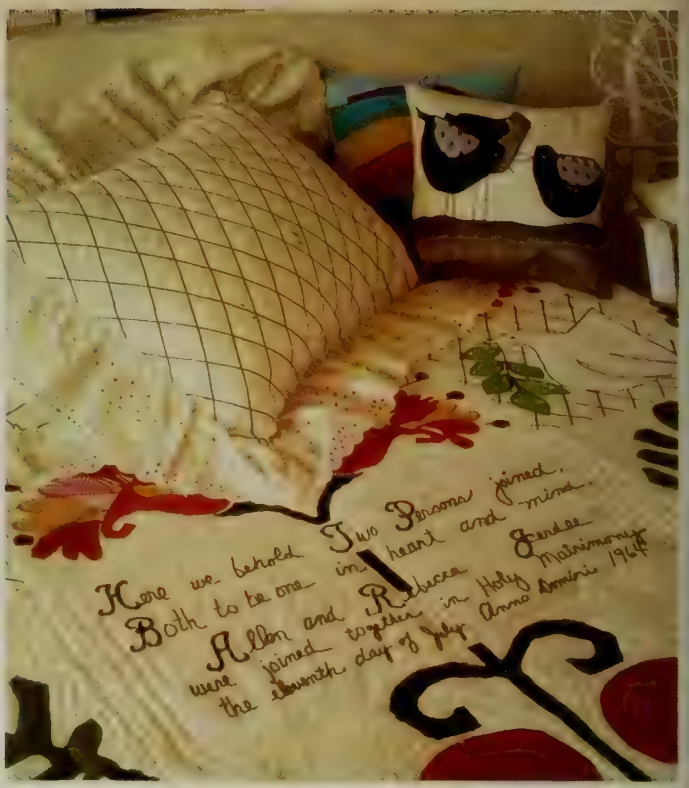
Becky used contemporary folk art designs for both the quilt and the 14-inch fabric appliqués that hang on the wall above the bed. Although the designs are handed down from ancient folkloric history, Becky made changes and modifications to create these updated, stylized versions.

The designs represent love, fertility, happiness—symbols that relate to the earth and deal with human relationships.

All of the designs "grow" out of the urn, symbolizing good luck and prosperity.

The wall hangings, which can be framed or stitched into pillows, are some of the experimental designs Becky came up with before she started the marriage quilt.

Instructions begin on page 90.



A detail of the marriage quilt that Becky designed *is embroidered in stem stitch with black floss* (right). *The words are taken from a traditional Pennsylvania Dutch marriage certificate that Becky and Allen find especially meaningful.*

The addition of the children's names makes the quilt like a family tree and helps commemorate special occasions that are important to the entire family.




Born to this house
Adam Allen
May 21, 1975

WHAT COUNTS



THE SNYDERS

GARDENING IS A FAMILY AFFAIR

Jon and Marilyn Snyder, who live in Des Moines, Iowa, have a backyard vegetable garden that can feed their whole family. And their family includes three youngsters with good healthy appetites: Joel, aged nine; Jessica, one; and Kristopher Carl (nicknamed K.C.), seven.

But supplying food isn't the garden's biggest virtue. More important, it has become an integral part of the Snyders' family life. "It provides a sort of ritual for the family," Jon says.

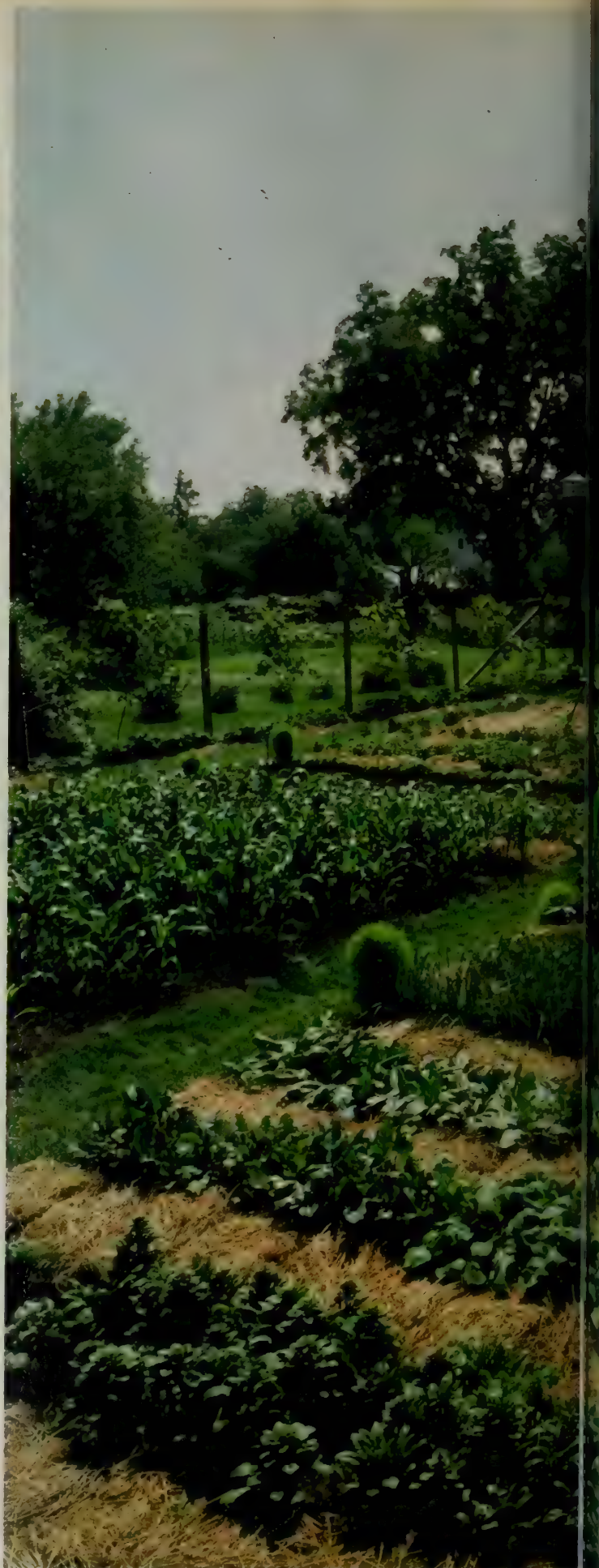
You wouldn't know it from the way the Snyders' garden looks today, but their harmony with nature took a long time developing. "We got started about ten years ago," Jon says. "We were renting a small house then and started digging weeds from around it and sticking in some annuals. That led to a backyard garden where we made all the classic first-timers' mistakes. We planted in the shade. We put the rows too close together. We gardened in poor soil."

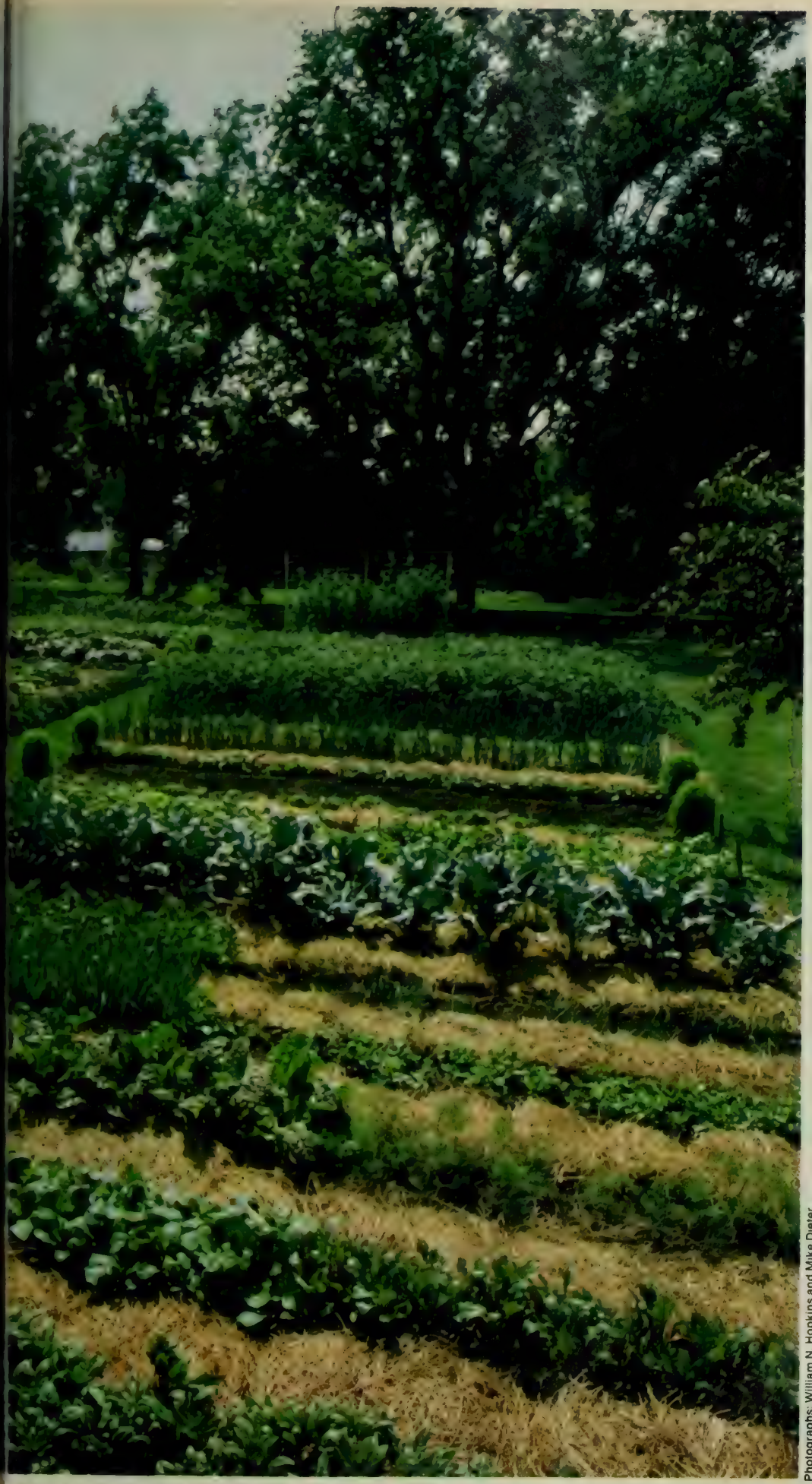


"But we still thought it was a wonderful garden," says Marilyn.

During the next few years, the Snyders shared a vegetable garden with friends who lived in the country. There, they learned to contend with drought, insects, and more weeds than most city-dwellers ever see. Yet each succeeding season, the Snyders grew better and better vegetables.

Finally, when they decided to buy their present home, they made sure it had space for the backyard garden you see here.





Photographs: William N. Hopkins and Mike Dieter

The Snyders' dream garden is divided into six plots, *each one measuring 20x30 feet* (overview left; turn page for plan). *In the early spring all the plots are tilled under before planting. This way the thick layer of leaves that Jon spreads over the garden in the fall is incorporated along with the decaying mulch from the previous year into the soil to increase fertility. Jon also makes a light application of bone meal and cottonseed meal before tilling.*

Every year the Snyders plant a series of cover crops in one of the plots. A cover crop, also known as a green manure crop, is one of the best ways to increase soil fertility. In addition to adding vital nutrients to the soil and increasing organic matter, a cover crop chokes out weed growth on fallow areas of the garden.

Unlike many gardeners, the Snyders don't plant their garden crops single file in long, rambling rows. Instead, they sow most of their vegetables in wide rows. This gives them more produce per square inch of garden space and allows them to plant a greater variety of vegetables.

Plantings of perennial crops, like grapes, asparagus, strawberries, elderberries, and an assortment of dwarf fruit trees, flank the north and south sides of the garden. (In our photograph, you're looking west.) Paths between the plots are four feet wide. Ornamental kochia and dwarf marigolds grow along the plot borders.

Even with a large garden, it's important to save space. *That's why the Snyders interplant their crops whenever possible. In plot four* (facing page, top), *lettuce plants thinned from plot number one rub shoulders with young pepper plants. As the peppers mature, the lettuce is harvested and the peppers fill the space. The Snyders also interplant onions and cabbage, carrots and radishes, pumpkins and corn, and lettuce and marigolds.*

In one way or another, the garden involves the whole family. Jon handles the planning and the planting, and Marilyn does the canning and preserving of what they harvest. "The kids help both of us," Jon reports, "and they eat enough to spur us on."

WHAT COUNTS

"FROM ONE INITIAL CONCENTRATED PERIOD OF WORK, WE GET WHAT SEEMS TO BE A TENFOLD RETURN."



Cool-season vegetables are planted in beds one, two, and three. *Quicker growing cool-season crops like spinach, beets, and turnips grow together in bed number one* (below). *After they're harvested, midseason crops are added. Slower growing cool-season crops like parsnips, leeks, celery, and salsify can grow together all season undisturbed.*

The Snyders always grow enough lettuce for a daily salad. *A 3½-foot-wide row* (right) *contains five varieties: Little Gem, Butter King, Manoa, Buttercrunch, and Hot Weather. Jon moves extra seedlings to other spots in the garden. Later, when all the lettuce is harvested, he adds a row of broccoli and a row of cauliflower for a fall harvest.*



Illustrations Blaser/Kimball


MARIGOLDS
ILLINI X-SWEET CORN
PUMPKINS WITHIN CORN
6
5 VARIETIES OF TOMATOES
BASIL
BASIL
WAX BEANS (Followed by Cauliflower)
GREEN BEANS (Followed by Broccoli)
PURPLE POD BEANS (Followed by Cauliflower)
CAULIFLOWER
ASPARAGUS
CABBAGE
ONION PLANTS
LETTUCE
SHALOTS
GARLIC
MARTIN HOUSE
RHUBARB
SUNFLOWERS
BUSH ON EVERY CORNER
WORDEN GRAPE
CACO GRAPE
FREDONIA GRAPE
NIAGRA GRAPE
CONCORD GRAPE
CANADICE GRAPE
STEUBEN GRAPE
3 VARIETIES OF STRAWBERRIES UNDER THE GRAPES
BUSH ACORN SQUASH
5
WATERMELON
POLE LIMA
BUTTERNUT SQUASH
CANTALOUPES
EGGPLANT
EGGPLANT
OKRA
POLE ON EVERY CORNER
MID-SEASON CORN
LATE CORN
(Followed by Annual Rye)
4
X-EARLY CORN
EARLY CORN
(Followed by Fall Peas)
EARLY PEPPERS
MID-SEASON PEPPERS
LATE PEPPERS
3
LITTLE MARVEL PEAS (Followed by Buckwheat) (Followed by Annual Rye)
4 VARIETIES OF CUCUMBERS
2 VARIETIES OF PEAS
30'
20'
2
COBBLER POTATOES-(2 Rows)
(Followed by Chinese Cabbage)
KENNEBEC POTATOES-(5 Rows)
(Followed by Chinese Cabbage and Bok Choy)
SWEET SPANISH ONIONS
CARROTS RADISHES
SPARTAN SLEEPER ONION
1
3 VARIETIES OF LETTUCE (Followed by Broccoli & Cauliflower)
CABBAGE (Followed by Spinach)
CAULIFLOWER (Followed by Beets & Turnips)
BROCCOLI
CELERY LEEKS
SALSIFY PARSNIPS
CHICORY CHARD FENNEL
BEETS TURNIPS BEETS
2 VARIETIES OF SPINACH (Followed by Carrots)
18" 3' 3' 3' 3' 2½' 18" 18" 18"
18" 2½' 2½' 2½' 2½' 2½' 2' 18" 18" 18"
18" 3' 3' 3' 3' 3' 3' 3' 3' 18"
2' 2' 18" 18" 18" 18" 18"
PEACH
DWARF 5-IN-1 PEAR
W
S
N
E
JOHNS ELDERBERRY
ADAMS ELDERBERRY
YELLOW LODI APPLE
DWARF WINESAP APPLE
DWARF YELLOW DELICIOUS APPLE
SOUR CHERRY
DWARF RED DELICIOUS APPLE
EARLY BLAZE APPLE
DWARF JON-A-RED APPLE

WHAT COUNTS

"WE KNOW WE CAN PUT PLENTY OF FOOD ON THE TABLE. THAT'S A REAL SECURITY."

By applying the techniques they learned from early failures, the Snyders created one of the most attractive and productive gardens in the country.

"It all kind of came together," Jon says, "in a startlingly successful year of gardening. We realized a substantial savings in our food bill. And it's more thrilling each year to see the results of our labor. From one initial concentrated period of work, we get what seems to be a tenfold return.

"There's also the satisfaction of taking part in nature's cycles. When we moved here, for instance, there were two old moribund trees on the lot that shaded the garden area too much. So we cut the trees down and are still using them for firewood. Come spring, we sprinkle the ashes back on the garden."

Marilyn also enjoys the self-sufficiency gardening offers. "We know we can put plenty of food on the table," she says. "That's a real security."

Another pleasure of good gardeners is that they're always learning more. "For me, it was like a light bulb turning on," Jon recalls, "when I finally woke up to what my experience had been telling me: A gardener who hopes to get good results must always take the trouble to prepare the soil properly. That sounds like a simple lesson, but many gardeners never learn it. The trick is to be receptive to the subtle messages nature sends. Everything that happens in a garden can teach you something."

Little Marvel peas are planted as a cover crop *in in plot number three* (top). *As the plants mature, the family harvests the peas. Then, Jon tills them under and sows a cover crop of buckwheat. When the buckwheat begins to flower, it too is tilled under and a crop of annual ryegrass is planted. The ryegrass grows until killed by frost, then Jon tills it under in the early spring. Taller growing varieties of peas like Sugar Snap and Snowbird grow on supports along the edge of plot three.*

It often takes several years to produce a harvest *from perennial crops like grapes, strawberries, rhubarb, asparagus, and fruit trees. That's why the Snyders planted these crops immediately after moving into their new home. Grapes and strawberries were placed along the south border of the garden where they could grow undisturbed* (middle left). *Because the grapes are trained on wire supports, there is enough light available beneath the vines to keep the crop of strawberries flourishing.*

The two-year-old asparagus along the edge of the garden (middle right), *is still too young to harvest, so it is allowed to mature completely early in the season.*

In the meantime, Jon doesn't let the space in the asparagus bed go to waste. He interplants Savoy Ace cabbage with Sweet Spanish onions to form an attractive and edible border in front of the asparagus.

In plot number five, the Snyders grow okra, eggplant, watermelon, *cantaloupe, pole beans, and butternut and bush acorn squash* (bottom). *To make the plot attractive and to help control the vine crops, Jon divided the plot into five smaller sections with dwarf marigolds.*











The Snyders get their children to try new food *by growing it in the garden and then serving it on the table. Marilyn uses some of the vegetables they introduced last year to make* ***Swiss Chard Pie*** (front center), ***Spicy Vegetable Marinade*** (front left), ***Okra Tempura*** (back left), ***Swiss Chard-Asparagus Soup*** (back center), *and* ***Chutneyed Chicken-Cabbage Salad*** (back right).



Variety is at the root of the Snyders' food philosophy. Each year they plant at least one new vegetable, and usually several. "We like to experiment with things we've never tried before," Jon says. Last season the list of new foods included Swiss chard, German parsley, Chinese radishes, bok choy, witloof chicory, Oriental eggplant, and okra.

While Jon tends the garden, Marilyn is busy searching cook books for new recipes. The two work hand in hand so they can be ready when the crops are harvested.

When the crops become so plentiful they can't use them up each day, Marilyn and Jon begin the serious business of canning and freezing their bounty for the year ahead. "I see cooking as an art, preserving food as a craft," Marilyn says.

"Instead of just putting pickles in a jar, I'll add green and red peppers and dill. It makes my canned products not only useful but beautiful. I often give our canned goods as Christmas gifts."

The Snyders have found their interest in foods pays other dividends. "We feel the garden is a superb learning tool for the children," says Marilyn.

"And when it comes to trying new foods," Jon adds, "my children put me to shame. They'll eat anything—which is more than I did at their age. Because of our garden, they've learned to like a lot of different foods. And they realize that our garden-fresh produce is a luxury not all families enjoy."



Homegrown fruit often appears on the dinner menu. *Marilyn makes good use of their cherry tree's output to create* ***Fresh Cherry-Nut Cobbler*** (back). *And cantaloupe from the garden gets an extraordinary topping of fresh pears and vine-ripe grapes plus velvety* ***Sour Cream-Custard Sauce*** (front).

Recipes begin on page 70.

A major kitchen remodeling got high priority. *When Jon and Marilyn moved into their new home, they found that the 40-year-old corridor kitchen sorely lacked counter and storage space. The short bank of cabinets that ran along one wall was totally inadequate for their everyday cookware, and Marilyn needed even more space for her bulky food-preserving supplies. With careful attention to detail, Jon planned new cabinetry for both walls that not only makes a place for every pot and pan, but also provides the natural, no-nonsense look the Snyders wanted* (right).

Remodeling was nothing new to the Snyders. Jon designed the kitchen in their last house, too. One idea he carried over from the previous kitchen was the symmetrical cabinet design. "I'm a nut on symmetry," he says, "and it makes sense from both a functional and aesthetic standpoint." Each bank of cabinets is arranged so Marilyn can comfortably reach all storage space when she stands in front of either sink or stove. Carpenters built the new cabinetry according to Jon's instructions, and the Snyders finished all the woodwork themselves.

On the cook center side, Jon added a set of three cupboards where there had previously been none. He installed a refrigerator below one cupboard and centered a drop-in range between two cabinets in the remaining space. Because the drop-in range is supported by the cabinetry and not the floor, there's space under the range for air from a heat duct to circulate freely into the room.

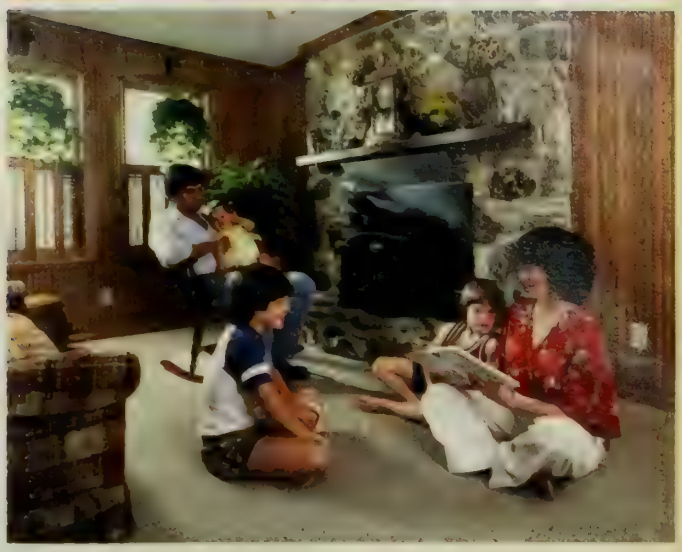
On the cleanup center side, the Snyders replaced some drawer space with a much-needed dishwasher. To make the most of each square inch in the small kitchen, Jon put new drawers to the right of the sink for pots and pans and utensils. In deference to their remodeling budget, they kept the sink in its original location under the window.

To maximize counter space, Marilyn cuts vegetables on a custom-made board that fits neatly over the sink. Vegetable scraps are saved to go into the backyard compost heap. She stows her food processor in a pullout shelf next to the range.





WHAT COUNTS



"I SEE COOKING AS AN ART, PRESERVING FOOD AS A CRAFT."

A drafty enclosed porch became a warm sitting room *in the course of the Snyders' remodeling project* (above).

"The beautiful stone fireplace is one of the things that sold us on this house," Jon says, "but the original was appallingly wasteful of energy. It was only about 10 percent efficient, in fact." So the Snyders invested in an airtight fireplace insert, and they're convinced that in the long run it will pay off economically—in addition to making their family room comfortable all winter. "The heat efficiency is now 80 percent," Jon says, "and the insert can heat from 60 to 80 percent of the whole house, provided I do my part of the job. That means throwing a few more logs on the fire at the proper time. For best results, the insert should be refueled every eight hours."

A sewing center along one wall of the family room *provides Marilyn with a place to design crafts and clothing* (middle, right). *The drawers are just the right size to hold patterns and fabric scraps.*

Jon chose beaded pine for both the family room and kitchen remodelings because it suited the rooms' character and was reasonably priced.





A cozy breakfast booth at one end of the kitchen *doubles as a baking center where Joel and K.C.* (above) *can help their mother roll out pastries. Baking supplies are stored beneath the flip-up lids in the benches. The booth was built in accordance with the Snyders' basic plan of keeping everything in scale with the small size of the kitchen. "Each side is just big enough to accommodate one person," Marilyn says.*

WHAT COUNTS

THE ZAWOJSKIS

SPECIAL FOOD FOR A SIMPLE LIFE-STYLE

Steve and Alice Zawojski moved with their three children from the city to the country and then to a small town before they finally found what they were looking for: a simple and wholesome life-style.

"Twelve years ago, I was teaching in St. Louis," Steve says, "at a time when there was a lot of political and academic unrest there. My career and my family's future became unsettled, so we decided to move. We chose Vermont because we hoped to uncomplicate our life."

In Vermont, the Zawojskis bought a 32-acre farm and plowed out a huge garden. "I began to grow herbs, make my own teas, use whole grains exclusively, and can and freeze in large quantities," Alice says. "We even tapped our own maple trees and made syrup."

The eating was good, but the culture shock was too jarring. "Our goal was to simplify things," Steve says, "but by moving to Vermont we sort of oversimplified."

So the Zawojskis moved again, this time to the small town of Grand Haven, Michigan, where Steve began working as a professional potter. "Here we've found the happy medium," Alice says.



Some of the Zawojskis' favorite thrifty foods (below) *are* ***Jellied Pigs' Feet*** (front), ***Bulgur-Ground Beef Casserole*** (back left), *and* ***Soybean Salad*** (back right). **Recipes begin on page 74.**



Alice's repertoire of whole grain baked goods (facing page) *includes* ***Rye Bread*** (front left), ***Whole Wheat Batter Rolls*** (center left), ***Brown Nut Bread*** (back left), ***Health Cookies*** (front right), *and* ***Dill Onion Bread in the Round*** (back right).

Photographs: Jim Hedrich, Hedrich-Blessing







WHAT COUNTS

"IF I SERVE GOOD FOOD, WELL PREPARED AND TASTY, THE FAMILY STAYS AT THE DINNER TABLE AND TALKS A LITTLE LONGER."

To make Pierogi, Alice cuts out rounds of dough (left), *spoons stuffing onto each, folds the dough over, and seals the edges* (below). *She uses one of three stuffings: potato-cottage cheese, farmer cheese, or sauerkraut-mushroom.*



When they left Vermont, the Zawojskis gave up their big garden, but Alice soon found local farmers in Michigan who could supply her with many of the fresh ingredients she'd come to rely on.

"In St. Louis, I cooked with traditional ingredients," Alice says, "and the food I made was heavy and rich. In Vermont, I changed my style to fit our pared-down kind of life. Now I make all of our bread with whole grains. And I use foods with as few preservatives as possible."

Alice plans and cooks all her meals with great care. "Dinner is an important family time for us," she says. "And I've found that if I serve good food, well prepared and tasty, the family stays at the dinner table and talks a little longer."

The Zawojskis bought an 80-year-old home in Michigan where they've done most of the designing and refinishing themselves. "Our simplified life-style has been good for the whole family," Steve says. "We've eliminated a lot of unnecessary things and given more attention to the things that are important to us."

Recipes indebted to the family's Slavic heritage *are particular favorites at the Zawojskis' dinner table* (facing page): ***Golabki*** *(Cabbage Rolls)* (front), ***Pierogi*** *(Stuffed Dumplings)* (center left), ***Kulich*** *(Holiday Bread)* (center right and back), *and* ***Makowiec*** *(Poppy Seed Roll)* (shown sliced in back).

Recipes begin on page 74.

WHAT COUNTS



THE SMITHS

MEALS GEARED TO BETTER HEALTH

Mealtime at Bill and Joan Smith's just isn't what it used to be. Over the past six years, the Smiths have altered their eating philosophy and their cooking habits. Dinner at their home in La Cañada, California, used to be a no-surprise meal of a roast, potatoes, a cream-sauced vegetable, and rolls followed by a rich, sweet dessert. Today it's more likely to be bean soup, a fresh vegetable salad, and fresh fruit for dessert.

What prompted the change was their daughter Linda's announcement that she was going to become a vegetarian. "We'd always eaten what we considered to be a well-balanced diet, including a variety of foods," Joan says. "But after talking with Linda about the reasons for her decision, we started examining our own food habits. We discovered we were eating too many empty-calorie, low-nutrition foods. So we made some basic changes in our eating habits. We've become more aware of the relationship between what we eat and how we feel."

"But there's more to it than becoming personally responsible for maintaining our health," Bill adds. "We also feel we're helping to minimize the strain on the world's resources by actions like reducing the amount of meat we eat. The backbone of our diet is whole grains and legumes."

Joan offers an example of how they cook. "If we have some beans," she says, "we'll put a little meat in for seasoning. As for cooking steaks or big roasts, we just don't do it anymore."

One of the meals the Smiths prepare for company (right) *consists of* ***Skewered Chicken*** (front), ***Mushroom-Zucchini Salad*** (back), *and* ***Granola Apple Crisp*** (right).

Recipes begin on page 80.

Photographs: Wolfe



WHAT COUNTS



"WE'VE BECOME MORE AWARE OF THE RELATIONSHIP BETWEEN WHAT WE EAT AND HOW WE FEEL."

There's still a variety of food on the Smith table, but now the emphasis is on fresh fruits and vegetables, seeds, nuts, poultry, fish, and low-fat dairy products, as well as the whole grains and legumes. "We eat fruits and vegetables whenever possible," Bill says, "and often we don't even bother to cook them. We've cut way back on fats and sugars. In place of rich sauces, we use fresh herbs, spices, and fresh lemon."

Both Joan and Bill have found fun in making the transition, partly because they're doing it together. "If I were all gung-ho about the change and had a husband who just wanted steak and potatoes, it simply wouldn't work," Joan says. "But we both enjoy a variety of food, and we both like to learn about the various ingredients and how they're used."

The Smiths also enjoy the challenge of preparing and presenting food in an aesthetically pleasing way. "We find pleasure in something as simple as baking a potato to the just-right doneness," Joan says, "or in poaching an egg to perfection."

Instead of giving up some dishes that had become family favorites, the Smiths altered them to suit their new diet. "The recipe for Arizona Mountain Soup, for example, called for white rice and a whole cup of cooked bacon," Joan says. "Now we use brown rice and just a slice or two of bacon for flavor."

Along the way, the Smiths made a discovery: "We've found a new respect for food. There's a feeling of independence and self-reliance that comes from using simple, basic foods."

Many of the Smiths' old recipes have been modified *to suit their current taste preferences. Some examples* (right) *are* ***Arizona Mountain Soup*** (front left), ***Curry Dip*** (front right), ***Potato Clam Soup*** (back center), *and* ***Mixed Grain Corn Bread*** (back right).

Recipes begin on page 80.



"THERE'S A FEELING OF INDEPENDENCE AND SELF-RELIANCE THAT COMES FROM USING SIMPLE, BASIC FOODS."

In their pursuit of more healthful eating habits, the Smiths have been experimenting with ethnic cooking. They've found that it frequently provides a good balance of vegetable protein in lieu of meat. "I always knew that the Spanish served beans and rice with their food," Bill says, "but I never knew why. Now I do. Beans and rice not only taste wonderful together, but they also make a perfect balance of protein."

The Smiths have also changed their life in other ways. With all three of their daughters grown and gone, they started their own business, which they operate out of their home. Previously, Bill had a desk job in middle management with a large corporation, and Joan had filled the traditional role of wife and mother at home. Now they run a small service business in the construction industry that requires a considerable amount of physical work on Bill's part. Joan handles the phone and does all of the paper work.

They've become more aware of exercise, too, and take a brisk three-mile walk about three times a week.

"Simplifying our life has definitely improved its quality," Bill says.

Whole grains and seasonal fresh fruits and vegetables *are prominent in many of the Smiths' recipes* (below)—*such as* ***Tabouli*** (front right), ***Apricot-Apple Spread*** (front left), ***Banana-Bran Muffins*** (back left), *and* ***Eggplant Salad*** (back right). **Recipes begin on page 80.**



Casseroles taste better when you remember the Campbell's



eef & Corn Cheese Bake

lb. ground beef
½ cup chopped onion
can Campbell's Cheddar Cheese Soup
½ cup water
cup drained chopped canned tomatoes
tsp. prepared mustard
can (about 8 oz.) whole-kernel golden corn, drained
cups cooked noodles



n skillet, brown beef and cook onion until tender (use shortening if ecessary). Stir to separate meat; our off fat. Stir in remaining ingre- ients. Pour into 1½-qt. casserole. ake at 350°F. for 35 minutes or ntil hot; stir. Garnish with parsley. Makes about 6 cups.

Classic Tuna Casserole

2 cans Campbell's Cream of Mushroom Soup
⅓ cup milk
2 cans (7 oz. ea.) tuna, drained and flaked
4 hard-cooked eggs, sliced
2 cups cooked peas
Shredded Cheddar cheese



In 2-qt. casserole, blend soup and milk; stir in tuna, eggs and peas. Bake at 400°F. for 30 minutes or until hot; stir. Top with cheese; bake until cheese melts. Makes about 8 cups.

Creamy Chicken Supreme

2 lbs. chicken parts
2 tbsp. melted butter or margarine
Paprika
1 can Campbell's Creamy Chicken Mushroom Soup
¼ cup water
¼ tsp. thyme leaves, crushed
Generous dash pepper
2 cups cooked rice
1 package (9 oz.) frozen cut green beans, cooked and drained
2 tbsp. diced pimiento



In 2-qt. shallow baking dish (12x8x2"), arrange chicken skin-side up; drizzle with butter. Sprinkle with paprika. Bake at 350°F. for 30 minutes. Remove chicken; stir remaining ingredients into drippings. Top with chicken; bake 30 minutes more or until done. Stir rice mixture around chicken before serving. Makes 4 servings.

Campbell Cookbook Offer

Please indicate the number of hard-cover cookbooks you'd like to order in the space provided below:

"Cooking with Confidence in your Microwave" @ $7.95 ea. _____

"The International Cook" Cookbook @ $4.00 ea. _____

"The Creative Cook" Cookbook @ $3.95 ea. _____

THEY MAKE IDEAL GIFTS.

Send check or money order with your name, address and zip code to Cookbook, Box 1305, Maple Plain, MN 55348. Offer good only in U.S.A. Void if taxed, restricted or forbidden by law. Offer expires 12/31/81. Campbell Soup. Co., Camden, NJ 08101.

They always eat better when you remember the soup.

begins on page 36

Naturally good food

The Durrants

BOEUF EN DAUBE

2 pounds boneless beef chuck shoulder
1 cup dry red wine
½ cup finely chopped onion
¼ cup finely chopped carrot
¼ cup finely chopped celery
1 tablespoon snipped parsley
1 teaspoon salt
3 whole peppercorns, slightly crushed
1 sprig fresh thyme *or* ½ teaspoon dried thyme, crushed
1 bay leaf
1 clove garlic, minced
2 tablespoons cooking oil
⅓ cup beef broth
15 small whole onions (boilers)
1 cup sliced carrots
1 cup sliced fresh mushrooms
Salt and pepper
3 tablespoons all-purpose flour
¼ cup beef broth
4 ounces chicken livers, halved

Remove all excess fat and gristle from beef; cut into 1-inch cubes. Place cubes in large plastic bag set in large deep bowl; add wine, finely chopped onion, carrot, celery, parsley, the 1 teaspoon salt, the peppercorns, thyme, and bay leaf. Tie bag closed. Cover and refrigerate overnight, turning bag several times to redistribute marinade. Drain, reserving marinade. In 4-quart Dutch oven brown beef, garlic, and finely chopped vegetables, half at a time, in hot oil. Return all beef and vegetables to pan. Add marinade and the ⅓ cup broth. Bring to boiling. Reduce heat; cover and simmer 45 minutes. Add whole onions and sliced carrots; simmer 10 to 15 minutes. Add mushrooms. Season to taste. Simmer, covered, 5 minutes. Blend flour and remaining broth. Add to Dutch oven; cook and stir till bubbly. In small skillet brown chicken livers about 5 minutes or just till pink in center. Add chicken livers to stew; heat through. Turn into serving dish. Makes 6 servings.

HERB DIP

1 cup mayonnaise *or* salad dressing
1 cup cottage cheese
1 clove garlic, minced
¼ cup snipped chives
2 tablespoons finely snipped fresh parsley *or* 1½ teaspoons dried parsley flakes
2 tablespoons finely snipped fresh chervil *or* 1½ teaspoons dried chervil, crushed
1 tablespoon finely snipped fresh dill *or* ¾ teaspoon dried dillweed
1 tablespoon finely snipped fresh basil *or* ¾ teaspoon dried basil, crushed
Dash Worcestershire sauce
Dash bottled hot pepper sauce
Whole red cabbage (optional)
Assorted raw vegetable dippers

Place mayonnaise, cottage cheese, garlic, chives, herbs, Worcestershire, and hot pepper sauce in blender container or food processor bowl; cover and process till smooth. Turn into storage container. Cover and chill. If desired, remove core and hollow out red cabbage (save for another use). Fill cabbage shell with dip. Serve with raw vegetable dippers. Makes 1¾ cups dip.

DAVID'S APPLE PIE

2½ cups all-purpose flour
½ teaspoon salt
½ cup shortening
¼ cup butter *or* margarine
6 to 8 tablespoons ice water

• • •

¾ cup sugar
2 tablespoons all-purpose flour
1 teaspoon ground cinnamon
½ teaspoon freshly grated nutmeg
⅛ teaspoon ground allspice
Dash ground cloves
8 cups thickly sliced, cored, peeled cooking apples (8 medium apples)
¼ cup brandy
1 tablespoon lemon juice
1 tablespoon butter *or* margarine

For crust: Combine the 2½ cups flour and the salt; cut in the shortening and the ¼ cup butter or margarine till mixture resembles coarse crumbs. Add ice water, a tablespoon at a time, stirring with fork till you can form a compact ball. Dust with flour; wrap in waxed paper and chill. Divide dough in half. Roll out 1 half on floured surface to 13-inch circle. Transfer and fit into 10-inch pie plate; trim ½ inch beyond edge of pie plate.

For filling: In bowl combine sugar, the 2 tablespoons flour, and spices. Add apples, brandy, and lemon juice; mix well. Turn into pastry-lined pie plate, piling high in center. Dot top of filling with the 1 tablespoon butter.

On floured surface roll out remaining dough to 13-inch circle. Place atop pie. Trim, seal, and flute edges. If desired, roll out pie trimmings. Cut in desired shapes and arrange atop pie. Cover edge of pie with foil. Bake in 375° oven for 25 minutes; remove foil. Bake 20 minutes more or till golden brown. Cool on wire rack.

BREAD AND BUTTER PICKLES

4 cups thinly sliced cucumbers
Cracked ice
Coarse salt
1 small head cauliflower, broken into flowerets (4 cups)
8 onions, thinly sliced (4 cups)
2 green peppers, cut in strips
2 red peppers, cut in strips
2½ cups sugar
2½ cups white vinegar
¾ teaspoon ground turmeric
¾ teaspoon celery seed
¼ teaspoon ground cloves

Arrange cucumbers in bowl; top with cracked ice and sprinkle with salt. Repeat layers with remaining vegetables. Let stand 4 hours. Meanwhile, bring mixture of sugar, vinegar, turmeric, celery seed, and cloves to boiling. Drain and thoroughly rinse vegetable mixture. Add to sugar-vinegar mixture. Bring to boiling; simmer 2 to 3 minutes. Pack hot vegetables into hot clean pint jars; pour in boiling liquid, leaving ½-inch headspace. Wipe rims; adjust lids. Process in boiling water bath 10 minutes (start timing when water begins to boil). Makes 5 pints.

The Snyders

SWISS CHARD PIE

12 ounces Swiss chard *or* spinach, torn (12 cups)
1 3-ounce package cream cheese, softened
4 eggs
½ cup milk
½ cup shredded Swiss cheese
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons chopped onion
1 9-inch unbaked pastry shell

Wash Swiss chard thoroughly. In a large covered saucepan cook chard in just the water that clings to leaves about 10 minutes (5 minutes for spinach) or till tender; drain well, pressing out excess water. In small mixer bowl beat cream cheese. Add eggs, 1 at a time, beating till smooth. Stir in milk, Swiss cheese, salt, and pepper. Stir in chard and onion. Turn into pastry shell. Bake in 375° oven for 25 minutes. Let stand 10 minutes before serving. Top with halved cherry tomatoes and parsley, if desired. Makes 6 side-dish servings.

continued

High Tar Smokers Convert To Merit.

"Best tasting low tar I've tried," report MERIT smokers in latest survey.

Taste Quest Ends

Latest research provides solid evidence that MERIT is a satisfying long-term taste alternative to high tar cigarettes.

Proof: The overwhelming majority of MERIT smokers polled feel they didn't sacrifice taste in switching from high tar cigarettes.



Proof: 9 out of 10 MERIT smokers reported they continue to *enjoy* smoking, are *glad* they switched, and report MERIT is the best-tasting low tar they've *ever* tried.

MERIT *is* the proven alternative to high tar smoking. And you can taste it.

© Philip Morris Inc. 1980

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 8 mg "tar," 0.6 mg nicotine—
100's Reg: 10 mg "tar," 0.7 mg nicotine—
100's Men: 11 mg "tar," 0.8 mg nicotine
av. per cigarette, FTC Report Dec.'79

MERIT
Kings & 100's

continued

Naturally good food

SPICY VEGETABLE MARINADE

- **4 medium carrots, bias-cut into ½-inch pieces**
- **4 cups Chinese cabbage, cut into 1-inch pieces**
- **1 medium cucumber, quartered lengthwise, seeded, and cut in ½-inch pieces**
- **½ cup vinegar**
- **⅓ cup sugar**
- **¼ cup salad oil**
- **1¼ teaspoons salt**
- **1½ teaspoons ground coriander**
- **½ teaspoon ground turmeric**
- **1 clove garlic, minced**
- **Dash bottled hot pepper sauce**

In covered saucepan cook carrots 10 minutes in enough boiling salted water to cover. Add cabbage and cucumber; return to boiling. Reduce heat. Cook 5 minutes more or till vegetables are almost tender. Drain, set aside. In screw-top jar combine remaining ingredients. Cover and shake well. Pour dressing over vegetables. Cover; chill several hours or overnight, stirring occasionally. Lift from marinade with slotted spoon. Makes 4 cups.

OKRA TEMPURA

- **12 ounces fresh okra**
- **½ cup all-purpose flour**
- **1 tablespoon cornstarch**
- **¼ teaspoon garlic salt**
- **½ cup ice water**
- **1 egg yolk**
- **1 stiffly beaten egg white**
- **Cooking oil for deep-fat frying**
- **1 recipe Tempura Sauce (see recipe below)**

Wash okra pods and cut off stems. Cook, covered, in a small amount of boiling salted water about 4 minutes (okra should still be crisp). Drain well. Stir together the flour, cornstarch, and garlic salt. Make a well in the center of the dry ingredients. Combine the ice water and egg yolk; add all at once to dry ingredients. Slowly stir just till moistened (do not overbeat; a few lumps should remain). Fold in egg white. Do not allow batter to stand more than a few minutes. Dip okra into batter, swirling to coat. Fry, a few pieces at a time, in deep hot oil (400°) 2 to 3 minutes. Drain on paper toweling. Serve with Tempura Sauce. Makes 4 to 6 servings.

TEMPURA SAUCE

- **¾ cup water**
- **¼ cup dry sherry**
- **¼ cup soy sauce**
- **1 tablespoon cornstarch**
- **1 teaspoon sugar**
- **½ teaspoon instant chicken bouillon granules**

In saucepan mix all ingredients. Cook and stir till mixture is bubbly. Cook and stir 1 to 2 minutes more. Serve warm.

SWISS CHARD-ASPARAGUS SOUP

- **2 14½-ounce cans (3½ cups) chicken broth**
- **2 cups torn Swiss chard *or* spinach**
- **1 8-ounce package frozen cut asparagus, thawed *or* 12 ounces fresh asparagus, cut up**
- **⅓ cup thinly sliced green onion**
- **¼ teaspoon dried tarragon, crushed**
- **⅛ teaspoon ground coriander**
- **1 cup light cream *or* milk**
- **2 tablespoons all-purpose flour**
- **½ teaspoon salt**
- **⅛ teaspoon white pepper**

In saucepan combine broth, Swiss

continued





Decorate your home with

Fanciful Frog Plaques

from Better Homes and Gardens

Want a humorous accent for bath, kitchen, hallway, or even kid's rooms? Then decorate with one or more of these Fanciful Frog Plaques. Any of these whimsical scenes will draw a smile from everyone who passes by. (A) "Time For Soap & Shower" features frolicking frogs sudsing it up. (B) "It's About My Turn" is appropriate for anyone who has had to wait in line. (C) "Enjoy A Bubble Bath" is just plain relaxing — with two frogs that really appreciate the tub. (D) "Powder & Pamper Time" features a scene that almost anyone can identify with. The Fanciful Frogs are ideal for creating a light touch in your home. And they can be appropriate gifts for your friends, too. These colorful frogs were created by the acclaimed artist Coby. For this special offer, the lithographed prints have been laminated on thick durable hardwood plaques with gold beveled edges. Each plaque measures a large 6"x15" with a wall hanger already attached and can easily stand alone or in groupings of your choice. Also included **FREE** with Frog Plaques are "Picture Hanging Tips" to aid your own decorating ideas. The Fanciful Frogs will be conversational pieces in your home for years to come. Order your sets today.

Better Homes and Gardens

Dept 2RB, Box 374
Des Moines, Iowa
50336

Quantity

_____ No. 23022 all 4 Frog Plaques only $19.95

Postage and Handling Chart:
For orders up to $25.00 ..... $2.25
$25.01 to $50.00 ..... $3.00
Over $50.00 ..... $4.00
Foreign and Canadian add ADDITIONAL $1.50.

Total of Merchandise $_____
State Sales Tax* $_____
Postage and Handling $_____
Total _____

TAX NOTE: Better Homes and Gardens is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington and Wisconsin.

OUR POLICY: Full refund if not completely satisfied.

Name _____
Address _____
City _____
State _____ ZIP _____

Credit card orders of $15.00 or more SPEED DELIVERY BY PHONING TOLL FREE: 800-247-5099. In Iowa call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No

Expiration Date Month/Year

MasterCard AMERICAN EXPRESS VISA

continued

Naturally good food

chard, asparagus, green onion, tarragon, and coriander. Bring to boiling; reduce heat and cook, covered, for 8 minutes or till asparagus is tender. In blender container or food processor bowl, puree chicken broth mixture, a portion at a time, till smooth. Return to saucepan. Meanwhile, blend light cream and flour; add to saucepan along with salt and pepper. Cook and stir till slightly thickened and bubbly. Cook and stir 1 to 2 minutes more. Serve hot or cold. Makes 6 servings.

CHUTNEYED CHICKEN-CABBAGE SALAD

1 large chicken breast, split, skinned, and boned
1 tablespoon soy sauce
1 teaspoon grated gingerroot *or* ½ teaspoon ground ginger
1 tablespoon cooking oil
⅓ cup mayonnaise *or* salad dressing
⅓ cup chutney, chopped
1 tablespoon soy sauce
½ teaspoon curry powder
2 cups shredded Chinese cabbage
2 cups torn fresh spinach
1 8-ounce can pineapple chunks, drained
½ cup thinly sliced carrots
¼ cup chopped peanuts

Cut chicken into 1½x½-inch pieces. In a small bowl combine chicken, the first tablespoon soy sauce, and the ginger, stirring to coat. Cover and marinate 2 hours in refrigerator. In a skillet or wok stir-fry chicken in hot cooking oil 3 to 4 minutes or till done. Drain, cover, and chill. In a bowl stir together mayonnaise, chutney, the second tablespoon of soy, and the curry powder. Toss with cabbage, spinach, drained pineapple, chicken, carrots, and peanuts. Serve in cabbage-lined bowl, if desired. Garnish with carrot curls. Makes 4 to 6 servings.

FRESH CHERRY-NUT COBBLER

4 cups fresh *or* frozen unsweetened tart pitted red cherries
1 cup water
¾ cup sugar
3 tablespoons quick-cooking tapioca
1 cup all-purpose flour
2 tablespoons sugar
1½ teaspoons baking powder
¼ teaspoon salt
¼ cup butter or margarine
¼ cup finely chopped almonds
¼ cup milk
1 slightly beaten egg
2 tablespoons butter *or* margarine
1 or 2 drops almond extract (optional)

In saucepan combine cherries, water, the ¾ cup sugar, and the tapioca. Let stand while making biscuit topper.

Thoroughly stir together flour, the 2 tablespoons sugar, the baking powder, and salt. Cut in the ¼ cup butter or margarine till mixture resembles coarse crumbs. Stir in almonds. Combine milk and egg. Add all at once to dry ingredients, stirring just to moisten. Turn out onto well-floured surface. Knead lightly 8 to 10 strokes. Roll or pat to about ½-inch thickness. Cut in 8 or 10 rounds with a 2-inch floured biscuit cutter. Cover lightly.

Bring cherry mixture to boiling; cook and stir till bubbly. Stir in the 2 tablespoons butter and the extract, if desired. Pour into a 2-quart casserole. *Immediately* arrange biscuits in circle atop hot cherries, overlapping rounds slightly. Bake in 400° oven for 25 to 30 minutes. Serve warm with ice cream or cream. Makes 8 to 10 servings.

SOUR CREAM CUSTARD SAUCE

3 slightly beaten eggs
2 cups milk
⅓ cup sugar
Dash salt
½ teaspoon vanilla
1 cup dairy sour cream
Fresh fruit

In a heavy saucepan combine the eggs, milk, sugar, and salt. Cook and stir over medium heat till mixture coats a metal spoon. Pour custard mixture into a medium bowl; set inside a larger bowl filled with ice. Stir in the vanilla. Continue stirring 1 to 2 minutes. Gradually stir custard into sour cream; cover and chill. Serve over desired fresh fruit. Makes 3¼ cups.

The Zawojskis

JELLIED PIGS' FEET

2 fresh pigs' feet
2 fresh *or* smoked pork hocks
2 stalks celery, cut in half
4 bay leaves
8 whole black peppercorns
2 cloves garlic
1 teaspoon instant chicken bouillon granules (optional)
8½ cups water
1 teaspoon salt
Lettuce
Wine vinegar

Clean pigs' feet; rinse well with water. In large saucepan combine pigs' feet, pork hocks, celery, bay leaves, peppercorns, garlic, and chicken granules, if desired; add water. Bring to boiling; reduce heat. Simmer, covered, for 2 hours. Skim off foam; add salt. Simmer, covered, for 2 hours more. Remove pigs' feet and hocks. Cool. Strain broth through cheesecloth. Remove skin and meat from pigs' feet and hocks; discard skin and bones. Chill broth till partially set; fold in meat. Pour into two 4-cup molds. Refrigerate till firm. Scrape off hardened fat layer. To serve, unmold onto lettuce-lined plates. Garnish with parsley and cherry tomatoes, if desired. Serve with wine vinegar. Serves 8.

BULGUR-GROUND BEEF CASSEROLE

1 pound lean ground beef
2 stalks celery, chopped (1 cup)
1 large green pepper, chopped
1 medium onion, chopped,
1 clove garlic, minced
1½ teaspoons salt
⅛ teaspoon pepper
1 16-ounce can tomatoes, cut up
1 cup bulgur
1 cup water
½ cup raisins
⅓ cup shelled sunflower seed
Cheddar cheese, sliced and halved diagonally (optional)

In skillet cook ground beef, celery, green pepper, onion, garlic, salt, and pepper till meat is browned and vegetables are crisp-tender; drain off excess fat. Stir in *undrained* tomatoes, bulgur, water, raisins, and sunflower seed. Turn mixture into a 2-quart au gratin dish or casserole. Bake, covered, in 375° oven for about 35 minutes or till bulgur is tender and mixture is heated through. If desired, uncover and top with a few half-slices of cheese during the last 5 minutes of baking. Serves 6.

SOYBEAN SALAD

Overnight freezing softens the beans—
1½ cups dry soybeans
8 cups water
⅓ cup honey
⅓ cup vinegar
¼ cup salad oil
1 clove garlic, minced
1 tablespoon snipped fresh basil leaves *or* ¼ teaspoon dried basil, crushed
1 teaspoon salt
Dash pepper
¾ cup chopped green onion with tops
⅔ cup chopped dill pickle

continued



The Purina Blends.™ The first 3-course meals for dogs.



Butcher's Blend™ | **Homestyle Blend** | **Beef, Bacon & Cheese Flavor Blend**

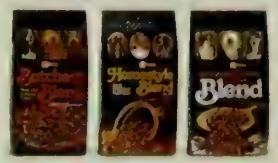
If your dog is still eating ordinary one course meals, he's really living a dog's life. Because, now you can give him the Purina Blends, the first 3-course meals for dogs.

Each nutritious Purina Blend has a variety of three great tastes. Like the 3 meaty flavors in Butcher's Blend™ brand dog food, the 3 tempting tastes in Homestyle Blend dog food. Or the 3 fabulous flavors in Beef, Bacon and Cheese Flavor Blend dog food.

So it's goodby to ordinary one course meals and hello to the extraordinary variety in Purina Blends. The first 3-course meals for dogs.

STORE COUPON

25¢ OFF on any size bag



25¢ OFF on any size bag

3-course meals from Purina Blends™

(Butcher's Blend,™ Homestyle Blend or Beef, Bacon & Cheese Flavor Blend dog food)

CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase.
RETAILER: For payment of face value, plus 7¢ handling, send to Ralston Purina Company, P.O. Box PLI, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. This coupon is nontransferable, nonassignable and nonreproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s, F.P.O.'s. Void where prohibited, taxed, or otherwise restricted. Cash redemption value of 1/20 of 1¢.
LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

25 PB 25 COUPON EXPIRES 12/31/81. © R.P. Co., 1981

© 1981 Ralston Purina

continued

Naturally good food

½ cup chopped celery
½ cup chopped green pepper
½ cup snipped parsley

In large bowl cover soybeans with cold water; cover and let stand at room temperature 2 hours, adding more water, if necessary. Drain. Place beans in storage container; cover and freeze overnight. Place frozen beans in large Dutch oven; add the 8 cups water. Bring to boiling. Reduce heat; skim off foam. Simmer, partially covered, about 2½ hours or till beans are tender. Drain beans; set aside. In bowl combine honey, vinegar, oil, garlic, basil, salt, and pepper. Add drained beans, onion, pickle, celery, and green pepper. Mix well. Cover; chill 4 hours, stirring occasionally. Stir in parsley before serving. If desired, serve in lettuce-lined bowl. Makes 8 to 10 servings.

GOLABKI (Stuffed Cabbage Leaves)

Kelp is a nutrition booster that may be purchased at health food stores—

1 small head cabbage
1 pound lean ground beef
½ cup chopped onion
1 teaspoon powdered kelp (optional)
1 teaspoon salt
¼ teaspoon pepper
1½ cups cooked brown rice
2 tablespoons fresh *or* frozen chopped dill *or* ½ teaspoon dried dillweed
1 cup beef broth

Cut out core from cabbage. Pull off and save 12 outer leaves; chop remaining cabbage and set aside. Immerse leaves in boiling water about 3 minutes or till limp; drain. Cut out center vein of cabbage leaves, keeping each leaf in one piece. Cook chopped cabbage, uncovered, in boiling water 2 to 3 minutes; drain and set aside. Cook ground beef and onion till meat is browned and onion is tender. Drain off excess fat. Add kelp, if desired; salt; and pepper. Stir in rice and dill. Remove from heat. Place about ¼ cup of meat mixture on each cabbage leaf; fold in sides. Starting at unfolded edge, roll up each leaf, making sure folded sides are included in roll. Place *half* of the chopped cabbage in bottom of 13x9x2-inch baking dish. Arrange cabbage rolls, seam side down, atop. Cover with remaining cabbage. Pour broth over all. Cover and bake in 350° oven 1 hour. Serves 6.

PIEROGI (Stuffed Tiny "Pies")

Pick one of three fillings for these pies—

1¾ cups unbleached flour
½ teaspoon salt
2 slightly beaten eggs
⅓ cup water
1 recipe Potato-Cottage Cheese Filling, Farmer Cheese Filling, *or* Sauerkraut Filling (see recipes below)
Dairy sour cream
Butter *or* margarine, melted

In mixing bowl combine flour and salt. Beat eggs well; blend in water. Add to flour mixture, stirring till combined (dough should be pliable but not sticky). On floured surface knead gently 15 to 20 strokes. Cover; let stand 10 minutes. Divide dough in half. On floured surface roll half the dough at a time to a 12-inch circle, about ⅛ inch thick. With 3-inch round cookie cutter cut out circles of dough. Place 1 heaping teaspoon of filling on one-half of 1 circle. Fold other half of circle over, making half-moon shape. Pinch edges together well to seal. If necessary, crimp with fingertips again to ensure a good seal. Place on kitchen towel or floured surface; cover while making remaining pierogi. In large saucepan gently slide some of the pierogi into boiling water, stirring with a spoon to keep them from sticking together. Do not crowd. Boil gently, uncovered, 4 to 5 minutes or till pierogi float. Remove with slotted spoon to a colander; rinse quickly under hot running water, shaking gently. Turn into shallow ovenproof bowl. Gently stir in a little melted butter or margarine to keep pierogi from sticking together. Keep it warm in oven while cooking remaining pierogi. To serve, top with a little sour cream or additional melted butter. Sprinkle with fresh or frozen snipped dill, if desired. Makes about 30.

Note: Any leftover pierogi can be chilled and reheated. To reheat, melt a little butter in a skillet. Add pierogi; cover. Cook over low heat till pierogi are golden, turning once.

POTATO-COTTAGE CHEESE FILLING

Do not add milk or seasoning when you mash the potatoes—

⅓ cup chopped onion
1 tablespoon butter *or* margarine
1½ cups mashed cooked potatoes
1 teaspoon snipped fresh *or* frozen dill *or* ½ teaspoon dried dillweed
¼ teaspoon salt
⅔ cup dry-curd cottage cheese

Cook onion in butter or margarine till tender. Combine with potatoes, dill, salt, and dash *pepper*. Stir in cottage cheese. Makes 2 cups.

FARMER CHEESE FILLING

The cheese used for this filling is white, semidry, and crumbly like feta cheese—

2 eggs
2 egg yolks
2 cups shredded farmer cheese (12 ounces)
2 teaspoons lemon juice
½ teaspoon salt

Beat eggs and egg yolks. Add cheese along with lemon juice and salt. Mix well. Makes 2 cups.

SAUERKRAUT FILLING

2 tablespoons cooking oil
1 cup chopped onion
1 cup fresh mushrooms, finely chopped
1 14-ounce can sauerkraut, rinsed, drained, and snipped
¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons dairy sour cream

Heat oil in skillet; add onion and mushrooms. Cook till vegetables are tender but not brown. Stir in sauerkraut, salt, and pepper; cook 8 to 10 minutes, stirring occasionally. Remove from heat. Stir in sour cream. Cool slightly. Makes 2 cups.

KULICH (Polish Coffee Bread)

2 packages active dry yeast
1 cup warm water (110° to 115°)
4 eggs
½ cup butter *or* margarine, softened
¼ cup honey
1 teaspoon salt
5 to 5¾ cups unbleached flour
1 cup raisins
¼ cup chopped blanched almonds
2 tablespoons finely shredded orange peel
1 beaten egg yolk
2 teaspoons water

In large mixing bowl soften yeast in warm water. Add eggs, butter or margarine, honey, and salt. Stir in *2½ cups* of the flour. Beat till smooth. Stir in raisins, nuts, and peel. Gradually add as much of the remaining flour as you can mix in with a spoon. Turn out onto lightly floured surface; knead in additional flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes). Place dough in greased bowl, turning once to grease surface. Cover; let rise in warm place till double (1½ to 2 hours). Punch down.

To shape into tower loaves: Divide dough in thirds. Shape each piece of dough into a roll. Fit into three 1-

continued



nce upon a midnight dreary, while her husband
ondered weak and weary, Mrs. Jessica Ward
noked a cigarette outside his chamber door.



Quoth the husband, "Nevermore."



VIRGINIA SLIMS *Lights*

You've come a long way, baby.



Only 9 mg tar
In the crush-proof purse pack.

mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

Naturally good food

pound greased clean coffee cans. Cover; let rise till almost double (1 hour). Brush tops of loaves with mixture of egg yolk and the 2 teaspoons water. Bake in 350° oven for 30 to 35 minutes, covering with foil the last 10 minutes of baking, if necessary, to prevent overbrowning. Remove from cans. Cool on wire rack. Makes 3 loaves.

To make braid: Divide dough into ¼ and ¾ portions. Form the ¼ of dough into a loaf; place in a greased 8x4½x2-inch loaf pan or a greased 1-pound coffee can. Using the ¾ portion of dough, divide the dough in half. Divide 1 of the halves into thirds; roll each third into an 18-inch rope. Braid ropes on a greased baking sheet. Brush with mixture of egg yolk and 2 teaspoons water. Divide remaining half of dough into thirds. Roll each third to a 14- to 15-inch rope. Braid ropes together and place atop large braid. Cover braid and loaf; let rise till almost double (35 to 45 minutes). Brush with more egg yolk. Bake in 350° oven 30 to 35 minutes. Cover with foil the last 10 minutes of baking, if necessary, to prevent overbrowning. Cool on rack. Makes 1 braid and 1 loaf.

MAKOWIEC (Poppy Seed Roll)
1 recipe Poppy Seed Filling *or* 1 12-ounce can poppy seed cake and pastry filling
1 package active dry yeast
¼ cup warm water (110° to 115°)
½ cup dairy sour cream
½ cup butter *or* margarine
3 tablespoons honey
½ teaspoon salt
3¾ to 4 cups unbleached flour
2 beaten eggs
Powdered sugar

Prepare Poppy Seed Filling; set aside. Soften yeast in warm water. In saucepan heat and stir sour cream, butter or margarine, honey, and salt just till warm (115° to 120°) and butter almost melts. Turn into large mixing bowl. Stir in *1 cup* of the flour; beat well. Add the softened yeast and eggs; stir till smooth. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out onto lightly floured surface. Knead in enough remaining flour to make a moderately soft dough that is smooth and elastic (4 minutes). Shape into a ball. Cover; let rest 10 minutes. Divide dough in half.

Roll one-half of dough to a 14x12-inch rectangle. Spread with *half* the Poppy Seed Filling. Starting from long side, roll up in jelly roll fashion. Moisten edges and ends with water; pinch to seal. Place, seam side down, on greased baking sheet. Repeat with remaining dough and filling. Cover; let rise till double (1 hour). Bake in 350° oven for 30 to 35 minutes. Cool on wire rack. When cool, sprinkle with powdered sugar. Slice on the diagonal to serve. Makes 2 loaves.

To make Poppy Seed Filling; Place 1 cup (about 5 ounces) *poppy seed* in bowl. Cover with *boiling water* (about 1 cup); let stand 1 hour. Drain in cloth-lined sieve. Using mortar and pestle or food processor pulverize poppy seed. (Do small amount at a time.) In saucepan melt 3 tablespoons *butter* or *margarine;* add 1 tablespoon *honey,* and 1 teaspoon finely shredded *lemon peel.* Stir in poppy seed. Cook and stir over low heat 3 minutes. Remove from heat; add 1 teaspoon *vanilla.* Cover; let stand 10 minutes. Beat 2 *egg whites* to soft peaks (tips curl over); gradually add 2 tablespoons *sugar,* beating to stiff peaks (tips stand straight). Fold into poppy seed mixture.

RYE BREAD
3 packages active dry yeast
1 cup warm water (110° to 115°)
½ cup dark molasses
½ cup boiling water
2 tablespoons butter *or* margarine
2 tablespoons caraway seed
2 teaspoons salt
½ cup wheat germ
2¾ cups rye flour
2½ to 2¾ cups unbleached flour

Dissolve yeast in warm water. In large bowl combine molasses, boiling water, butter or margarine, caraway, and salt, stirring till butter almost melts. Cool to lukewarm (110° to 115°). Stir in yeast and wheat germ. Stir in all the rye flour and as much unbleached flour as you can mix in with a spoon. Turn out onto lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Shape dough into a ball. Place in greased bowl, turning once to grease surface. Cover; let rise till double (about 1½ hours). Punch dough down. Divide dough in half. Cover; let rest 10 minutes. Shape into loaves. Place in two greased 11x4x3-inch or two 9x5x3-inch loaf pans. Cover; let rise till almost double (about 1 hour). Brush loaves with water. With sharp knife, gently score tops of loaves diagonally at 3-inch intervals. Bake in 350° oven for 45 minutes. Remove from pans; cool on wire rack. Makes 2.

WHOLE WHEAT BATTER ROLLS
1 package active dry yeast
1¼ cups warm water (110° to 115°)
2 cups unbleached flour
1 teaspoon salt
1 teaspoon Italian seasoning
2 tablespoons butter *or* margarine, softened
1 tablespoon honey
1 tablespoon dark molasses
1 cup whole wheat flour

In large mixing bowl dissolve yeast in warm water. Add unbleached flour, salt, Italian seasoning, butter or margarine, honey, and molasses; beat well. Stir in whole wheat flour, blending well. Cover; let rise 30 minutes. Punch dough down. Reserve about ½ cup batter. Spoon remaining batter into greased 2½-inch muffin cups, filling ⅔ full. Spoon an additional teaspoon of the reserved batter atop batter in each muffin cup to make topknot. Bake in 375° oven for 10 to 15 minutes. Remove from pan. Cool on wire rack. Brush tops with melted butter or margarine, if desired. Makes 16 rolls.

BROWN NUT BREAD
2¼ cups whole wheat flour
1¾ cups unbleached flour
2 teaspoons baking soda
1 teaspoon salt
2 beaten eggs
2 cups sour milk*
½ cup molasses
⅓ cup honey
2 teaspoons finely shredded orange *or* lemon peel
1 cup chopped walnuts
¾ cup raisins

In large bowl stir together flours, soda, and salt; set aside. In separate bowl combine eggs, sour milk, molasses, honey, and citrus peel; add to dry ingredients, stirring till blended. Stir in nuts and raisins. Turn into two greased 8x4x2-inch loaf pans. Bake in 350° oven for 55 minutes, covering with foil the last 15 to 20 minutes. Remove from pans and cool on wire rack. Makes 2.

*To make sour milk, place 2 teaspoons of *lemon juice* or *vinegar* in a glass measuring cup. Add enough fresh *milk* to make 1 cup liquid. Stir and let stand 5 minutes.

HEALTH COOKIES
¾ cup whole wheat flour
¼ cup wheat germ
¼ cup nonfat dry milk powder
¾ teaspoon salt
¼ teaspoon baking powder

continued

POWDER TO THE PEOPLE WITH DIRTY CARPETS.



Powder to the people with pet stains, powder to the people with hallways that look like highways.

Plush Powder.

Plush™ is the heavy duty rug cleaning powder with the power of borax.

Simply sprinkle it on and damp mop. Plush penetrates deeply with less rubbing, to remove even stubborn pet stains and odors.

It leaves no rings or residue.

In fact, Plush can clean up on any other way of cleaning your carpet; aerosols, liquids, even steam machines.

And here's 20¢ to prove it.

20¢ **PLUSH** 20¢

HEAVY DUTY RUG CLEANING POWDER.

TO DEALER Airwick Industries, Inc. will redeem this coupon for 20¢ plus 7¢ for handling provided that you and the customer have complied with the following terms. Invoices showing purchase in the last 90 days of sufficient stock to cover coupons presented must be shown upon request. Customer must pay any sales tax. Void when presented by outside agency, broker or others who are not retail distributors of our merchandise or where taxed, prohibited or restricted by law. Cash value 1/20 of 1¢. AIRWICK CONSUMER PRODUCTS DIV., AIRWICK INDUSTRIES, INC., P.O. BOX 1010, CLINTON, IOWA 52734. Offer Expires December 31, 1981



20¢ 26600 100239

continued

Naturally good food

¼ teaspoon baking soda
½ cup butter *or* margarine
½ cup peanut butter
¾ cup honey
1 egg
1 teaspoon vanilla
1 cup raisins
1 cup dried apricots, snipped (5 ounces)
¾ cup quick-cooking rolled oats
½ cup chopped walnuts
⅓ cup unsalted sunflower seed
⅓ cup shredded coconut

Stir together flour, wheat germ, milk powder, salt, baking powder, and soda. In large mixer bowl beat together butter or margarine, peanut butter, and honey. Add egg and vanilla; beat well. Add flour mixture, mixing well. Stir together remaining ingredients; add to mixture. Mix well. Drop by rounded teaspoonfuls onto ungreased cookie sheet. Bake in 350° oven 10 to 11 minutes. Let cool on cookie sheet 1 minute; remove to wire rack to cool completely. Makes 4½ to 5 dozen.

DILL-ONION BREAD IN THE ROUND

Spike is a seasoning mixture that can be purchased at health food stores—

1 package active dry yeast
½ cup warm water (110° to 115°)
1 beaten egg
½ cup cream-style cottage cheese
⅓ cup finely chopped onion
1 tablespoon butter *or* margarine, melted
2 cups unbleached flour
⅓ cup whole bran cereal
½ cup wheat germ
1 tablespoon sugar
1 tablespoon dillseed
1 teaspoon salt
½ teaspoon Spike (optional)
¼ teaspoon baking soda

Soften yeast in warm water. Combine egg, cottage cheese, onion, and butter or margarine; mix well. In bowl stir together flour, bran cereal, wheat germ, sugar, dill, salt, Spike, and soda. Add cottage cheese and yeast mixtures, stirring well. Cover; let rise till double (1 hour). Stir dough down. Knead on floured surface 1 minute. With greased hands pat in a well-greased 9-inch round baking pan. Cover; let rise till double (1 hour). Score top in diamond pattern. Bake in 350° oven 40 minutes. Remove from dish; cool on rack. Serve warm. Makes 1.

The Smiths

SKEWERED CHICKEN

3 medium chicken breasts, split, skinned, and boned
¼ cup soy sauce
3 tablespoons dry white wine
2 tablespoons lemon juice
2 tablespoons cooking oil
¾ teaspoon fines herbes, crushed
½ teaspoon grated gingerroot
1 clove garlic, minced
¼ teaspoon onion powder
Dash pepper

Cut chicken into strips, 1¼ inches wide and ¼ inch thick. Thread strips loosely onto 6 to 8 skewers. Place skewers in two layers in a 12x7½x2-inch baking dish. Combine remaining ingredients. Pour over chicken. Cover; chill 2 to 3 hours. Drain. Grill over *hot* coals 3 to 4 minutes per side. Garnish with cherry tomatoes and parsley, if desired. Makes 6 to 8 servings.

MUSHROOM-ZUCCHINI SALAD

8 ounces fresh mushrooms, sliced (2½ cups)
1 medium zucchini *or* cucumber, thinly sliced
1 medium tomato, chopped
¼ cup sliced green onion
2 tablespoons salad oil
2 tablespoons vinegar
½ teaspoon salt
½ teaspoon ground pepper
½ teaspoon dried marjoram, crushed

In salad bowl combine mushrooms, zucchini, tomato, and green onion. In a screw-top jar combine remaining ingredients. Cover. Shake well: toss with vegetables. Cover and chill 4 hours. Makes 6 servings.

GRANOLA APPLE CRISP

6 medium green cooking apples, peeled, cored, and sliced
1 tablespoon whole wheat flour
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¾ cup apple juice
¼ cup packed brown sugar
3 tablespoons whole wheat flour
1 teaspoon ground cinnamon
¼ teaspoon salt
¼ cup margarine *or* butter
½ cup old-fashioned rolled oats
3 tablespoons miller's bran *or* whole bran cereal
3 tablespoons chopped pecans
1 teaspoon toasted sesame seed

In a bowl stir together apples, the 1 tablespoon flour, the ½ teaspoon cinnamon, and the nutmeg. Turn into an 8x8x2-inch baking dish, building up edges slightly. Pour apple juice over fruit. In another bowl combine brown sugar, the remaining flour, the 1 teaspoon cinnamon, and the salt. Cut in margarine till well blended. Stir in remaining ingredients. Sprinkle over fruit in center, leaving a ring of apples showing around edge. Bake in 375° oven 30 minutes. Makes 8 servings.

TABOULI

1 cup bulgur
½ cup warm water
1 medium tomato, peeled and chopped
½ cup finely chopped parsley
2 tablespoons finely chopped green onion
1 tablespoon finely chopped fresh mint *or* 1 teaspoon dried mint, crushed
½ teaspoon salt
¼ cup lemon juice
2 tablespoons cooking oil
1 tablespoon olive oil
Lettuce
Plain yogurt

In a bowl combine bulgur and warm water. Let stand 1 hour. Stir in tomatoes, parsley, green onion, mint, salt, and dash *pepper*. Combine lemon juice and cooking and olive oil. Toss with bulgur mixture. Cover and chill. Serve in lettuce-lined bowl with yogurt. Makes 6 servings.

APRICOT-APPLE SPREAD

If you prefer a less concentrated fruit taste, substitute 1½ cups water for the 1½ cups apple juice—

1 6-ounce can frozen apple juice concentrate, thawed
1½ cups apple juice
1 8-ounce package dried apricots, finely snipped
½ teaspoon almond extract
¼ teaspoon ground cinnamon

In saucepan combine concentrate, apple juice, and apricots. Bring to boiling; reduce heat. Cover; simmer 25 minutes or till apricots are very tender and most of liquid is absorbed, stirring occasionally. Remove from heat. Stir in extract and cinnamon. Store in refrigerator. Makes 2½ cups.

BANANA-BRAN MUFFINS

Miller's bran is the unprocessed hull from wheat berries. It's available in the cereal and grain section of large supermarkets and in health food stores—

¾ cup buttermilk
½ cup mashed ripe banana
1 beaten egg
2 tablespoons cooking oil
2 tablespoons light molasses

continued



New Colors. New Formula. New Dial.

Two new ways to feel clean, fresh and confident all day long.



Whether you choose new Almond, new Sky Blue, classic Gold or traditional White, you'll be getting a Dial® with a new, improved formula. Plus twice the active deodorant ingredient of the next best-selling deodorant soap.

Don't face another day without Dial.

1980 Armour-Dial, Inc

Solve Your Most Common Home Problems!

New and Revised from Better Homes and Gardens®

A pocketful of **Guide-To** miracles for almost any household project! 18 new and revised titles in easy-to-handle booklet form! Contains over 900 pages and more than 1,000 illustrations covering Home Insulation, Bathrooms, Landscaping and much more! **Save by ordering all 18 Today! Booklets are $1 each, 5 for $4.00, 12 for $8.00, all 18 for $10.00. Include 95c postage and handling.**

uantity

___ No. 02249 All 18 Booklets
___ No. 02205 Patios and Decks
___ No. 02211 Bathroom Planning
___ No. 02218 Landscaping and Fencing
___ No. 02208 Family and Rec Rooms
___ No. 02219 Fireplaces
___ No. 02206 Kitchen Planning
___ No. 02209 Bookshelves and Storage
___ No. 02210 Painting and Wallpapering
___ No. 02248 Insulating Your Home
___ No. 02232 Floors, Walls, and Ceilings
___ No. 02233 Home Upkeep and Repair
___ No. 02235 Basic Home Carpentry
___ No. 02234 Repairing & Refinishing Furniture
___ No. 02237 Masonry and Concrete
___ No. 02223 Plumbing Repairs
___ No. 02224 Electrical Wiring Basics
___ No. 02242 Houseplants
___ No. 02204 Enlarge-A-Room

Not Shown

Total of Merchandise $ _____
State Sales Tax* $ _____
ostage and Handling $ 95
Total $ _____

Better Homes

Dept. 2RD, Box 374
Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ Zip _____

*TAX NOTE Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states Arizona California Georgia Illinois Iowa Kansas Michigan Minnesota Missouri Nebraska New York Pennsylvania Tennessee Texas Virginia Washington and Wisconsin

Credit Card Orders Only To use your credit card, fill in the boxes below — or on orders of $10 (entire set) PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll Free not available in Alaska and Hawaii.)

Credit Card No

Expiration Date Month Year

AMERICAN EXPRESS | master charge | VISA

OUR POLICY: Full refund if not completely satisfied.



uide-To Booklets Short cuts that save you hours . . extra touches that assure **professional** sults . . . material buying hints that save you lots of dollars . . . that's what the editors of Better omes and Gardens® Guide-To series have put into each and every booklet — to make sure your o-it-yourself projects are the fun, rewarding experiences they're meant to be. Each booklet is pocket ze for on-the-job convenience. Easy to follow and fully illustrated directions take you step-by-step om start to finish. Save now by ordering the booklets you need for today's and tomorrow's projects. omplete and return the above coupon **today!**

continued

Naturally good food

2 tablespoons blackstrap molasses*
1 cup whole wheat flour
¾ cup miller's bran
1 teaspoon baking soda
¼ teaspoon salt
¾ cup raisins

In a bowl combine buttermilk, banana, egg, cooking oil, light molasses, and blackstrap molasses. Stir together flour, bran, baking soda, and salt. Stir in buttermilk mixture. Fold in raisins. Spoon into greased muffin pans. (Do not use paper bake cups.) Bake in a 375° oven 25 to 28 minutes. Serve warm. Makes 12.

*If desired, use 2 tablespoons light molasses in place of the blackstrap.

EGGPLANT SALAD

2 medium eggplants
1 medium green pepper, finely chopped
2 medium onions, finely chopped.
1 clove garlic, minced
2 tablespoons olive *or* cooking oil
1 large tomato, peeled and finely chopped (¾ cup)
¼ cup snipped parsley
½ teaspoon dried basil, crushed
¼ teaspoon salt
⅛ teaspoon pepper
1 8-ounce can tomato sauce

Cut eggplants lengthwise in quarters. If desired, sprinkle cut surfaces with *salt*; let stand ½ hour. Rinse and pat dry with paper toweling. Place eggplant, cut side up, in shallow baking pan. Bake, covered, in 450° oven for 25 minutes. Meanwhile, cook green pepper, onion, and garlic in *1 tablespoon* of the olive oil till tender but not brown. Remove from heat. Add chopped tomato, parsley, basil, salt, and pepper. Cut a lengthwise slit down center of each eggplant quarter, cutting to but not through the other side. Spoon green pepper mixture into slits. Return to baking pan. Pour tomato sauce over wedges. Bake in 450° oven for 30 minutes. Serve warm or chilled. Makes 8 servings.

ARIZONA MOUNTAIN SOUP

1¼ cups dry pinto beans
3 slices bacon, chopped
2 medium onions, finely chopped
2 cloves garlic, minced
1 16-ounce can tomatoes, cut up
1½ cups cooked brown rice

RICH,

This stack of pancakes is topped with the leading brand of syrup.



2 teaspoons salt
½ teaspoon paprika
¼ teaspoon pepper

Rinse beans. In a 5-quart kettle or Dutch oven combine beans and 3 cups *water*. Cover; let stand overnight. (Or, bring to boiling. Reduce heat; simmer 2 minutes. Let stand 1 hour.) Do not drain. Simmer, covered, 2 hours or till beans are tender. Drain, reserving 2 cups liquid. In Dutch oven cook bacon till almost crisp. Add onion and garlic. Cook and stir till vegetables are tender but not brown. Stir in the cooked pinto beans, tomatoes, rice, salt, paprika, and pepper. Add reserved bean liquid and 2 cups *water*. Bring mixture to boiling. Cover and simmer 1 hour, stirring occasionally. If soup is too thick, add water. Serves 8.

CURRY DIP

1 cup plain yogurt
½ teaspoon curry powder
Green pepper cup
Assorted vegetable dippers

Mix yogurt and curry; cover and chill. Spoon into pepper cup. Serve with vegetable dippers. Makes 1 cup.

POTATO CLAM SOUP

2 slices bacon, chopped
1 cup chopped onion
2 tablespoons all-purpose flour
1 teaspoon salt
¼ teaspoon dried savory, crushed
¼ teaspoon dried thyme, crushed
⅛ teaspoon pepper
2 6½-ounce cans minced clams
4 medium potatoes, peeled and cut into ½-inch cubes (4 cups)
2 cups skim milk
2 tablespoons snipped parsley

In saucepan cook bacon till almost crisp. Add onion and cook till tender. Stir in flour, salt, savory, thyme, and pepper. Drain clams, reserving liquid. Set clams aside. Blend in reserved clam liquid and 1 cup *water* to saucepan. Add potatoes. Bring to boiling; reduce heat. Cover and simmer 15 to 20 minutes, stirring occasionally. Stir in clams, milk, and parsley. Heat through. Serves 6.

MIXED-GRAIN CORN BREAD

1⅓ cups yellow cornmeal
⅔ cup whole wheat flour
¼ cup wheat germ
2 tablespoons sesame seed
2 tablespoons soy grits (optional)
2½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 egg
¼ cup cooking oil
2 cups buttermilk

Stir together cornmeal, flour, wheat germ, sesame seed, soy grits, baking powder, baking soda, and salt. Beat together egg and cooking oil; add buttermilk. Stir buttermilk mixture into dry ingredients, blending till moistened. Turn into one greased 9x9x2-inch baking pan, one 10-inch oven-going skillet, or two greased 6-inch oven-going skillets. Bake in a 400° oven 25 minutes. If desired, broil 1 to 2 minutes or till golden. Serve warm. Makes 8 servings.

RICHER!

But this stack is topped with Golden Griddle.* It's richer-tasting than the leading brand, and it's naturally thick.

One squeeze, and the Golden Griddle no-drip spout puts the flavor where you want it. And what flavor! Actually richer-tasting than the leading brand.



© 1980 Best Foods, CPC International, Inc.

Marlboro Lights

The spirit of Marlboro
in a low tar cigarette.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec.'79



Baking with pudding cake mixes

Even though pudding cake mixes don't need doctoring, your favorite recipes that call for cake mixes might. Some recipes can be adapted to pudding cake mixes if you don't overmeasure liquids. Others simply can't be.

To avoid costly failures, use the recipe suggestions on the mix labels. Or better yet, write to one of the pudding cake mix manufacturers (see addresses below) for a list of recipes developed especially for the new mixes. Once you've gained experience with the mixes by using these recipes, you can experiment with your own recipe favorites.

Pudding cake mix manufacturers

Betty Crocker SuperMoist Cake Mixes
General Mills, Inc.
Consumer Service Department
P.O. Box 1113
Minneapolis, MN 55440

Duncan Hines Pudding Cake Recipes
Procter and Gamble
P.O. Box 599
Cincinnati, OH 45201

Pillsbury Plus Recipe Booklet
P.O. Box 916, Dept. 224
Minneapolis, MN 55460
(Please enclose 25 cents for postage and handling.)

FOOD

Cake Mix Update

An extra egg. Instant pudding. Salad oil. Was one of these the "secret ingredient" you added to a cake mix, so your cakes always turned out rich and moist? With the arrival of pudding-added cake mixes, you can forget your "secret ingredient"—that extra richness and moistness come right in the box. Here are the pertinent facts on these timesaving mixes, plus tips to help you use them properly.

Cake mix history

The first cake mixes were a smash success in the American kitchen almost as soon as they were introduced. Over the years, however, cake mix manufacturers discovered that consumers were adding all manner of "secret ingredients" to their mixes in order to get the moistness and texture of a scratch cake. That's why a few years ago the cake mix manufacturers introduced mixes with pudding already incorporated in the mix.

Since then, moister cakes have become so popular that some food companies have switched exclusively to pudding-in-the-mix formulas. The results are fresh-tasting cakes with good keeping qualities. The success of these new mixes means you now have a choice. When you need a lighter, fluffier cake, use a regular cake mix. For moister, sturdier cakes, buy a pudding cake mix.



HOT ITEM.©

CALIFORNIA AVOCADOS AND HORMEL CHUNK HAM MAKE AN EASY MAIN DISH.

Here's a hot idea for a tasty main dish. And it's deceptively easy. Just fill delicious, golden-green avocado halfshells with this hearty Hormel Chunk Ham mixture, and crown with cheddar cheese. Make it tonight and be a hot success.

HOT HAM ON THE HALFSHELL

½ cup thinly sliced celery
2 Tbsps. finely chopped green onion
1 Tbsp. butter or margarine
1 can Hormel Chunk Ham, flaked with fork (you can use Hormel Chunk Chicken or Turkey, too)
½ cup frozen green peas, thawed
1 Tbsp. sliced pimientos
3 Tbsps. French salad dressing
3 large California Avocados, halved, pitted and peeled
½ cup shredded cheddar cheese
Ground pepper to taste

Saute celery and onion in butter until tender. Add ham, peas and pimientos; stir over medium heat for 2 minutes. Add French dressing; stir and heat to serving temperature. Season with ground pepper to taste.

Place halfshells in heatproof serving dish; mound with ham mixture and top with grated cheese. Broil 3–4 inches from heat for 2 minutes or until cheese melts. Serve immediately. 6 servings.

Hormel



MEATY MAIN DISHES IN MINUTES

LOVE FOOD FROM CALIFORNIA

© 1980 California Avocado Commission

YOU DON'T HAVE TO MAKE SPACE



You don't have to crowd your countertops or rearrange your kitchen for the Spacemaker Microwave Oven from General Electric. It fits right over your range, where it's out of your way and still easy to get to. And the Spacemaker oven comes with an exhaust fan and work light for your range.

The Spacemaker oven doesn't just save counter space; it gives you plenty of cooking space. Room for a 3-quart casserole or a 12-lb. turkey, and wide enough to hold two serving dishes side by side. So you can cook two side dishes or reheat a meat and a vegetable at the same time.

But maybe the most amazing thing about the Spacemaker oven is its Automatic Cooking Control, an electronic sensor system that makes microwave cooking easier. It allows you to prepare everything from frozen entrees to casseroles without worrying about time, temperature, or power settings. Just indicate the kind of food you're cooking, press the start button, and that's all you do until your food is ready. Even roasts can be automatically cooked "rare," "medium," or "well done." Also a 3-digit Cook Code™ control automatically lets you prepare hundreds of recipes found in the GE Cookbook.

If you want a microwave oven that saves space, looks good, and makes cooking easier than ever, get the Spacemaker oven from GE.

For your nearest Spacemaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.

We bring good things to life.

GENERAL ELECTRIC

FOR A SPACEMAKER™ MICROWAVE OVEN.



begins on page 44

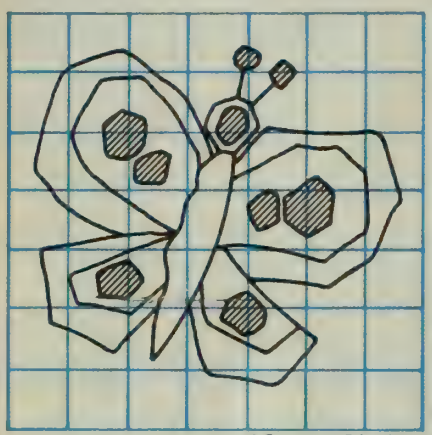
Kids-and-parents crafts

APPLIQUÉD PILLOWS, pages 44 and 51

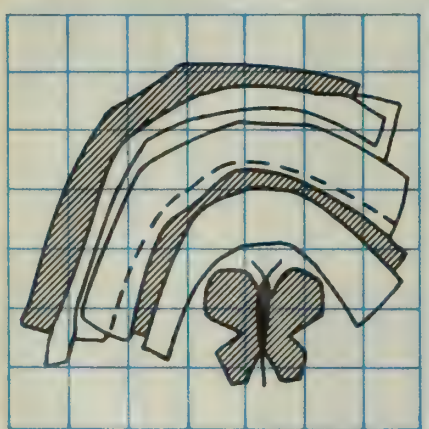
(Finished size of each pillow is 14 x 14 inches.)

Instructions:

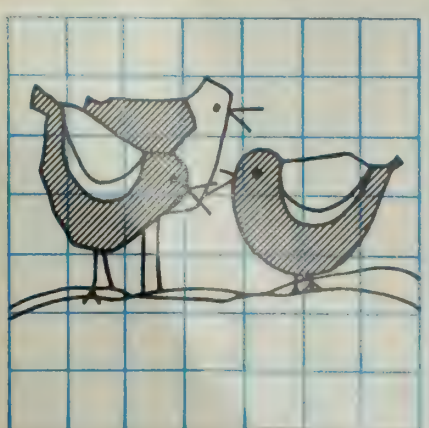
Enlarge the patterns, *below,* onto brown wrapping paper; cut each piece



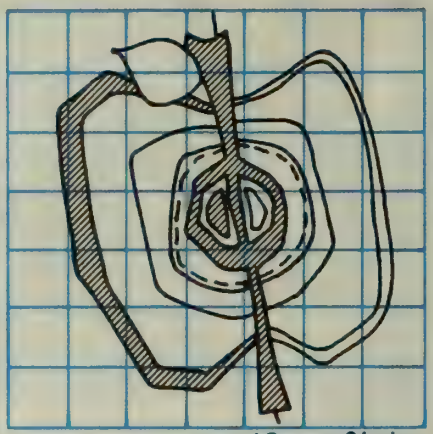
1 Square = 2 Inches



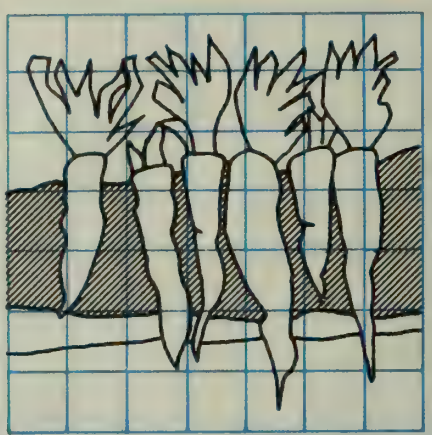
1 Square = 2 Inches



1 Square = 2 Inches



1 Square = 2 Inches



1 Square = 2 Inches

from fabric, referring to the photos on *pages 44 and 51* for colors.

Cut a 15x15-inch fabric piece for each pillow; iron the pieces in place, using fusible webbing. Refer to the patterns for placement. Machine-appliqué around the outside edges of each piece; add embroidered details.

Cut a 15x15-inch backing square from matching fabric. With right sides facing, stitch the front and back pieces together, using ½-inch seams. Leave a 6-inch opening in 1 side. Turn each pillow right side out, stuff, and slip-stitch the openings.

APPLIQUÉD PORTRAITS, pages 44 and 46

General instructions:

The appliquéd portraits are intended to inspire you to make your own portraits. A camera and slide projector are essential in designing and making your portrait.

- **Photographing your subject**

Spend an afternoon photographing your subject (try to get shots that look spontaneous and natural). Or, look through family slides for an appropriate photo.

- **Preparing the pattern**

To determine the size of the finished project, purchase a pair of stretcher strips at an art supply store and draw around the assembled frame on a large sheet of plain newsprint or brown wrapping paper. This establishes the portrait's boundaries.

Tape the paper to a wall and project the chosen slide onto the wall, positioning the slide within the boundaries.

Now is the time to make minor changes in the original composition to improve the overall design. Some general rules are:

1. Make the subject's face the focal point by placing it either to the left or right of the upper half of the composition. (When the face is centered, the composition becomes too formal.) Be sure the face isn't too close to the picture's edge.

2. Keep the background simple to avoid distraction. The subject's face should be the most important element, the body second.

3. Trust your instincts. Because every appliquéd portrait is a one-of-a-kind design, you will have your own unique reasons for choosing certain fabrics, colors, and shapes.

- **Tracing your pattern**

Once the image is positioned within the frame, use a fine-tipped felt pen to trace the composition onto the paper. *Draw only what you plan to sew.*

Begin by drawing embroidery details, such as facial features, hands, and hairlines. Keep the hair simple, concentrating on shapes rather than individual strands. Use different fabrics for separate hair sections.

Continue drawing the remaining shapes until you have captured the basic outline of your picture. (You should feel as if you could cut each shape of your composition from fabric.) Add more embroidery lines for detail.

Make a copy of the original drawing on tissue paper; use this tracing to cut the pattern pieces and the original drawing for reference. It's not necessary to draw the embroidery lines on the tissue paper patterns, since these are drawn and stitched directly onto the muslin fabric.

- **Materials**

Estimate fabric amounts after you have traced the portrait onto paper.

Purchase enough unbleached muslin to cover the entire portrait, adding 2 inches to each side for stretching.

You will also need ½ yd. of medium-weight iron-on interfacing, ½ yard of fusible webbing, paper towels, and a water-erasable pen (available at quilting, fabric, and craft stores).

Fabric selection is a key step in

continued


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
8 mg. 'tar,' 0.7 mg. nicotine av. per cigarette by FTC Method.
Golden Lights.
You really know you're smoking.
Give up double digit tar. But don't give up the pleasure.
Kings and 100s.
Regular and menthol.
Golden
Lights

continued

Kids-and-parents crafts

creating a successful portrait. Choose 1 printed fabric to play a major part in the composition; then, choose a variety of complementary prints and solids. Avoid bold, dramatic fabrics that compete with the overall design.

Position light and dark fabrics so that each shape is easily distinguishable. Place light colors next to dark ones so the shapes are clearly defined. As you work, look at your composition from a distance to make sure the fabrics "read" well. Use subtle fabrics for the background and scatter darker colors throughout.

For a subtle arrangement of fabrics, limit your colors to a fairly small range; for a more intense composition, choose fabrics that range from unbleached muslin to navy blue, dark brown, or black.

● Appliquéing the portrait

Begin by laying the muslin atop the original drawing. Trace the embroidery lines onto the muslin with a water-erasable pen. Outline the face, hands, and other flesh-toned shapes.

Iron pieces of interfacing to the back of the portrait, below the flesh-colored shapes, to make the muslin stiff enough to embroider without a hoop.

Work the embroidery lines in stem stitch, using ecru, black, and pink floss. Do not pull the stitches too tightly. Press the muslin gently after you've finished stitching.

Place the muslin over the original drawing and trace the remaining shapes onto the fabric. Cut fabric shapes to match each pattern piece exactly. Add a 2-inch stretching allowance to each piece that falls along the edge of the portrait.

Cut each pattern piece together with a layer of fusible webbing. *Precise cutting is important.*

To compose your portrait, begin working from the subject's face and gradually move to the background. Position the fusible webbing atop the muslin, then add the fabric pieces, aligning the edges and filling in the entire composition.

To fuse the pieces in place, cover the fabric with paper towels and press for 12 seconds with a "wool" or "permanent press" temperature setting. *Do not slide the iron.* (Practice this procedure before you begin to make sure the temperature setting is correct.)

Baste rather than fuse large pieces of fabric to the muslin. (Large pieces of fusible webbing cause the fabric to crack.)

Once the pieces are fused or basted in place, zigzag-stitch all the raw edges with matching or contrasting thread. Stitch over any small gaps between the fabric pieces. If desired, define an edge by positioning embroidery floss on the fabric and zigzag-stitching over it with a narrow, loose stitch.

● Stretching the portrait

To eliminate gathers and puckers, stretch the portrait over the frame. Begin stretching at a long, clearly defined edge and tack the fabric to the frame every inch, beginning at the 2 ends. Use ¾-inch nails or industrial staples.

Next, tack the opposite edge, pulling the center of the fabric taut and moving out toward the corners. (It helps to have someone hold the frame while you tack the fabric.) Repeat this procedure for the other 2 sides, folding the corners neatly and stapling them firmly.

● Finishing

Stitch additional embroidery details, if desired. Have the portrait framed professionally or cut and assemble a simple lattice strip frame.

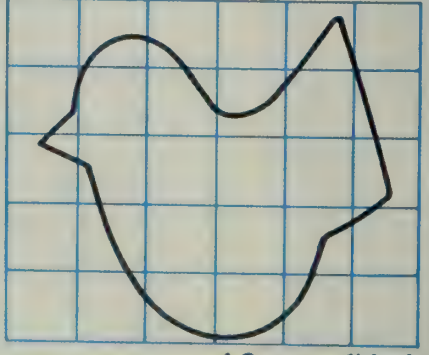
ADAM'S APRON, page 45
Instructions:

Cut an 11x18-inch piece of black print fabric for the apron; taper the 2 long sides so the apron top measures 8 inches across. Stitch a ½-inch hem in both sides so the apron measures 10 inches across the bottom. Hem the apron to desired length; machine-appliqué a simple design to the front.

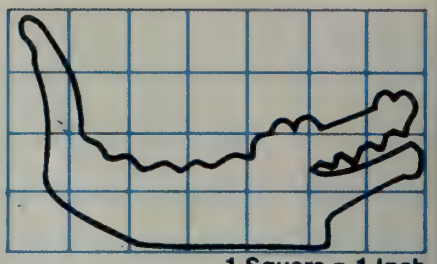
Add black double-fold bias tape across the top. Then, cut a 60-inch piece of bias tape and use it for a neck loop, for trimming the underarms, and for the ties.

NOAH'S ARK, pages 44 and 46-47
Instructions:

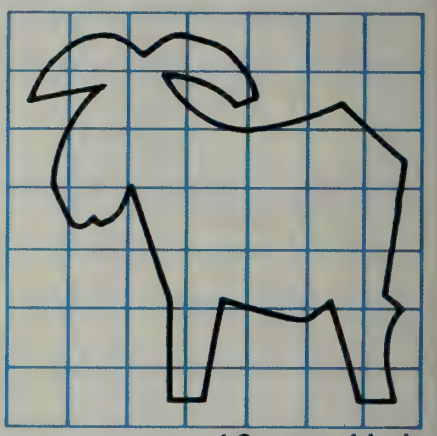
Enlarge the eight patterns, *below,* and cut 2 animals each from ¾-inch



1 Square = ½ Inch



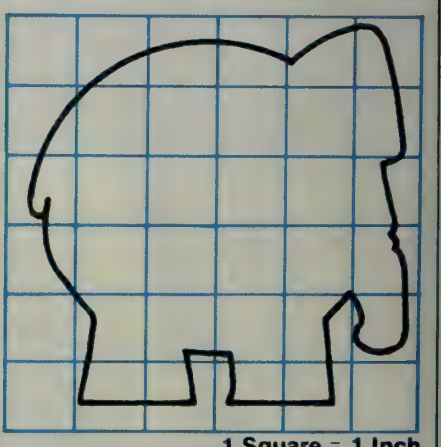
1 Square = 1 Inch



1 Square = 1 Inch



1 Square = 1 Inch

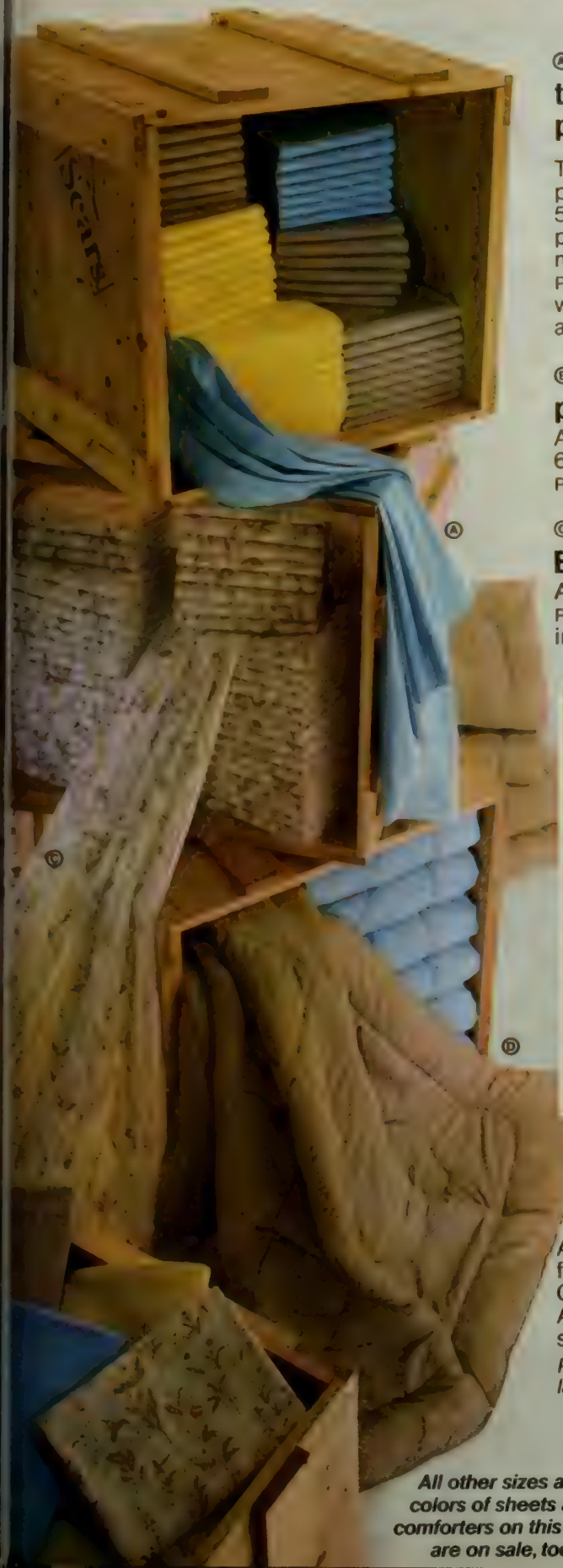


1 Square = 1 Inch

continued on page 101

Spectacular savings on all Sears sheets and comforters

Sears big bold WHITE SALE
Dec. 26, 1980-Jan. 24, 1981



Ⓐ Save 30% on twin size Harmony percale sheets

These soft durable percale sheets are 50% cotton and 50% polyester. They're machine washable and PERMA-PREST®—so they don't need ironing when tumbled dry. In blue, yellow, and beige. Reg. $4.99.

$3.49

Ⓑ Save 45% on twin size Sherwood Garden print percale sheets

A beautiful, multicolor print sheet. They're 65% polyester and 35% cotton percale—and PERMA-PREST.® Reg. $5.49.

$2.99

Ⓒ Save 50% on Sears twin size Bon Bon Floral muslin sheets

A wonderful value! Pretty, floral, muslin sheets. PERMA-PREST,® too—so they don't need ironing when tumbled dry. Reg. $4.49.

$2.22



Ⓓ Save $6 on coordinating solid and print twin size comforters

Accent your sheets with matching comforters. Both Harmony and Sherwood Garden comforters can be machine washed. And, of course, they're PERMA-PREST,® so they don't need ironing when tumbled dry. Reg. $25.99.

$19.99

Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

All other sizes and colors of sheets and comforters on this page are on sale, too.

Sears

Where America shops for Value

© Sears, Roebuck and Co. 1980

Sears big bold WHITE SALE
Dec. 26, 1980-Jan. 24, 1981

Great savings on colorful percale sheets and coordinating comforters

Ⓐ Save 28% on twin size Colormate piped percale sheets
A handsome addition to any bedroom, the hem of each sheet is double piped in contrasting colors. Machine washable 50% cotton and 50% polyester. PERMA-PREST®—so they don't need ironing when tumbled dry. Reg. $6.99. **$4.99**

Ⓑ Save $9 on twin size Colormate percale comfort
This reversible comforter is perfect with your Colormate piped sheets. It's dark on one side, light on the other. Easy care, too. Machine wash—tumble dry. Reg. $34.99. **$25.99**

© Save 26% on Sears twin size Plaid percale sheet
Bold window-pane patterned plaids in beige with chocolate or navy blue. 50% cotton and 50% polyester. PERMA-PREST® too. Reg. $7.49. **$5.49**

Ⓓ Save $9 on twin size Cuffs comforter
More beautiful reversibles. Rust to chocolate. Navy blue to camel. Just right with our Plaid percale sheets. 50% cotton and 50% polyester. Reg. $34.99. **$25.99**





Diane Von Furstenberg exclusives! Now specially priced at Sears



All other sizes and colors of these sheets and comforters are on sale, too.

Ⓔ Save 26% on classic Eternal Tree twin size print percales

Diane Von Furstenberg's elegant garden of flowers is displayed on a background of light beige. These beautiful sheets are easy-care 50% cotton and 50% polyester—PERMA-PREST,* too. Reg. $7.49.

$5.49

Ⓕ Save $9 on coordinating twin size Eternal Tree comforter

It's a plump, puff comforter and it's machine washable, too. The Eternal Tree pattern on one side, reverses to soft, light beige. Reg. $34.99.

$25.99

Ⓖ Save 29% on beautiful twin size Carnation Bouquet sheets

Add a romatic touch to any bedroom with these delicately flowered sheets. Multi-colored on a soft blue background. 50% cotton and 50% polyester. PERMA-PREST*—needs no ironing when tumbled dry. Reg. $8.49.

$5.99

Ⓗ Save $5 on coordinating twin size Carnation Bouquet comforter

This fluffy comforter is accented with a border of ribboned bouquets. Reverses to solid light blue. Machine wash—tumble dry. Reg. $39.99.

$34.99

Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears stores.

Sears **Where America shops for Value**

© Sears Roebuck and Co 1980



Sears big bold WHITE SALE
Dec. 26, 1980-Jan. 24, 1981

Outstanding values for your bath

Ⓐ Save on bright, 100% cotton terry— Sears Colorburst towels

100% cotton makes these towels naturally soft. Thirsty terry loops on both sides for added thickness. Added absorbency. The hefty 25 by 50-inch bath size lets you wrap yourself in comfort. And you can match them up with any of the coordinating ensemble pieces from our Colorburst collection. All on sale now. Reg. $4.99.

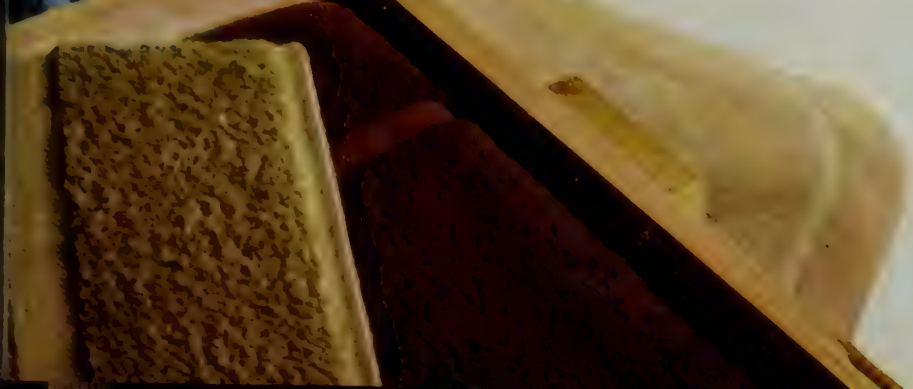
$3.99 bath size











Ⓑ Save 25% on bath size Matchmate towels

These Matchmate solid color terry bath towels are 24 by 44 inches. Blended of 86% cotton and 14% polyester. Choose from a variety of mixable, matchable colors. Reg. $3.99. **$2.99** bath size

© Save on Daybreak terry bath towels

Blended of 90% cotton and 10% polyester for soft absorbency. 22 by 44-inch bath size. Choose from a variety of solid colors—at one low price. Reg. $1.99. **$1.69** bath size

Other sizes and colors of these towels are on sale, too.

Ⓓ Save $4 on Sears Matchmate hamper

This handy clothes hamper has the attractive look of wicker. Woven fiber reinforced by a durable frame. Padded, hinged lid is covered with leather-look vinyl. Ventilated bottom and back allows for air circulation—helps prevent mildew, too. Reg. $16.99. **$12.88**

Ⓔ Save $4 on Sears Colorburst Scale, too

Easy care bathroom scale covered in wicker-look vinyl. Wipes clean with a damp cloth. Plastic feet help to steady scale and protect your floors. Choose from a variety of vibrant colors. Mix n' match with other items from our Colorburst Collection. Reg. $16.99. **$12.88**

Prices and dates may vary in Alaska and Hawaii.
Available in most larger Sears retail stores.

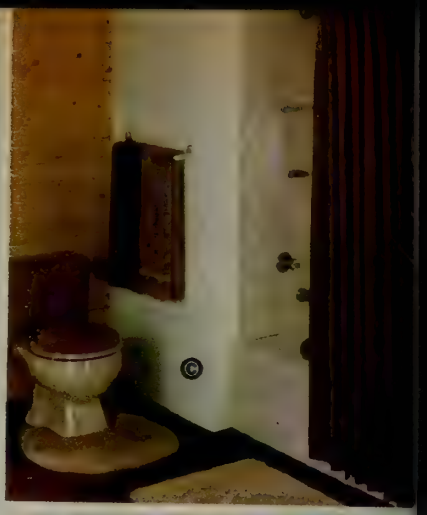
Sears

Where America shops for Value

℃ Sears, Roebuck and Co. 1980

Sears big bold WHITE SALE
Dec. 26, 1980–Jan. 24, 1981

Terrific savings on Sears best-selling rug and shower curtain coordinates





Ⓐ Save 38% on our Colorburst bathroom rug $3.99 (24 by 36-inch size)

Soft Dupont nylon plush pile—a full ¾-inch deep. Backed by Sears skid resistant latex. Reg. $6.49. Colorburst contour rugs, tank and lid covers on sale, too.

Save $7.00 on Colorburst bathroom carpeting, too. Reg. $31.99. Now $24.99 (5 by 6 foot size). Rugs and carpets are machine washable—other colors and sizes are also sale priced.

Ⓑ Save 25% on coordinating Colorburst 6 pc. shower curtain sets

Semi-sheer polyester fabric in a rainbow of solid colors. Shower curtain and valance trimmed with billowy ruffles. Matching vinyl liner is treated with SANI-GARD to prolong freshness—wipes clean with a damp cloth. Reg. $19.99. $14.99

© Save on our Matchmate shower curtain, too

Use this dual-purpose vinyl shower curtain alone or as a liner for fabric curtains. Three sealed magnets hold curtain to tub. Reg. $5.99. $4.99



Other great values for bedroom...and kitchen

Ⓐ Save 20%* on the Billow pillow

The best polyester-filled pillow we sell. Fortrel 7® polyester fill won't lump or shift. It's non-allergenic, odorless, mildew resistant and mothproof. Machine wash, tumble dry. In your choice of soft or medium support. All sizes—now on sale. **$7.99** (Std. Size)



Ⓑ Save 20%* on Sears twin size fitted mattress pad

Perma-locked, Dura-Puff polyester fill won't shift. Top, backing and skirt of 50% cotton and 50% polyester. Other sizes on sale, too. **$7.99**

Ⓒ Save 20%* on Dacron 808® pillow

This polyester fiber-filled pillow is non-allergenic and mothproof, too. Provides medium support. **$3.99** (Std. Size)

Ⓓ Save 20%* on feather pillow

Our natural fill pillows provide firm support. Choose from three sizes—all specially sale-priced. **$10.99** (Std. Size)

Ⓔ Save on Gourmates Kitchen towels

Choose from delightful floral or fruit patterned terry. In four appetizing colors. Matching dish cloth or pot holder are also on sale. Reg. $1.79. **$1.29** ea.

Ⓕ Save on a variety of placemats

Choose from basketweave, bamboo or vinyl Gourmates placemats. Big selection—little price. Reg. 99¢. **69¢** ea.

Ⓖ Save on kitchen towels and dish cloths

Choose from our herringbone weave kitchen towels or waffle weave utility dish cloths. 100% cotton—super absorbent. Reg. 3 for $1.19. **Pkg. of 3** **99¢**

**This is the minimum savings nationally. Regular prices vary in some markets.*
Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

Sears **Where America shops for Value**

©Sears, Roebuck and Co. 1980

Sears big bold WHITE SALE
Dec. 26, 1980-Jan. 24, 1981

Warm up to these energy saving values



Ⓐ Save $8 now on Sears twin size Prelude automatic blanket

Dial down your thermostat and sleep warmly under this soft, cozy blanket. Blended of 80% polyester and 20% acrylic. Lighted temperature control. Even at its highest setting, Prelude costs just pennies a night to operate. Machine wash—tumble dry. Reg. $27.99.

$19.99

Ⓑ Save 25% on the twin size Prelude blanket

These 100% acrylic fiber blankets have a softly brushed surface that's gentle to the touch. Blankets are machine washable, mothproof and non-allergenic. Reg. $7.99.

$5.99

© Save $4 on Sears twin size Vel-lite blanket

This luxurious, cushiony blanket retains its velvety quality without pilling or matting—even after 50 machine washings. Reg. $16.99.

$12.99

Ⓓ Save 25% on Sears cozy Body Warmers

Cuddle up in this pretty patchwork print Body Warmer. 50% cotton and 50% polyester outside is quilted around a polyester filling. Body warmers are closed at the bottom to form a pouch, zip up the front and snap around the shoulders. Reg. $19.99. Large size on sale, too.

$14.99 (Medium Size)

All other sizes and colors of these blankets are on sale, too.

Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

Ⓑ

Ⓓ

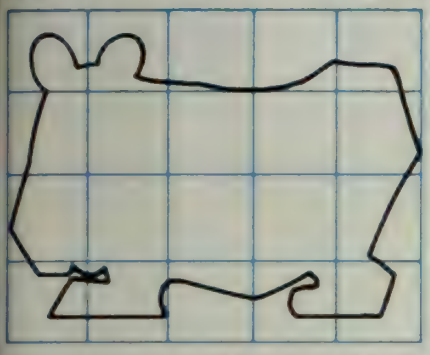
©

Ⓐ

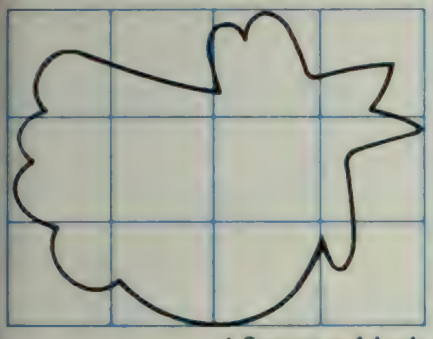
Sears
Where America shops for value

continued from page 92

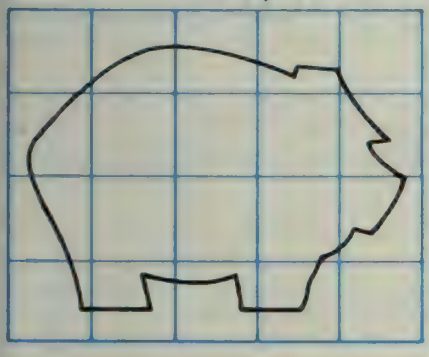
Kids-and-parents crafts



1 Square = 1 Inch



1 Square = 1 Inch



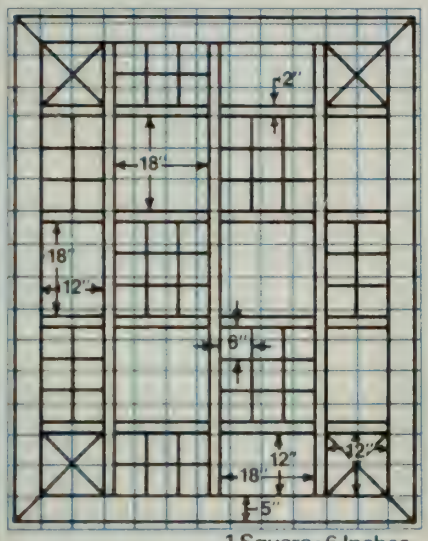
1 Square = 1 Inch

pine. Sand the edges lightly. (If desired, drill a small hole in the top of each to hang as Christmas tree ornaments.)

To make the ark, cut 2 side pieces from pine, curving the bottom edges and leaving the top edges flat (see photo, *page 47*). Join the 2 side pieces with a pine strip deck. Build a small shelter atop the deck, cutting portholes or doors. Add a pitched roof made of small cedar shakes.

AMY'S QUILT, page 46
Instructions:

To make a quilt similar to the one on *page 46*, refer to the diagram *right* for sizes and placement. The finished quilt is 76x96 inches; it contains a total of 20 quilt blocks. Use ¼-inch seam allowances throughout.



1 Square = 6 Inches

Adapt 8 of your child's favorite drawings to appliqué, following the instructions for the sun screen and scarecrow on *page 102*. Size each "fabric drawing" according to the diagram, *above*, adding ¼-inch seam allowances.

Begin piecing fabric squares together to make three 9-patch quilt blocks and five 6-patch quilt blocks. (Refer to the diagram for sizes and placement.)

Cut 4 corner pieces from fabric, adding ¼-inch seam allowances.

To assemble, stitch the blocks into vertical rows, placing 2-inch fabric strips between each block. Stitch the rows together, placing 2-inch strips between each row. Back the quilt with a piece of quilt batting and a piece of matching fabric, and quilt as desired. Finish with a 5-inch fabric border.

ADAM'S QUILT, page 47
Instructions:

To make a quilt like the one shown on *page 47*, start with a ready-made prequilted bedspread. Then cut a piece of green fabric the size of the quilt top and appliqué designs made from children's drawings along the bottom edges of the fabric. (To adapt drawings to appliqué, follow the instructions for the sun screen and scarecrow on *page 102*.)

Cover bedspread with green fabric and join the 2 pieces by tying knots through both layers with black yarn. (Use the bedspread's quilting pattern to determine placement of the tufts.) Use black hem tape to trim the edges.

FLAG HEADBOARD, page 47
Instructions:

To make each of the 11 flags, cut a ¼x28-inch wooden dowel and a 13x16-inch piece of fabric. Stitch a casing along 1 long edge of each flag; hem the other 3 sides. Insert a dowel in each casing.

Cut a 1½x1½x22-inch piece of pine for the base; drill 11 evenly spaced ¼-inch-diameter holes along the base. Paint the base and attach it to the wall; insert the flags in the base.

ADAM'S WALL HANGINGS AND PILLOWS, page 47
Instructions:

Enlarge children's drawings according to the instructions for the sun screen and scarecrow on *page 102*. Cut each design piece from fabric. Iron the pieces to a fabric background, using fusible webbing; frame or mount each picture as desired.

To make matching pillows, follow the instructions, *above*, cutting around the outside of the design. Cut a matching-size piece of backing fabric; stitch the 2 pieces together, stuffing lightly.

SMOKEY'S DOGHOUSE, page 48
Instructions:

Build a 36x45-inch platform for the base of the doghouse. Begin building the frame from 2x4s, making the front 18x36 inches and the back 16x36 inches. The sides measure 18 inches high at the front, taper to 16 inches at the back, and are 25 inches wide. Fill in the frame with pine 1x3s. Trim the corners and door with cedar 1x3s. Cover the top with a sheet of plywood; tar the plywood and add a layer of cedar shingles.

AMY'S POTPOURRIS, page 48
General Instructions:

To begin making a potpourri, clip petals from roses, marigolds, calendulas, and clematis. Clip bachelor's-buttons, pansies, apple blossoms, delphiniums, and pansies and leave them whole. Use a potato peeler to cut orange and lemon rinds.

Purchase herbs you are unable to grow yourself (orrisroot, lavender, essential oils) from herb companies and stores.

Dry all flowers and herbs on a rack or frame made of rustproof wire screen (or use straw or wicker paper-plate liners). Dry whole flowers facedown. To dry greens, tie them together in bunches and hang them from string until the greens are dry enough to strip from their stems.

Air-dry all flowers and herbs for 1 week; then, dry them for 4 hours in a 100-degree oven until they are crisp.

continued

continued

Kids-and-parents crafts

Store flowers and herbs in covered glass jars to keep them dry.

Choose a dry day for mixing the potpourris. Carefully combine all ingredients in a large bowl, following the recipes *below*. For each potpourri, add a few drops of essential oil to the orrisroot and lay it on top of the mixture. Pour each mixture into a large glass jar and seal the jar for 6 weeks, shaking the contents every other day.

- **Peppermint Patty Potpourri**

1½ cups whole peppermint leaves (dried)
3 cups dried rosemary
1 cup dried yellow and orange marigold petals
2 cups dried yellow rose petals
1 cup dried yellow pansies
1 cup dried lemon, lime, and orange peels (mixed)
1 cup dried thyme leaves
¼ cup orrisroot
5 drops oil of lemon

- **Amy's Rainbow Mix**

½ cup dried yellow pansies
½ cup dried yellow marigold petals
½ cup dried yellow calendula petals
½ cup dried orange calendula petals
½ cup dried orange marigold petals
1 cup dried red rose petals
1 cup dried pink rose petals
1 cup dried purple clematis petals
½ cup dried pink delphinium flowers
1 cup dried rose leaves
½ cup dried apple blossoms
1 cup dried lavender buds
1 cup dried blue bachelor's-buttons
1 cup dried blue delphinium flowers
½ cup dried purple pansies
¼ cup orrisroot, granulated
2 sticks cinnamon, crushed
1 tablespoon each of allspice, whole cloves, and ginger
8 drops lavender oil

- **Crab Apple Blossom Potpourri**

2 cups dried apple blossoms
4 cups dried pink rose petals
1 cup dried rose leaves
1 tablespoon ground mace
2 tablespoons whole cloves
1 tablespoon allspice, crushed
2 sticks cinnamon, crushed
2 tablespoons orrisroot, granulated
2 drops rose oil

SUN SCREEN AND SCARECROW, pages 48 and 49

General instructions:

The sun screen and scarecrow shown on *page 48* were adapted from children's drawings. To adapt your youngster's drawings to appliqué, follow 1 of the 2 methods *below*.

Method #1: Lightly mark a 1-inch grid on your child's drawing; then, draw a 2-inch grid on a large sheet of paper, making the same number of squares as on the first grid. (This will make the final drawing twice the size of the original. If you want to make the final drawing larger, make bigger grid squares.) Begin transferring the drawing 1 square at a time to the 2-inch grid.

Method #2: Use an opaque or overhead projector (available at local libraries and public schools) to enlarge the original drawing. Or, take a slide photograph of the drawing and project the image on a wall covered with plain newsprint or plain white paper. Transfer the image to the paper with a fine-tipped black marking pen.

Sun screen (Finished size is 33x51 inches): Cut the sun from yellow awning canvas; machine-appliqué it to a natural-colored canvas background, using black thread. Use a machine couching stitch over black thread to make the sun's rays. Add metal grommets along the edges for hanging.

Scarecrow (Finished height is 36 inches): Cut front and back pieces from canvas; machine-appliqué decorative features to the front. Stitch the 2 pieces together, leaving a small opening at the bottom. Stuff with polyester fiberfill; use a wooden stake to mount the scarecrow.

MARRIAGE QUILT, page 51

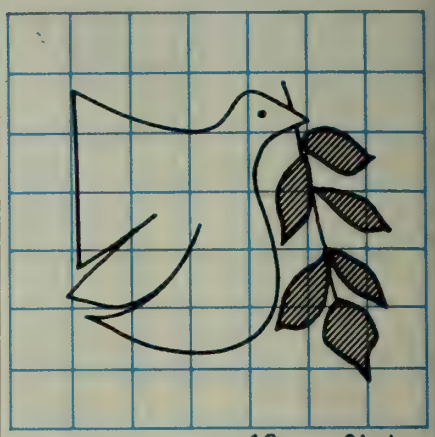
(Finished size is 84x98 inches, without eyelet trim.)

To order a full-size pattern for the marriage quilt, see page 108.

Materials (All yardages refer to 45-inch-wide fabric): 3 yds. off-white prequilted fabric; 4 yds. natural-colored muslin; 4 yds. quilt batting; 1 yd. black and brown polka dot fabric; 1 yd. red fabric; ⅓ yd. *each* of lime green, blue-green, and avocado green fabric; ½ yd. hot pink fabric; scraps of gold, pink, and purple fabric; 12 yds. 8-inch-wide eyelet trim; 8 yds. red bias hem tape; 3 yds. fusible webbing; 14 skeins black embroidery floss; white quilting thread; black, red, and green sewing thread; water-erasable marking pen (available at quilt and fabric shops); backing fabric.

Instructions:

Preshrink all fabrics. Enlarge wall hanging patterns #2, #9, and #10 (see patterns, *pages 105 and 108*); enlarge the dove pattern (see *below*). Cut the pattern pieces from fabric, referring to the photo on *page 51* for colors.



1 Square = 2 Inches

Cut forty-two 15x15-inch pieces of fabric—14 from prequilted fabric and 28 from muslin.

Embellish the 14 prequilted squares with machine couching lines, using 6 strands of black embroidery floss. (Use a narrow, loose machine-zigzag setting to stitch the floss down.)

Machine-appliqué the dove design to 1 of the prequilted squares. Then, reverse the pattern and appliqué the dove design to another prequilted square.

Iron 10 leaf designs (pattern #9) to 10 muslin squares, using fusible webbing. (Be sure to reverse the design on 5 of the squares.) Then, machine-appliqué around the edges of each design; baste a piece of quilt batting to the back of each square. Quilt the designs as desired.

Iron 2 hearts (pattern #10) to 2 muslin squares, using fusible webbing and following the instructions for the leaf designs, *above*.

Repeat this procedure for 6 flower designs (pattern #2), reversing the pattern on half of the squares. Position each flower as shown on the pattern, *page 104*, so they "grow" from the urn.

Enlarge the urn pattern; cut this shape from black and brown polka dot fabric. Stitch 4 plain muslin squares together to make 1 large square; iron the urn design in place, using fusible webbing. Machine-appliqué around the edges.

Baste a piece of quilt batting to the back of the large square; quilt the design as desired.

Embroider the remaining 6 muslin squares with your wedding date, children's names, and any other personal data you wish to include.

continued



Save 50%* on Sears Homestead canopy bed. Just $79.88 TWIN SIZE

Right now at Sears, this charming canopy bed from our Homestead Collection is just half its regular price. Informal Early American styling—delicately finished in antique white. Canopy bed, frame and rails—now only $79.88.

Save $60* on Mates Bed—just $169.88 twin size
This handsome bed fits neatly against the wall of your teen's bedroom. With two built-in drawers for handy storage. Sturdy bolt-through construction really holds up. In your choice of white, maple or pine colors.

Save $20*-$30* on matching pieces
Save now on the Homestead single dresser, desk, hutch and chest.

All tops are covered with plastic overlay to help resist marring, scratching—even stains. Matching wood chair is available at Sears everyday low prices. All pieces in white, maple or pine colors.

Save $5* on Mini-Medley lamp. Just $14.99 for this 18-inch high, painted glass accent lamp. In your choice of bright colors—each with white painted metal base and pleated vinyl shade.

Sears

Where America shops for Value

©Sears, Roebuck and Co. 1980

This is the maximum savings nationally. Regular prices vary in some markets. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.



continued

Kids-and-parents crafts

Use a water-erasable marking pen to write the information on the plain muslin quilt squares; embroider each message in stem stitch with 3 strands of black embroidery floss. Back each embroidered square with quilt batting; quilt the squares as desired.

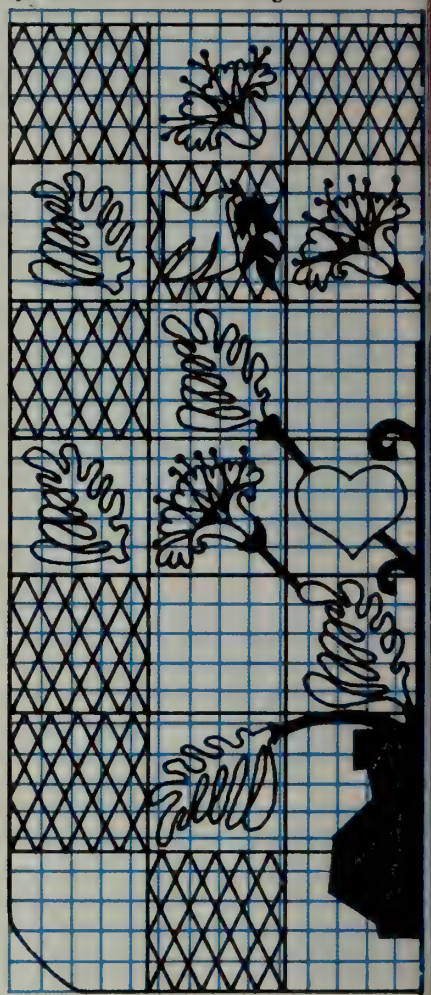
Assemble the quilt as shown in the pattern, *right*, using ½-inch seam allowances. Stitch the 2 center vertical strips together first; then, machine-appliqué the stem and curved vines in place. Stitch the remaining 4 vertical strips together and sew them to each side of the center panel.

To complete the quilt top, stitch the small branches in place, connecting the design elements to the urn.

Cut the 2 bottom corner pieces as shown in the pattern, *right*, to curve the outside edges.

Back the quilt with matching fabric; trim the edges with red hem tape. Add eyelet edging to the 2 sides and the bottom of the quilt.

For matching pillow shams, add some machine couching lines to left-over pieces of prequilted fabric; add eyelet trim around the edges.



1 Square = 3 Inches

Center of Quilt

FOLK ART WALL HANGINGS, page 47

(Finished size of each is 14x14 inches.)

Instructions:

Enlarge the folk art patterns, on *pages 105 and 108*. Cut each pattern piece from fabric, referring to the photo on *page 47* for colors.

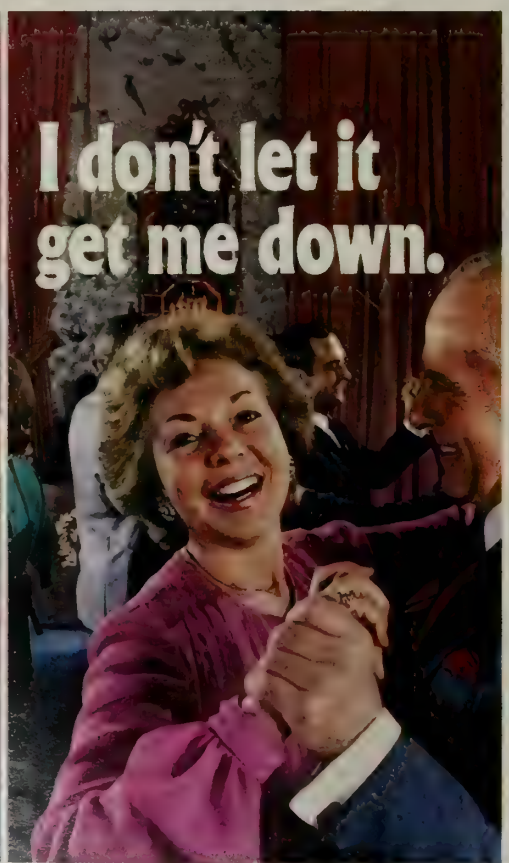
Cut an 18x18-inch piece of background fabric for each design; iron the pattern pieces in place, using fusible webbing. Machine-appliqué around the edges of each, using matching thread.

Cut and baste a matching-size piece of quilt batting to each fabric square; quilt the designs as desired.

To finish, wrap the background fabric around a 14x14-inch piece of corrugated cardboard, securing the edges to the back side; frame and hang.

continued on page 105





With today's Ecotrin® you don't have to suffer all the pain of arthritis. Ecotrin is pure aspirin but more gentle to the stomach than plain or buffered aspirin. Because Ecotrin has stomach protection you can see—a Duentric® coating that lets it pass safely through the stomach before dissolving.

And Ecotrin provides anti-inflammatory action to reduce swelling, not possible from aspirin substitutes.

For effective relief, try Ecotrin.



Ecotrin®

Arthritis can be a serious condition. Read and follow label directions and be sure to see your physician.

Today's Arthritis Aspirin.

©Merrell & James Laboratories 1980
Professional Products Division
a SmithKline company

Create a Lasting Impression. Ceramic Tiles of Italy.



Bring the splendor of Italy into your home. Ceramic Tiles of Italy add lasting value to any house because their beauty endures.

Express yourself in a wealth of colors, designs and textures no one else can offer. And make a statement that endures.

Ceramic Tiles of Italy outlast any carpeting or vinyl flooring. And nothing's easier to clean. Create a lasting impression.

Write for our *free* brochure:

Italian Tile Center, One World Trade Center Suite 2057, New York, New York 10048

MEMBER
NATIONAL
ENERGY
WATCH

WE MAKE HOUSE CALLS...

With energy saving help for your home.

These days, saving energy is on all our minds. The trouble is, it's not always obvious why and how a house may be wasting energy, or what to do about it.

We'd all like to be able to keep our energy bills as low as possible and decrease our country's dependence on foreign oil. Now there's something we all can do about it.

A group of utility companies have joined together to support our first national energy conservation program—the National Energy Watch (N.E.W.). It's a program set up especially to diagnose your home's energy losses.

The home energy check-up.

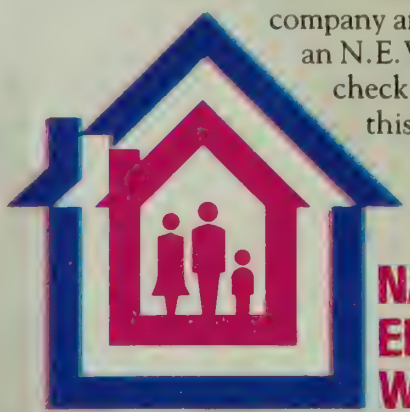
The heart of N.E.W. will be the home energy check-up. By Spring of 1981, your electric utility will have trained energy specialists ready to give your home a thorough energy inspection, from top to bottom. They'll check the insulation, make sure the doors and windows are energy-secure and much more. Then they'll make specific recommendations about what you can do to improve your home's energy efficiency, estimate how much it will cost, and even help arrange financing if you need it. All you'll have to do is call your electric utility and ask for an N.E.W. audit.

When your home meets N.E.W.'s energy efficiency guidelines, you'll be awarded an N.E.W. certificate. If you decide to sell, prospective buyers will have proof of your home's energy-efficiency.

A good deal for everyone.

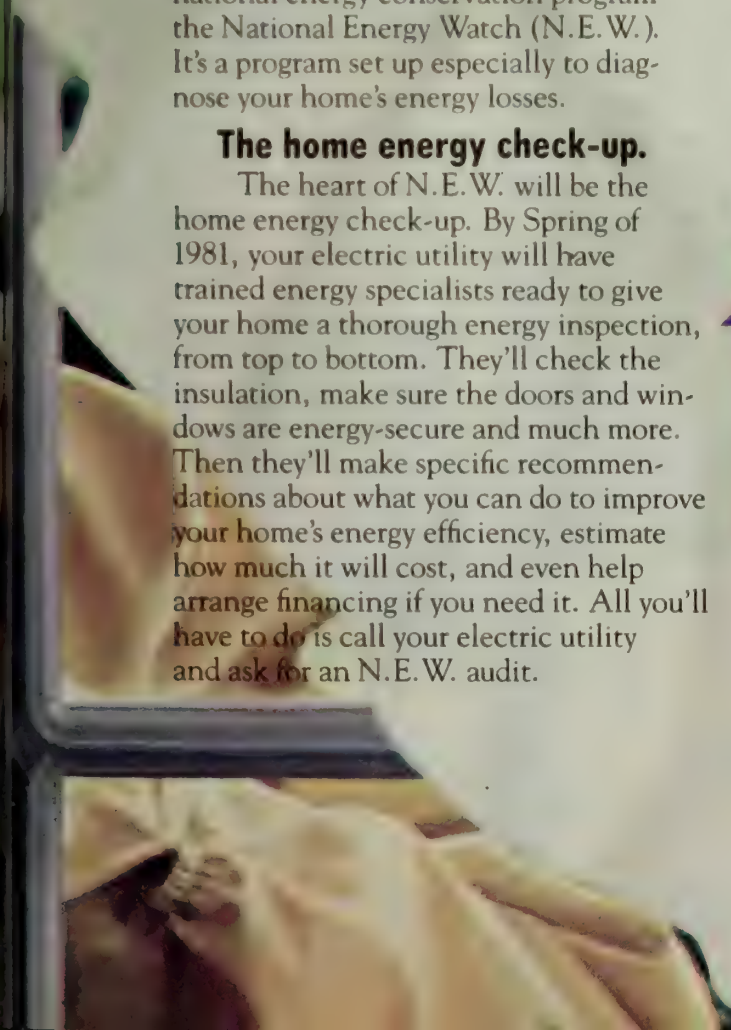
With N.E.W., everyone wins. You can help keep your own energy bills down while using less of our country's dwindling supply of oil and gas. Conservation will help the utility companies, too, by minimizing their need to build costly new generating plants.

So call your electric utility company and set up an N.E.W. check-up for this Spring.



NATIONAL ENERGY WATCH

Edison Electric Institute
The association of electric companies
1111 19th St. N.W., Washington, D.C. 20036



Introducing Lipton® Herbal Teas. Naturally delicious with no caffeine.



New Lipton Herbal Teas. Each variety a subtle blend of natural herbs, savory spices and absolutely no caffeine.

Try the smooth and delicate flavor of Quietly Chamomile. Or Gentle Orange, blended from fragrant spices like cinnamon and cloves. Almond Pleasure, an exotic combination of cinnamon and natural almond flavor. The bright and zesty Red Hibiscus, and the hearty flavor of Toasty Spice, rich with roasted chicory and carob.

Lipton Herbal Teas. Deliciously different, soothingly caffeine-free.

FREE 15 Lipton® Herbal Tea Bags FREE

Plus a 12¢ coupon on your next purchase

Just send 25¢ for postage and we'll send you 3 herbal tea bags from each delicious Lipton Herbal Tea blend shown above.

Send your 25¢ to: Lipton Herbal Tea Offer, P. O. Box 8463, Clinton, Iowa 52736

Send my free Herbal Tea Bags to:

Name _____
Please print

Address _____

City _____ State _____ Zip* _____

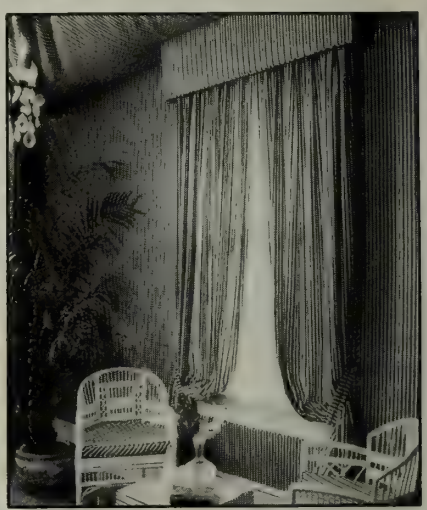
*Must be included to guarantee delivery.

Offer limited to one per family, group or organization. Void where prohibited or restricted. Please allow 6-8 weeks for delivery. HURRY! Offer expires June 30, 1981.

DECORATING

Thrifty Window Treatments

Giving your windows a fresh, new look doesn't have to cost a fortune. With inexpensive yard goods, you can create handsome window treatments like these.



Photograph: Hedrich/Blessing. Field editor: Bonnie Crone
Design: Tom R. Collum, ASID

▲ Here, low-cost mattress ticking was used for a tailored cornice and tieback window treatment. Two cut-to-fit fabric panels were shirred at the top to create the curtains; self-ties hold the panels in place. Matching material upholsters the wall-mounted cornice.



Photograph: William Hopkins
Design: Sallie Kytt Redd, ASID, Andrea Hamlin, ASID

▲ Inexpensive sheet fabric provided the makings for this draped balloon shade. A standard-size sheet was shirred at the top; then, seven strips of Roman shade tape were sewn to the fabric back. When the curtain is raised, cords that run through the shade tape pull the fabric into folds.



Meet a whole new juicy world of fruits from Dole®!

Five fruits in fruit juice and not a bit of sugar added. Peaches, pears, apricots, fruit cocktail and mandarin oranges—from the people who made pineapple in pure juice famous!



New Dole Fruits in fruit juice.

No sugar added.



Slow your furnace down to 55°.

Even a brand-new furnace can waste about 45% of its heat in the ducts and chimney. And 45¢ of your fuel dollar along with it.

Throttle back. Just take the chill off the house with central heating—and heat only the room you're using with a Kero-Sun® Portable Heater.

Like this Omni 105.™ It throws a tremendous amount of heat for a few cents worth of kerosene. Without smoke. Without odor. Without worry. (It's U.L. listed.)

If you move to another room or the basement or garage, take it with you. All Kero-Sun heaters are portable.

There are now 7 U.L.-listed models to choose from. You'll find one that's just right for the heating you need, anywhere you need it.

Feel their economical warmth for yourself. Go to one of the stores listed on the facing page. Just as fast as you legally can. Kero-Sun, Inc., Kent, CT 06757.

KERO-SUN

The good news in home heating.

© 1980 Kero-Sun, Inc.

See the Kero-Sun® Portable Heaters at these dealers:

CALIFORNIA

Alameda
Pagano Hardware
1100 Lincoln Ave

Anderson
Coast to Coast
2681 Balls Ferry Road

Antioch
Ace Hardware
[illegible] A St
Palace Sporting Goods
1619 A St

Aptos
Aptos Hardware
7765 Soquel Drive

Auburn
Mikey's Ace Hardware
1449 Grass Valley Hwy

Belmont
Carlmont Ace Hardware
1029 Alameda

Ben Lombard
Scarborough Home Centers

Berkeley
Basic Living Products
2990 [illegible] St
Bottings Elmwood Hardware
2951 College

Bethel Island
Marine Emporium
5993 Bethel Island Rd

Big Oak Flats
Henley's Sand and Gravel
Hwy 120

Boulder Creek
Santa Cruz Lumber Store
[illegible] River St

Camarillo
G & E Hardware
2280 [illegible] Blvd

Cameron Park
Cameron Park Ace Hardware
3958 Cambridge Road

Campbell
Wood Burners
1070 Dell Ave

Capitola
Orchard Supply Hardware
1601 41st Ave

Carmel
Barnyard's
546 Carmel Rancho Shopping Center
Valley Hardware
Mid Valley Center

Castro Valley
Coast to Coast
3325 Castro Valley Blvd

Cedar Ridge
Cedar Ridge Bldg Materials
Brunswick Rd. and Colfax Hwy

Ceres
Big John Bargain Center
2404 Main St

Chico
Chico Mow & Saw Shop
611 Walnut St
Lambert's Masonry Supply
Rt 1, Hwy 99E

Colfax
Homestead Mercantile
Railroad & Oak St

Colusa
George L. Messick Co
729 Market

Clovis
Jensen & Pilegard
533 Clovis Ave
20th Century Energy Stores
2742 Clovis Ave

Concord
Clayton Valley Ace Hardware
4451 Clayton Rd
Markus Hardware Stores
1795 Willow Pass Road

Cool
Cool Tack and Feed
Hwy 49 and Hwy. 193

Dinuba
Smith Auto Parts
153 South K Street

Dublin
Orchard Supply Hardware
7884 Dublin Road

El Cerrito
Peter Jan's Sun Products
415-525-4406

Elk Grove
Elk Grove Garden Center
9710 Elk Grove-Florin Rd

Eureka
Eureka Equipment
2916 Jacobs Ave
Western Chain Saw Co
3008 Broadway

Fair Oaks
Heritage House
5374 Sunrise Blvd

Felton
Felton Hardware
6116 Hwy 9

Forest Knolls
Annies
6880 Sir Francis Drake Blvd

Fort Bragg
Miller Saw & Vac
348 W Main

Fremont
Orchard Supply Hardware
5130 Mowry Ave

Fresno
Builder's Emporium
4686 E Kings Canyon Road
Keller's Fireplace & BBQ
2311 East McKinley
Pacific Energy Products
4940 N Cedar
Sunnyside Hardware & Gift Store
[illegible] East Kings Canyon Road

Garberville
Mill's Saw Shop
363 Sprowel Creek Rd

Gilroy
Orchard Supply Hardware
788 Westwood Dr

Gonzales
Allen's Plumbing & Heating
222 Alta St

Grass Valley
Sierra Timberline
[illegible] East Main St

Gridley
McGrath & Co. Feed Barn
260 East Wilson

Half Moon Bay
Ocean Shore Co
111 Main St

Hay Fork
Coast to Coast Stores
Main St

Hayward
Markus Hardware Stores
21468 Foothill Blvd

Hollister
Ladd Hardware
620 San Bonito St

Ione
Ione Hardware
15 Main St

Jackson
Spinco Hardware Inc
153 Main St

Jamestown
Mines Supply and Lumber
18138 Main St

Kerman
Kerman Motor Parts
187 S Madera Ave

Kings Beach
North Shore Hdwe
200 Secline Ave

Lake Almanor
Almanor Building Center
449 Peninsula Drive

Lakeport
Rush Oil Co
3740 Highland Springs Road

Lincoln
Walter Jansen & Son
448 G St

Live Oak
Live Oak Building Supply Inc
10480 Live Oak Blvd

Livermore
Orchard Supply Hardware
1450 1st St

Livingston
Livingston Wholesale Supply
321 Second St

Lodi
Henderson Bros Co Inc
21 So Sacramento St

Los Altos
Los Altos Rancho Shopping Center
1150 Riverside Ave

Los Baros
Sorenson's Farm & Home Supply
1031 1st St

Los Gatos
Energy-Care Corp
[illegible] Santa Cruz Ave

Madera
Eno's Hardware
1001 N Lake St

Mammoth Lakes
Filson's Tackle & Sports
Gateway Center

Manteca
[illegible] Conservation Service
326 North Main
Manteca Feed
346 West Lathrop Rd

Martinez
Ace Hardware
3503 Pacheco Blvd
Lasek Hardware Co
911 Alhambra Ave

Marysville
Linda Saw & Mower
2089 Hammonton Rd
SBS Building Supply
1415 N Beale Road

Mendota
Valley Hardware & Supply
1690 7th St

Merced
Air Cooled Engine Works
375 W 16th Street
McNamara's Hardware Inc
1737 Canal Street

Milpitas
Mel Cotton's
Milpitas Sierra Shopping Center
Calveras Boulevard

Modesto
Orchard Supply Hardware
2800 Sisk Rd
Stanislaus Implement & Hardware
10th & F Sts

Monterey
M. S. Home Center
2456 Del Monte Ave

Morgan Hill
Scarborough Home Center
600 Tennant Ave

Mountain View
Mel Cotton's
1299 El Camino

Napa
Ace Hardware
325 Lincoln Ave
Pack Away Food Company
585 Combsville Road
The Mill Stone
3377 California Blvd

Nevada City
Alpha Hardware
210 Broad St

North Fork
North Fork Hardware
32029 Park 222

Oakdale
Oakdale Feed & Seed
141 N. Yosemite Ave

Oakhurst
Allen's Village Hardware
40410 Highway 41

Oakland
Grand Lake Ace Hardware
3316 Grand Ave
Kelly's
Telegraph at 25th
Laurel True Value Hardware
4024 MacArthur Blvd
Markus Hardware Stores
301 Jefferson St

Orange Cove
Orange Cove Hardware
[illegible] Park Blvd

Orinda
Play's Hardware
152 Village Square

Orland
Buckes Feed & Grain, Inc
Highway 99 & Yolo

Oroville
Better Deal Exchange
1845 Mitchell Avenue
Sierra Patio
1557 Meyers St

Pacific Grove
Alten
1219 Forest Ave
Hayward Lumber Co
Sunset Dr and Crocker Ave

Palo Alto
ABC Appliance
546 Romona
Self Sufficiency Products
2699 Middlefield Rd

Paradise
Cornelius & Son, Inc
2529 Skyway
Paradise Feed Garden & Ranch Supplies
35 Pearson Rd

Parlier
Parlier Lumber
690 Newark Ave

Pine Grove
Smalley Sales & Service, Inc
7½ Miles E. of Jackson
Hwy 88

Pinole
3 Brothers Hardware
1736 San Pablo Ave

Pittsburgh
Ace Hdwe
125 East Leland Rd
Moore's Sentry Hardware
3165 Willow Pass Rd

Placerville
Bradford Power Tool
2950 Paul Bunyon Rd
Hangtown Hardware
1309 Broadway

Pleasant Hill
Ace Hardware
1699 Contra Costa Blvd

Pleasanton
Albers Country Store
Abbie and 1st St

Prunedale
Prunedale Hardware
945 San Miguel Canyon Road

Red Bluff
Bill's Equipment Shop
Lassen Lumber
365 Antelope Blvd

Redding
Valley Supply
4490 Hwy 99

Reedley
Reedley Lumber
1547G Stuart

Richmond
Richmond Hardware
231-24th St

Rocklin
Sierra Wholesale
4765 Pacific St.

St. Helena
Lincoln Farm Equipment
1151 Vintage Ave

Sacramento
Lumber Jack Stores
All stores

Salinas
Hayward Lumber Co
492 Front St
Sherwood Sports Shop
969 N. Main St
Valley Center Hardware
820 S. Main St

San Andreas
Treat's General store
197 St Charles St

San Bruno
United Airlines Employees Store
Mainliner Club
Maintenance Base
San Francisco Airport

San Francisco
Brake and Wheel Service
3260 26th Street
Fox Hardware
70 4th St
Living Lightly
1316 9th Ave

San Jose
Caldo Oil Co
2266 Senter Rd
Jacobs Brothers
2300 D Zamler Rd
Mel Cotton's
1266 W. San Carlos
Orchard Supply Stores
The Beehive
Country Stores
5807 Winfield Blvd

San Leandro
Faria Brothers Ace Hardware
519 Manor Blvd.

San Lorenzo
Orchard Supply Hardware
177 Lewelling Rd

San Martin
San Martin Country Store
3305 Monterey Road

San Mateo
Oil Heat Engineering
1741 Leslie St

U.A.L. Employee's Store
Mainliner Club
4031 Pacific Blvd
Wisnom's Hardware
125 S. Ellsworth

San Ramon
Ace Hardware
2050 San Ramon Valley Road

Sanger
Sanger Home & Appliance
1305 Seventh St

Santa Clara
Grandview Hardware
3024 El Camino Real

Santa Cruz
Santa Cruz Lumber Store
235 River Street

Saratoga
Saratoga Hardware
Big Basin Way

Scotts Valley
Energy-Save
Scarborough Home Center

Seaside
Del Rey Supply
560 Charles Ave

Sebastopol
Frizelle-Enos
265 Petaluma
Gardener's Aid
1050 Sebastopol

Shaver Lake
Red Barn

Sonoma
Ogaz Equipment
20348 8th St. E

South Lake Tahoe
Chas C. Meek Lumber Co
2763 Hwy. 50

Stockton
Farmers Feed Co
1302 E. Miner Ave
McLaughlin Air Conditioning Co
4648 Waterloo Rd

Sunnyvale
Orchard Supply Hardware
777 Sunnyvale Saratoga Rd
The Survival Store
130 S. Sunnyvale Ave

Tahoe City
Wray's Rentals
315 W Lake

Tracy
Caldron General Store
12750 W. Byron Rd
Scotty's Bait and Tackle
574 W. Grantline Rd
Van Hardware, Inc
133 W. Grantline Rd.

Truckee
Mountain True Valley Hardware
Gateway Shopping Center

Turlock
Rancher's Feed
Sixth & Lander
Youngdale's
250 Market St

Ukiah
Ukiah Power Tool & Equipment
1070-A No. State St

Walnut Creek
Thousand Oaks Hardware
2719 Ygnacia Valley Creek

Watsonville
Zenker's Ace Hardware
317 Main St

Woodland
Tice Feed & Seed
1021 Lincoln Ave

Woodside
Robert's Hardware
3052 Woodside

Yuba City
Chas. C. Meek Lumber
1232 Colusa Ave

Yreka
Turf & Timber
1019 S. Main St

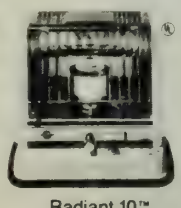
KERO-SUN®

The good news in home heating.

Check local codes for permitted uses.

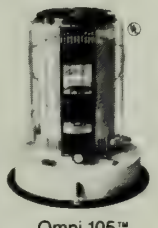

Model K™ cookstove

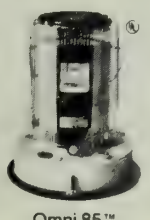

The Director™


Radiant 10™


Radiant 8™


Moonlighter™


Omni 105™


Omni 85™


Omni 15™

Healthful Fruit Desserts

Here are two delicious desserts you can enjoy with a clear conscience. They both have more than their share of natural goodness thanks to a tasty combination of fruits and whole grains.



Photographs: Dieter

ONLY NATURE CAN MAKE HERB TEAS THAT ARE TOTALLY NATURAL. WE MAKE THE BOXES.

Herb teas have become very popular. And Celestial Seasonings is the reason. From the very start, we at Celestial Seasonings have gathered herbs from the forests, canyons and valleys of the world and blended them into the great tasting teas you see on this page. We're proud of these teas. And we're proud of our new boxes. Boxes with outsides that give you a taste of what's inside. Twelve varieties. All delicious. All natural.

CELESTIAL SEASONINGS HERB TEAS



Tea doesn't have to be boring.

OATMEAL FRUIT BARS

- 2 cups whole wheat flour
- 2 cups rolled oats
- 1 cup honey
- ¾ cup butter *or* margarine, melted
- ¼ teaspoon salt
- 2 tablespoons lemon juice
- 1 8-ounce can applesauce
- 1 cup pitted whole dates, snipped
- 1 cup raisins

Combine flour, oats, *½ cup* of the honey, the butter or margarine, and salt till crumbly. Press *half* of mixture in a greased 13x9x2-inch baking dish. In saucepan combine the remaining honey and the lemon juice. Add applesauce, dates, and raisins. Cook and stir over low heat about 10 minutes. Cool slightly; spread over mixture in pan. Finely crumble the remaining crumbs over all. Bake in 400° oven 20 to 25 minutes. Cut into 2x1-inch bars when partly cooled. Makes 4 dozen.

ANY-SEASON FRUIT COBBLER

- 1 16-ounce can peach slices (juice *or* water pack)
- 1 8-ounce can pineapple chunks (juice pack)
- 1 16-ounce jar pitted stewed prunes, drained and halved
- ¼ cup honey
- ⅛ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg

• • •

- ¼ teaspoon almond extract
- 1 cup whole wheat flour
- ¼ cup wheat germ
- 2 teaspoons baking powder
- ¼ teaspoon finely shredded orange peel
- ½ cup orange juice
- 2 tablespoons butter *or* margarine, melted
- 2 teaspoons honey

Drain peaches and pineapple, reserving liquid. Add water to liquid to make 1½ cups. In saucepan combine reserved liquid, peaches, pineapple, prunes, the ¼ cup honey, and spices. Bring to boil. Reduce heat; simmer, uncovered, 10 minutes. Remove from heat; stir in extract. Combine flour, wheat germ, baking powder, and ⅛ teaspoon *salt*. Combine orange peel, juice, butter or margarine, and the 2 teaspoons honey; add to dry ingredients, stirring till moistened. Turn hot fruit mixture into 8x8x2-inch baking dish. Drop dumplings in 9 spoonfuls atop *hot* fruit. Bake in 400° oven 15 minutes. Serve warm. Makes 9 servings.

INTRODUCING DODGE MINI RAM. MORE MILEAGE, RANGE AND ROOM THAN VW VANAGON FOR THOUSANDS LESS.



Who moves more people than VW for less money? It's Ram Tough Dodge's new Mini Ram Wagon

Compare Dodge Mini Ram 250 to VW Vanagon. Passenger seating, mileage, fuel capacity and range, horsepower and rear loading area Mini Ram gives you more

Then compare factory-installed options like power steering and your choice of 6 sound systems: all available in Mini Ram. Not in Vanagon

Now compare price. Mini Ram costs less than Vanagon. *For $2,000 less,* comparably equipped. For panel-side van buyers, there's a Dodge Van with the same performance, efficiency and interior dimensions as Mini Ram Wagon at a price VW hasn't seen in years—just $6418*

Underneath it all, Mini Ram is a Ram Tough Dodge Wagon. With the best rust protection of all wagons

Here's how Mini Ram beats Vanagon

	Dodge Mini Ram Wagon 250	VW Vanagon
Sticker Price (MSRP at base)	**$8,137.00***	**$10,690.00***
EPA EST MPG	18 MPG**	17 MPG**
Horsepower	95	67
Passenger Seating	8	7
Overall Length	178.9"	179.9"
Wheelbase	109.6"	95.8"
Fuel Capacity	36 gal.	15.9 gal.
Est. City Range	648 miles**	270 miles**
Side Door Width	49"	42"
Removable Rear Seat	Yes	No
Factory-Installed Air Conditioning	Option	Not Available
Power Steering	Option	Not Available
Color-Keyed Carpeting	Standard	$375 with int. pkg.

There's 100% electrocoating, plus 370 sq. ft. of galvanized steel in critical areas...compared to VW's 4.

New Dodge Mini Ram Wagon. It does more than VW Vanagon and it does it for less. As a pure people mover, it just might be the best buy on the road today

Satisfaction guaranteed or your money back. *If you're not satisfied with your new 1981 Dodge Mini Ram, just bring it back in good condition with no metal damage within 30 days or 1,000 miles, whichever comes first. When the dealer gets clear title, you'll get your money back, excluding finance and insurance charges Trade-in refund may differ from trade-in allowance on retail sales contract. Ask participating dealers for details*

Dodge Trucks

DODGE TRUCKS ARE RAM TOUGH

*Sticker price comparison excluding title, taxes and destination charges Prices as of Oct. 13, 1980

**Dodge Mini Ram with standard Slant Six engine. Use these numbers for comparison. Your mileage and range may differ. Calif. est. lower. Vanagon EPA mpg is 1980 est. pending 1981 figures

Oroweat® "Good Natured B
You can see why t



©1989 Arnold Bakers, Inc. and Oroweat Foods Co.

Breads.™ they taste so good.



Just look at all those crunchy, chewy kernels. They're cracked berries of naturally delicious whole grain. You'll see them in every slice of Oroweat. Honey Wheat Berry bread.

We gently crack these berries instead of grinding them, to help preserve their natural goodness. Then we add pure golden honey to the berries, and bake them into our Honey Wheat Berry bread, for a truly distinctive, nutty taste.



And Honey Wheat Berry is just one of the four Oroweat. Good Natured Breads.

You can also get Sprouted Wheat, with plump, rich kernels that were nurtured till they started growing shoots. Or Royal Raisin & Nut, which is loaded with raisins and chunks of walnut.

And there's Stoneground 100% Whole Wheat, the smoothest, wheatiest bread of all. There's not a single preservative in any of them.

Try them all. See for yourself.



Oroweat® "Good Natured Breads."™

OROWEAT

How Bernstein Got To Be The First Name In Italian.

Even in 1906, nobody worked harder or got up earlier than Perry Bernstein. Every day he was out at dawn shopping the farmer's market for supplies for his little New York delicatessen. Perry was a hard bargainer. But most of all he was a stickler for freshness and quality.

That went especially for the dressings he and his wife Ida concocted for their vegetables and salads. Vine-ripened tomatoes from the little family farms across the river; pure cider vinegar; eggs so new-laid they were still warm.

His customers ate it up. "Perry Bernstein, this dressing is delicious! Do me a favor, just put a little in a bottle and let me take it home!"

Perry was happy to oblige; after all he *was* a businessman. And that's how Bernstein's first began to be known for very special dressings.

Westward the Bernsteins.

The second generation took over and the family moved lock, stock and recipes to California.

This was dream country for a salad dressing chef. Wonderful fresh vegetables and condiments, and a population crazy about salads. The Bernsteins' bottled dressings did so well they had to move the operation out of the back of their restaurant and into its own plant.

The Italian dressing was a best seller from the start. Three generations of Bernsteins perfected the formula over the years, until they had a perfectly balanced blend of 22 ingredients. Which is exactly how we make this dressing today.

With so many would-be imitators, we'd be balmy if we told y *everything* that goes into Bernstein's Italian dressing.

Il Segreto: Tutti Naturale!

But we don't mind admitting that those 22 magic ingredients are still specially selected for freshness and flavor, as they were in Perry's da And that they include pure vegetab oil, cider vinegar, pungent onion an garlic, our own secret blend of the world's finest spices and herbs (like coriander from Morocco and savory from France) and a bit of robust Italian *vino*.

But now as then, nothin artificial in the way of preservatives, colorings, flavorings.

"Everything should b 100% natural," said Perry in 1906, for he truly believed salad dressings were an art. "Serve stew if you must. But never scrimp on the salad."

And that, salad lovers, is how Bernstein got to be the first name i Italian — and a dozen other worthy dressings and sauces.

Buon appetito!



BERNSTEIN®

If we won't compromise why should you.



The new dacor Space Saver Ventilating System™ got the clutter off my counter! Now I've got the perfect place for my microwave and superior kitchen ventilation too!

Now you can have plenty of counter space and own a full-size microwave too. The DACOR Space Saver Ventilating System™ gives you a perfect place for your microwave and superior kitchen ventilation at the same time.

The Space Saver is designed to accommodate most full-size microwaves. Or maybe you would rather use the convenient space for a toaster oven, radio or other appliances and items which now clutter your counter.

The Space Saver ventilation is whisper quiet. The blower system produces air delivery at 400 CFM efficiently trapping and removing fumes and odors from surface cooking areas including indoor electric barbecuing.

Eliminate your counter clutter and give yourself space to work with the DACOR Space Saver Kitchen Ventilating System — everyone who has or wants a countertop microwave needs one.

dacor

950 South Raymond Ave., Pasadena, CA 91105
(213) 682-2803 (800) 423-4160 outside California

Distributor:
HENRY DISTRIBUTING Co., Inc.
2380 Lincoln Ave., Hayward, California

Dealers:

Antioch
Stewarts Appliance

Benicia–Benicia Appliance

Burlingame
General Appliance Company

Concord
Concord Electric
Link's Automatic Appliance
Sattler's

Dublin
Automatic Appliance

Fremont
Automatic Appliance

Glen Ellen
Gemini's

Hayward
Automatic Appliance
Friedman's Microwave
Ralph's Appliance

Lafayette
Link's Automatic Appliance

Livermore
Microtech Appliance

Los Altos
Gregg's TV & Appliance

Menlo Park
Gregg's TV & Appliance

Mountain View
Meyer Electric

Newark
Handy Andy

Palo Alto
Friedman's Microwave
Mackall's Appliance

Pleasant Hill
Handy Andy

Redwood City
Davies Appliance
Atherton Appliance & Mdse Mart
McNett's Microwave Cooking, etc.

Richmond
Friedman's Microwave

Salinas
Salinas Valley Appliance

San Francisco
Bob's Supply
P.J.'s TV Appliance

San Jose
Automatic Appliance
Beutel's TV & Appliance
Friedman's Microwave
Microwave Cooking, Etc.

San Leandro
Bayfair Appliance

San Mateo
Culmer's Appliance
Telecenter

San Rafael
Friedman's Microwave

Santa Clara
Ace Appliance
University Electric

Santa Cruz
Haber's Furniture

Santa Rosa
Tee-Vax

Scotts Valley
Nichol's Appliance & TV

Walnut Creek
Contra Costa Appliance

Watsonville–Derrick's Appliance

SF/W/1

What's Underneath is Just as Important...



That's why North Star® has put years of research into the LIFETIME® Mattress Pad and Protector. Research that resulted in the finest pad on the market today. One that carries Chatham's own Seal of Assurance. An assurance to you that LIFETIME will provide years of comfort and protection. **WHY? Because only LIFETIME offers you these outstanding features:**

free

NORTH STAR®
LIFETIME® MATTRESS PAD

Put a LIFETIME on every mattress you own for complete mattress protection and rest assured in comfort by North Star.

macys
CALIFORNIA
ALL STORES

SF/W/2

IT'S TAKEN TWO YEARS OF EXHAUSTIVE RESEARCH TO BRING YOU A BLANKET THIS UNIQUE.

Introducing North Star's ULTRA METEOR BLANKET. The ultimate combination of performance and beauty at a sensible price.

In fact we're so confident of ULTRA METEOR's outstanding value, we've given it the Chatham Seal of Assurance to back it up. The Seal of Assurance and Monsanto's 5 year warranty as well.



THE NORTH STAR® ULTRA METEOR
by Chatham Since 1877

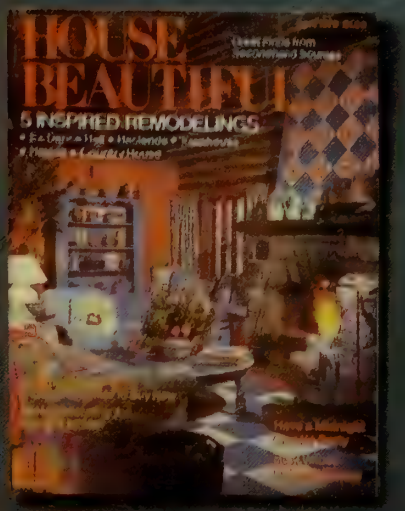
Even after repeated machine washing & drying, remarkably, ULTRA METEOR resists pilling, shedding and matting while still retaining its original softness and warmth.

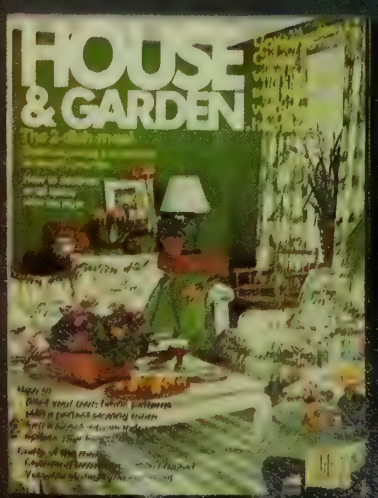
The ULTRA METEOR Fiberwoven® of 100% Acrilan® acrylic. Far and away, it's so much more than you thought a blanket could be, for so much less than you'd expect to pay.

macys
CALIFORNIA
ALL STORES

SF/W/3

THREE FULL-PAGE, 4-COLOR MAGAZINE ADS FOR THE PRICE OF ONE BLACK AND WHITE NEWSPAPER AD.







If you can only afford one page a month in your major local newspaper like, say, The Washington Post or the Detroit Free Press, but dream regularly of reaching those more affluent people who read glossy—and expensive—national magazines, MNI can help you scale those previously unaffordable heights.

Because for the cost of your usual newspaper buy, we can run your ad—full color, full page—in these three national magazines.

Staggered over the course of a month.

Reaching those very same big spenders you long for, without spending very much yourself.

So if you're interested in adding a little upward mobility to your advertising, give Bonnie Axthelm a call, collect, at (212) 661-4800.

She'll be happy to explain our magazine packages in greater detail. And while you're talking to her, ask about our News and Men's packages also.

© 1979 Media Networks, Inc.
600 Third Avenue,
New York, New York 10016

MNi





Works of art...Springmaid® sheets with Kodel.®

Beautiful originals from the Springmaid Bassetti Italian Designer Collection. Sheets, pillow cases and shams in a care-free blend of Kodel polyester and cotton. Plus coordinating comforters quilted with Kodel polyester fiberfill for lightweight warmth. Stay-neat Kodel helps make them acquisitions you'll be proud to have in your home.

Riviera from the Springmaid Bassetti Collection available at:
Macy's, San Francisco; Emporium/Capwell, San Francisco.

EASTMAN CHEMICAL PRODUCTS, INC., a subsidiary of Eastman Kodak Company, 1133 AVENUE OF THE AMERICAS, NEW YORK, N Y 10036 KODEL is Eastman's trademark for its polyester fiber Eastman does not make fabrics or consumer textile products and therefore makes no warranties with respect to such products

1880 1980

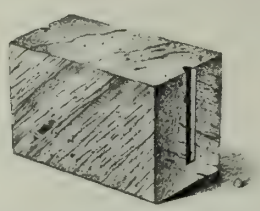
© 1980 Eastman Kodak Company.

SF/W/5

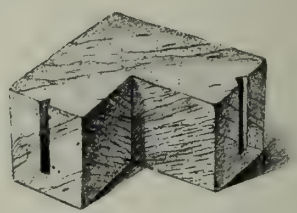
Give us an ashlar, internal angle stone, quoin, arch, pier, gablet, capital or cornice stone...and we'll give you a Cathedral.

We are completing the Towers of St. John the Divine with methods 600 years behind the times. As in medieval days, young apprentice stonecutters are learning the nearly forgotten art of hand finishing limestone building blocks. And so our great Gothic cathedral will rise by the hands of the people in the city around it.

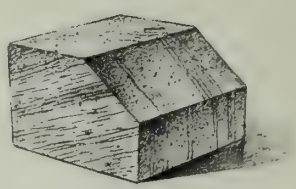
But we need a lot of stones. And your contribution will be no ordinary donation. Given in your name, your stone will be an integral part of a masterpiece, an honor to the nation, and a record of our times. Forever.



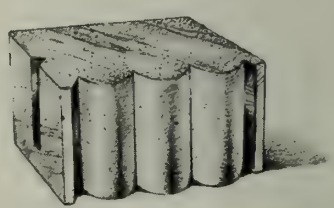
ASHLAR—$100. Principal masonry of the Cathedral. Hand-finished on outward face. We need hundreds of them.



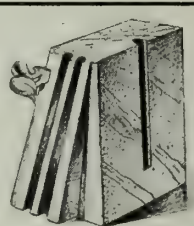
INTERNAL ANGLE STONE—$250. Multi-faceted, hand-finished blocks. Our gift to you: architectural blueprint of Cathedral Tower.



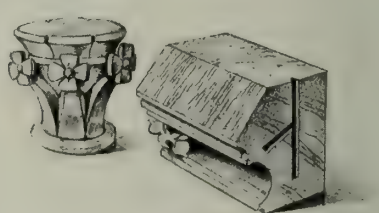
QUOIN—$500. Massive cornerstones, column bases, weathered sills. Our gift to you: limited edition set of Cathedral photographs.



ARCH AND PIER STONES—$1,000. Thrice-rounded moldings and colonnette jambs. You receive your choice of <u>one</u> of gifts listed below.*



GABLET STONES WITH CROCKETS—$2,500. Carved half-capitals, fully molded capitals and bases. You receive your choice of <u>two</u> gifts listed below.*



CAPITALS AND CORNICE STONES—$5,000. Traceried parapet stones and springers. Intricate three-dimensional hand carving. You receive <u>all</u> gifts listed below.*

Select the stone and the amount of your contribution. Complete coupon and mail today.

[**All donors receive certificates identifying their individually numbered stone(s).** *Donors of deeply carved stones receive choice of (A) two signed reproductions of drawings by David Macaulay, author of *Cathedral;* (B) signed print of Jacques Hnizdovsky's woodcut of St. John the Divine; (C) original signed and numbered print of a mason's "boasting" pattern.]



The Cathedral of St. John the Divine
Office of Development
1047 Amsterdam Avenue
New York, NY 10025 (212) 678-6993

YES, I would like to contribute a_____(name of stone). Enclosed is my check for $_____. I understand that by contributing $1,000, I will receive one of the gifts for deeply carved stones: ☐ A ☐ B ☐ C (check one). For $2,500, I may select <u>two</u> gifts (check two). For $5,000, I receive <u>all</u> <u>three</u> gifts and a special certificate. Please identify my stone in the name of_____

Name_____

Address_____

City_____ State_____ Zip_____

[Checks should be made payable to The Cathedral of St. John the Divine (b). All contributions are tax-deductible.]

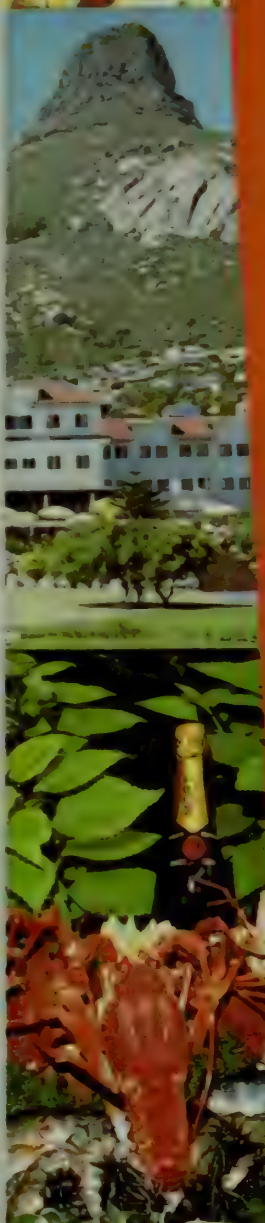
MN2

SF/W/6











In South Africa, luxury is inexpensive. Friendliness is free.

Deluxe hotel rooms are $25.
Gourmet meals, $10.
That makes South Africa attractive.

The open, warm friendliness of the South African people makes it irresistible.

And the spectacular game parks and breathtaking scenery make it unforgettable.

Five South African Airways flights a week get you there faster than anyone else. Fill in the coupon for details, or call your travel agent or corporate travel office.

SAA
SOUTH AFRICAN AIRWAYS

South African Airways
605 Fifth Avenue
New York, NY 10017
Please send me more information on South Africa and South African Airways

Name _____

Address _____

City _____

State _____ Zip _____ SFH 18

NEW SAA TELEPHONE NUMBERS FOR FAST RESPONSE ON RESERVATIONS: WITHIN CALIFORNIA (415) DIAL 392-2653; CALIFORNIA (ALL OTHER AREAS) DIAL (800) 622-0662
WITHIN ARIZONA (602), COLORADO (303), IDAHO (208), MONTANA (406), NEVADA (702), OREGON (503), UTAH (801), WASHINGTON (206, 509), WYOMING (307), DIAL (800) 227-5536
WITHIN NEW YORK (315) (518) (607) (716) DIAL (800) 442-5985; NEW YORK (516) (914) DIAL (212) 826-1245
FROM ALL OTHER POINTS IN CONTINENTAL U.S. DIAL (800) 223-1160 • ALL 800 NUMBERS ARE TOLL-FREE

SF/W/7



Deep, comfortable sleep year after year with extra support by Spring Air.

And you can choose your firmness, too!

The new Spring Air **Ultra Line.** A special line of foam, flotation and inner spring mattresses being introduced at special prices **now.**

Choose the firmness you like best. With Spring Air's consistent high quality materials and superior craftsmanship, you'll sleep beautifully year after year.



Sets

The Spring Air Company
Hayward, CA 94540

	Twin	Full	Queen	King
Ultra Foam I Ultra Pedic I	$199.90	$259.90	$319.95	$439.95
Ultra Pedic II Ultra Wave II	$219.90	$279.90	$339.95	$469.95
Ultra Pedic III Ultra Wave III	$259.90	$319.90	$439.95	$549.95
Ultra Pedic IV Ultra Wave IV	$379.90	$499.90	$599.95	$799.95

Special Introductory prices now at these Spring Air dealers:

SACRAMENTO
Cousins Home Center, 10078 Mill Station Road

SAN FRANCISCO
Golden Gate Furniture, 2293 Mission Street

SAN RAFAEL
P.M. Water Beds, 1337 Fourth Street

continued from page 104

Kids-and-parents crafts

Specific instructions for several of the wall hangings follow:

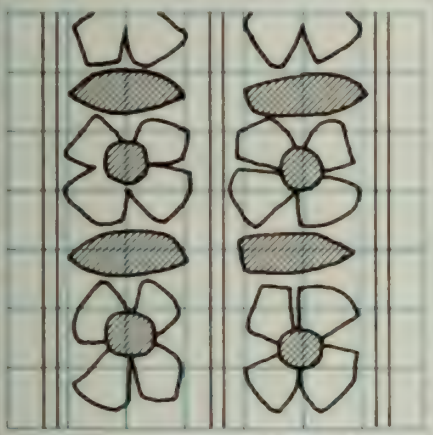
Design #1: Use polka dot bias tape for the vertical lines between the flower motifs.

Design #5: Cut the entire bird shape from blue fabric and fuse the piece to the background fabric. Then, fuse the yellow circles in place and machine-appliqué around the edges.

Design #6: Cut the outer flower shape from yellow fabric and the inner flower shape from orange fabric; fuse the 2 pieces together. Fuse red circles in place to the orange flower and machine-appliqué around each circle and around the orange flower. Add stitching lines as shown; machine-appliqué the flower to the background fabric.

Design #7: Cut the sun's facial features from black fabric; machine-appliqué the pieces to the yellow circle. Center the yellow circle on top of the red circle; machine-appliqué around the edges. Machine-appliqué the sun to the background fabric and add red couching lines.

Design #8: Fuse petals and circular shapes to inner red circle; appliqué around the edges. Place the red circle



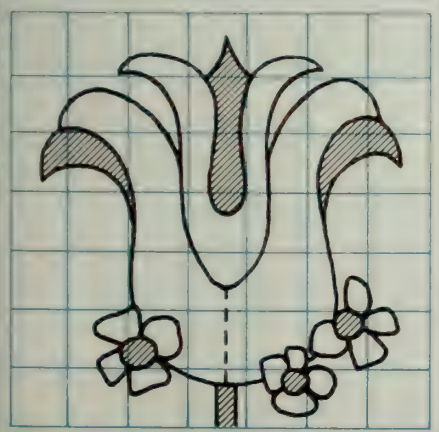
1 Square = 2 Inches

1



1 Square = 2 Inches

2



1 Square = 2 Inches

3



1 Square = 2 Inches

4



1 Square = 2 Inches

5



1 Square = 2 Inches

6



1 Square = 2 Inches

7

continued on page 108

Winter Special!

Baby's First Shoes

Bronze-Plated in Solid Metal

only $3.99 a pair



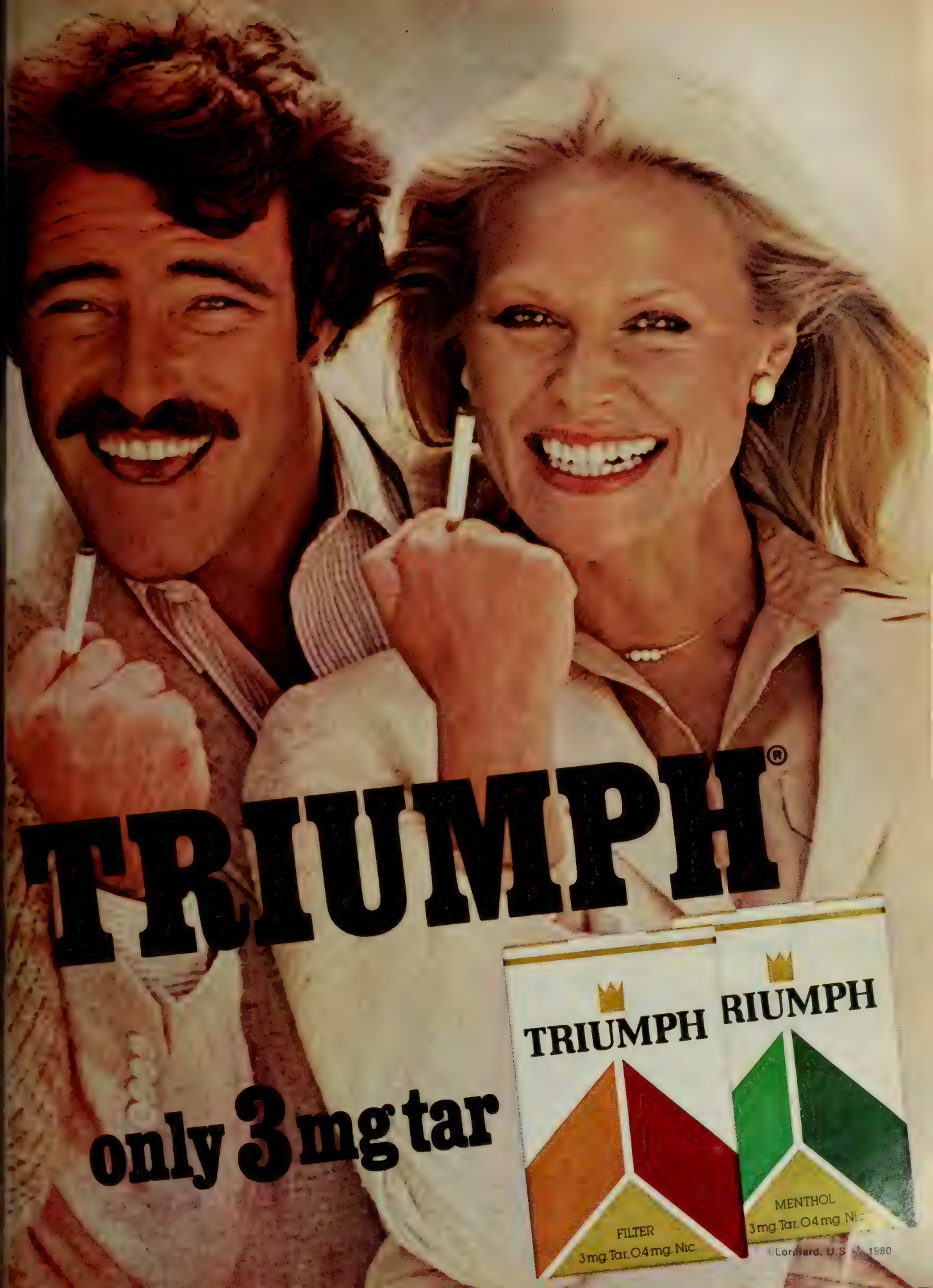
Limited time only!
Baby's precious shoes gorgeously plated in SOLID METAL, only $3.99 pr. Don't confuse this offer of genuine lifetime BRONZE-PLATING with painted imitations. Order in complete confidence with our 100% Money Back Guarantee. Also Portrait Stands (illustrated), ashtrays, bookends, TV lamps at great savings. Ideal Gift for Dad or Grandparents.
SEND NO MONEY! Rush name and address for full details, money-saving certificate and handy mailing sack to:

AMERICAN BRONZING CO., BOX 6504-A2, BEXLEY, OHIO 43209



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Filter: 3 mg. "tar," 0.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980.
Menthol: 3 mg. "tar," 0.4 mg. nicotine av. per cigarette by FTC Method.


TRIUMPH®
only 3 mg tar
TRIUMPH
RIUMPH
FILTER
3 mg. Tar, 0.4 mg. Nic.
MENTHOL
3 mg. Tar, 0.4 mg. Nic
©Lorillard, U.S.A. 1980

Mail Order Garden Center

Free Seed Catalog

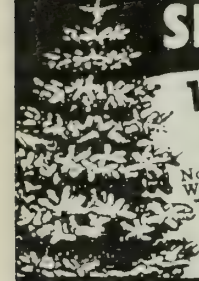


Write today for your free 1981 Olds guide to gardening—featuring a wide selection of flowers and vegetables.

Super Flower Special:
Crego mixed asters and Gold Medal zinnias (one packet of each)—a regular 90¢ value yours for only 25¢

OLDS SEED COMPANY
Box 7790, Dept. G, Madison, WI 53707

COLORADO BLUE SPRUCE



10 for $1.00 Postpaid
Not Good West of the Rockies
3 to 5 in. plants that will grow into specimen trees.
FREE CATALOG

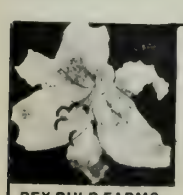
EMLONG NURSERIES
Box 214
Stevensville, Mich. 49127

TRICKER'S WATER LILIES



SEND FOR OUR NEW **CATALOG**
Just 50¢ (to cover cost of postage and handling) brings you America's most complete water garden catalog. It contains beautiful four-color photos and a superb listing of hardy and tropical Water Lilies as well as many graceful aquatic palms or creeping oxygenating plants and exotic fish.
Write to the office nearest you
Box 398, Dept. A-81, Saddle River, N. J. 07458
Box 7845, Dept. A-81, Independence, Ohio 44131
WILLIAM TRICKER, INC

First Quality Seed At Low Grower Prices.
Over 2500 items to choose from.
Herbst easy-to-read charts make it easy to select the variety best suited to your garden
WRITE FOR FREE CATALOG.
HERBST SEEDSMEN 1038 N. Main Street Brewster, NY 10509

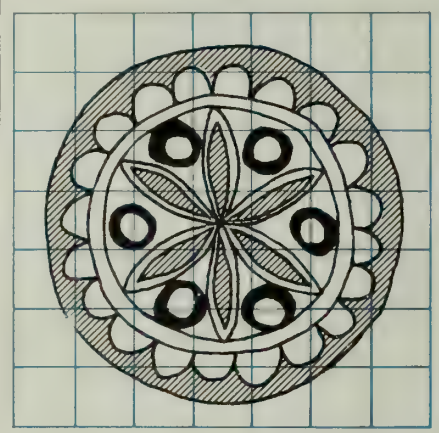


LILIES
HUNDREDS OF WORLD FAMOUS GARDEN VARIETIES.
Send 10¢ for 68 Page Catalog.
REX BULB FARMS
Box 774-E
Port Townsend, WA 98368

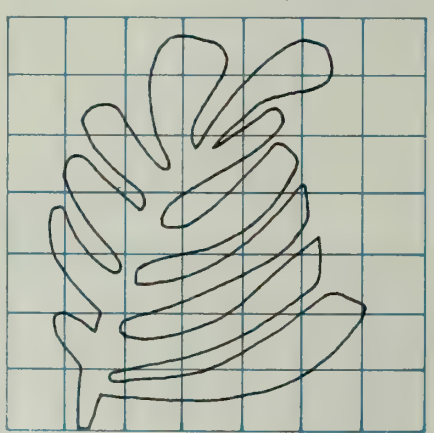
continued from page 105

Kids-and-parents crafts

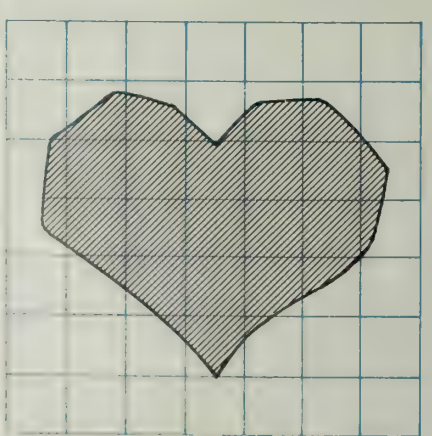
on top of the blue circle and then place both on the black circle. Place blue semicircles around the black circle, tucking the edges under the blue circle. Machine-appliqué around the edges. Place the design on a piece of background fabric; machine-appliqué around the edges.



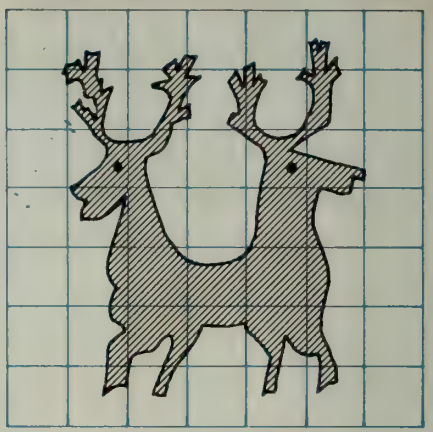
8 1 Square = 2 Inches



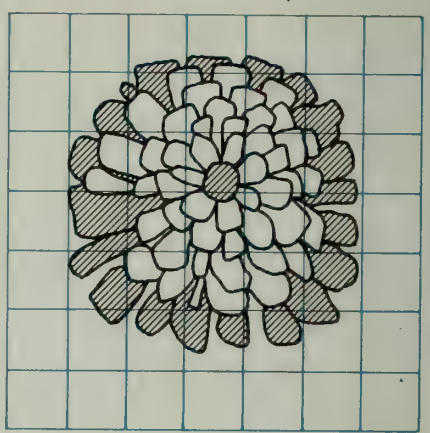
9 1 Square = 2 Inches



10 1 Square = 2 Inches



11 1 Square = 2 Inches



12 1 Square = 2 Inches

Design #12: Place the first row of petals under the red center and machine-appliqué around the center circle. Place a second and third row of petals around the first row of petals and machine-appliqué around the first row of petals (to hold the second and third rows in place). Repeat this procedure for the fourth and fifth rows. Then, machine-appliqué the entire design to the background fabric along the outside edges.

TO ORDER the Better Homes and Gardens® Full-size Marriage Quilt Pattern shown in this issue, specify No. 01117 Marriage Quilt Pattern; $5.99 plus $1.25 postage and handling.
Send name, address, order, and remittance to:

Better Homes and Gardens®
Dept. 2RA, Box 374
Des Moines, IA
50336

OUR POLICY: Full refund if not completely satisfied.

TREES, SHRUBS & GROUND COVERS

FREE CATALOG

A complete listing of Evergreen and Hardwood Seedlings and Transplants, Landscape Ornamentals, Rooted Cuttings, Ground Covers, Container-Grown Plants, plus money saving Specials Offers

BUY DIRECT from GROWER

Please send FREE CATALOG to:

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

"20 MILLION TREES A YEAR!"

MUSSER

Box 3X-A, Indiana, Pa. 15701



Dwarf

FRUIT TREES

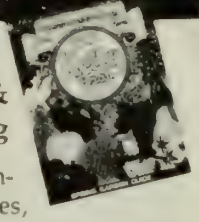
BIG FRUIT—SMALL TREES

[illegible] Large size fruit [illegible] your own backyard. A real bargain. [illegible] Evergreen Shrubs. Write today for our [illegible]

FREE Color Catalog

EMLONG'S, Box 238, Stevensville, Mich. 49127

FREE! Kelly Bros.



Spring Planting Garden Guide & Nursery Catalog

Enjoy delicious fresh-picked strawberries, raspberries, grapes, blueberries, apples, Kelly's selection of dwarf fruit trees, ornamental and shade trees, flowering shrubs, perennials, roses and lilies. Many helpful gardening tips, money-saving specials, FREE gifts for early orders. Send today for your Kelly catalog.

KELLY BROS. NURSERIES, INC.

701 Maple St., Dansville, NY 14437

Yes, rush my FREE Kelly Spring Catalog to [illegible]

Name _____

Address _____

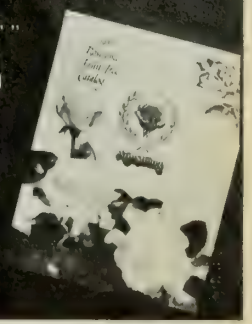
Zip _____

[illegible] WA

Growing For 101 Years

FREE... and all new from Armstrong

Our 40 page 1981 Rose & Fruit Tree Catalog is more beautiful than ever and includes many new photos of our 250+ Rose and Fruit selections. Among the outstanding new features are Armstrong's AARS winner "White Lightnin'" and our novelty 2-in-1 and 3-in-1 Fruit Trees. Order your FREE copy today!



Armstrong

Armstrong Nurseries, Inc.
Dept. 265 • P.O. Box 4060
Ontario, CA 91761

Name _____

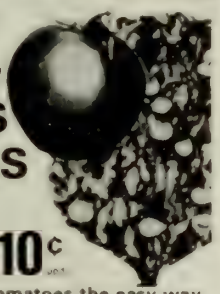
Address _____

City _____

State/Zip _____

No more staking!
No more tying!
No more pruning!

GURNEY'S STAKELESS TOMATO



ORDER NOW!
LARGE PACKET ONLY . . . 10¢

Grow rich red, meaty tomatoes the easy way with Gurney's new bush-type Stakeless. Requires no staking, tying or pruning. Grow 'em 100% hassle-free!

Perfect for the home garden. Ideal for landscaping, too, when you grow them in hedge form. These attractive leafy plants will enrich the beauty of your home, while you enjoy mouth-watering treats all summer long.

Extra sturdy stalks support several pounds of medium large, fine-flavored fruits. Produce big yields. Virtually seed-free.

Bargain priced at only 10¢ for a large packet, it's our way to introduce you to the fine quality of Gurney seeds. So order your packet today. (Limit one per family, please.)

CLIP AND MAIL TODAY!

GURNEY Seed & Nursery Company
Dept. 85, 1139 Page St., Yankton, S.D. 57079

☐ Here's my dime. Please send me your Stakeless Tomato seeds.

☐ **I'd like your FREE, full-color catalog, too.**

Name _____

Street or Route	Zip No.
Post Office State	Please! Zip speeds delivery.

STOKES 1881-1981



FREE!

100th ANNIVERSARY SEED CATALOG

You'll find more than 1400 vegetables, flowers and accessories to help you grow your best garden ever. You'll find all your old favorites plus many exotic exclusives from Asia, Europe and South America.

You'll find the most detailed, useful growing information of any garden catalog within our 165 page catalog. Every seed packet tells you when to plant, how to plant, how to fertilize, best soil and air temperatures, when to transplant, germination percentage, how to beat insects and disease plus harvesting information, freezing and cooking tips.

Stokes gives you rapid service, fair prices and the highest quality seed because we want you back next year. Our business is based on satisfied customers.

MONEY-BACK GUARANTEE

If our seed fails to germinate satisfactorily under normal weather conditions, tell us within 30 days and we'll cheerfully refund the purchase price of the seed.

STOKES SEEDS, INC.

1001 Stokes Bldg., Buffalo, NY 14240

( ) Rush My Free Stokes Catalog to:

PLEASE PRINT

Name _____

Address _____

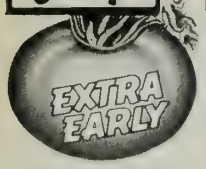
_____

_____ Zip _____

SEND TODAY FOR YOUR FREE COPY

Mail Order Garden Center

Jung's



INTRODUCTORY OFFER! We will send you a trial packet of our famous Wayahead Tomato plus a packet of Super Giant Zinnias, both for only 10¢ ..... Send today!

TOMATO
BIG RED FRUITS AS EARLY AS JULY 4TH

FREE, Full color **74th** Year Catalog of the best in vegetables, flowers, plants, shrubs, fruit, shade trees, at reasonable prices for home and garden.

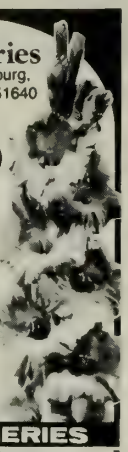
J.W. JUNG SEED CO. Box Z-201
Randolph, Wisconsin 53956
☐ 10¢ enclosed for trial packets tomato & zinnia seeds
☐ Send me FREE CATALOG
Name _____
Address _____
City _____
State _____ Zip _____

Inter-State Nurseries delivers Hamburg, Iowa 51640

20 Giant Ruffled Glads $1.00
Postpaid & Guaranteed

Double your money back if not completely satisfied.
New and superior varieties...if bought by name they would cost $2.40. Colors range from white to purple, pink, rose, yellow, lavender, orange. This year we added **Red Beauty**, one of the brightest glads known. Big bulbs, 1 to 1¼ inches across. Glads will bloom for you this summer.

Free Spring Catalog

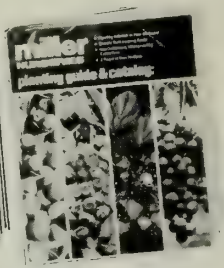


INTER-STATE NURSERIES
111 E Street, Hamburg, Iowa 51640
☐ Free Spring Catalog ☐ 20 Glads $1.00
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
Glads will be shipped at proper planting time

MAIL ONE COUPON, GET TWO EXCITING 1981 CATALOGS

FREE





What catalogs! They're a treasure trove of ideas for saving money as you eat better and live better. In our Spring catalog, you'll find olde fashioned favorites and the newest plants, too. Read about "Antique Apples" not offered elsewhere, and the best keeping apple of all time—Criterion. Our Northland blueberries yield bumper crops where it's too cold for less hardy stock. Check our strawberry and grape finds. Miller's nut and fruit trees, virus-free berries and other stock are strictly "Canandaigua Quality," which stands for the finest planting stock human beings can grow.

For '81, we added 8 pages, exciting new plants like Brandywine raspberries, fabulous Chojuro pear, hops, Maiden's Blush and Yellow Newtown Pippen apples—and much, more more. As summer ends, you'll automatically get our Fall Special Offer catalog; we promise you'll look forward to seeing it. Mail the coupon today and have some fun reading our catalogs and planting guides.

Miller Nurseries, 1981

Space limited? See our all new section on backyard (tub) farming!

TO: John Miller, Miller Nurseries
Dept. 301
Canandaigua, New York 14424
☐ Sounds great! Send my free copies of Miller's catalogs and planting guides to—
NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____

HARDY NUT TREES
Disease Resistant—A Lifetime of Enjoyment



Chinese Chestnut, Almond, Pecan, Walnut, etc. Rapid growing, young bearing trees will provide fine shade and delicious nuts for many years. Send for free catalog.
EMLONG'S Box 227, Stevensville, Mich. 49127

Flowers you can dry.
Save dollars by making your own arrangements. Write for FREE catalog with over 2500 items to choose.
HERBST SEEDSMEN 1037 N. Main Street Brewster, NY 10509
Preferred by commercial growers and [illegible] gardeners for [illegible] years

NEW 1981 BULB CATALOG FREE

6 NEW DUTCH TULIPS FREE
A special selection of prized tulips will be sent to you Free with your first order from the Breck's catalog.

BRECK'S
BRECK'S, Peoria, Illinois 61632 DEPT. E 830Z
☐ Please rush FREE money-saving Dutch Bulb Catalog with Free Tulip Bonus Offer
Name _____
Address _____
City _____
State _____ Zip _____

BUILDING

Who Says You Can't Afford An Architect?

You might think your building or remodeling budget is too tight to include the services of an architect—that architects are only interested in big-dollar clients and elaborate projects. But the fact is, you can get a lot of mileage out of as little as $100. Many architects are happy to consult on small jobs on an hourly basis.

Initially you should know what your money *will* and *will not* get for you. You will not get a full set of construction drawings. What you might get is two or three hours of invaluable consultation. Your $100 is used to pay the architect an hourly fee (usually around $35 per hour in a principal firm, and somewhat less for an associate). In some instances it might even be to your advantage to seek the services of a younger, less expensive architect if your project requires more time and attention. You might be surprised to discover the number of young architects willing to handle a small design problem for a paying customer. Here are a few ways you can put your $100 dollars to work for you in your next building project.

Site planning

Suppose you own a few acres down at the lake and want to do something with them. See an architect and in half an hour you can provide him with all the maps, photographs, and plot plans necessary for him to propose several alternatives at your second meeting. At that meeting, he will make suggestions, and if requested, present a few drawings or sketches. From there you can take his ideas and yours to a reputable builder and proceed with confidence.

Schematic design

Here your $100 might best be spent in just discussing with your architect what might be the most efficient and economical home for your family. If you already have a good idea what your needs are, tell him or her that you'd like to see a few sketches or possibly a floor plan proposal—and that you

can't spend over your budgeted amount. Make sure the architect knows you want ideas, not pretty pictures.

Bidding

If you doubt your ability to secure and evaluate a contractor's bid, an architect can be of help here, too. Simply provide him with the necessary drawings and specifications that will allow him to suggest the most practical bid. This might take him as little as an hour or so.

Inspection

If your project is under construction, an architect can help you assess the quality of the work. In this case, your $100 should pay for at least one, possibly two, on-site inspections. One note of caution: All architects will assess a mileage charge, so be sure your $100 is not being used up in transit. You might even offer to drive the architect to the site on inspection day.

You can use a few hours of an architect's time in many other ways, too. Here are some areas where professional know-how can be helpful:

- financing your project
- resolving zoning or building code disputes
- making zoning change requests
- consulting on interiors
- planning a historic restoration
- landscaping
- checking or modifying finished plans you have secured elsewhere
- consulting on solar-energy modifications

The services of other professionals, notably interior designers and landscape architects, also may be available to you on an hourly basis at a price you can afford.

Where can you find an architect who is willing to work with a $100 client? There are several methods you could employ. Word-of-mouth is an old and trustworthy way. You also could contact your local chapter of the American Institute of Architects. It's listed in the Yellow Pages.

What's most important is to find an architect who knows what he is talking about and who understands your financial situation. The search is well worthwhile because a good architect's expertise can save you thousands of dollars' worth of trouble and make your home much more enjoyable.

FREE CATALOG



Now your new Stark Bro's Catalog features new and improved varieties of fruit trees, shade and nut trees, grapes, berries, shrubs, vines, roses, plus special offers and money savings assortments.
Send for your free copy now

Almost 400 varieties and assortments to choose from.

Stark Bro's All-New Free Catalog Shows How You Can Have an Orchard in Your Backyard with STARK DWARF TREES that Bear Full-Size Fruit.

See how to grow full-size sunny-gold or crimson-red delicious Stark Apples, Peaches, Cherries, Pears--even in a tiny yard. Harvest bushels of fruit for table, canning, freezing, or to sell at a profit. Almost 400 varieties and assortments of Exclusive Leader and U.S. Patented Fruit, Shade and Nut Trees, Roses, Shrubs, Vines, from Stark Bro's--pictured in glorious color. Mail Coupon TODAY!

STARK BRO'S NURSERIES
BOX A1211A, Louisiana, Mo. 63353

STARK BROS®
Stark Trees Bear Fruit. Since 1816.

STARK BRO'S NURSERIES
BOX A1211A, Louisiana, Missouri 63353

☐ Rush New Color Catalog . . FREE

(Please Print)

Mr
Mrs
Miss _____
Address _____
City _____
State _____ Zip _____



NEW
1981 GARDEN CATALOG
FREE

Over 80 Beautiful Color Pages
House Plants•Trees•Perennials•Shrubs•Bulbs
Money Saving Values
Satisfaction 100% Guaranteed!

--SPRING HILL--
Spring Hill Nurseries
Reservation Center
6523 N. Galena Road, Peoria, IL 61632
DEPT. N 802Z

☐ Please rush money-saving FREE Garden Catalog with Free "Tiny Tots" Glads offers

Name _____
Address _____
City _____
State _____ Zip _____

BURPEE SEEDS GROW

Burpee's™ Flower Garden Special!

BURPEE SEEDS GROW

Four flower seed packets—a $2.90 value—now only $1.00 to introduce you to Burpee's fabulous flowers.

Burpeeana Giant Zinnia. 5" to 5½" early blooms. All colors. (Reg.—75¢ Pkt.)
Alaska Marigold. Light primrose. Blooms on 20" plants. (Reg.—85¢ Pkt.)
Royalty Crown Jewels Petunia. Mixed colors. Bloom all season. (Reg. —65¢ Pkt.)
Magic Carpet™ Double Portulaca. Mixed colors bloom all season long on creeping sun-loving plants. (Reg.—65¢ Pkt.)

Flower Garden Special offer limited to one per family and expires April 30, 1981.

FREE—BURPEE'S 1981 SEED CATALOG
184 pages of everything for your garden.

™ Burpee Seed Co. 1980



BURPEE SEED CO.
1321 Burpee Bldg., Warminster, PA 18974; or Clinton, IA 52732; or Riverside, CA 92502
(Please mail to nearest address.)

☐ Enclosed is $1.00, please send me the Flower Garden Special
☐ Send me a FREE copy of Burpee's 1981 Seed Catalog.
If you ordered from Burpee in 1980 your catalog will be sent in 1981

NAME _____
(PLEASE PRINT)
ADDRESS _____
CITY _____ STATE _____ ZIP _____

PUNCH UP 10 SELECTIONS



304394 ★ WARNER BROTHERS	GEORGE BENSON Give Me The Night	302455 ★ WARNER BROTHERS	AMBROSIA ONE EIGHTY
304246 ★ COLUMBIA/TAPPAN ZEE	BOB JAMES "H"	304279 ★ MERCURY	STATLER BROTHERS 10TH ANNIVERSARY
301556 ★ CARIBOU	THE BEACH BOYS Keepin' the Summer Alive	302869 ★ WARNER BROTHERS	EMMYLOU HARRIS Roses In The Snow
304329 ★ MCA	DON WILLIAMS I Believe In You	302919 ★ ARISTA	AIR SUPPLY LOST IN LOVE
300590 ATLANTIC	ABBA GREATEST HITS, VOL 2	300525 ★ ELEKTRA	THE BEST OF EDDIE RABBITT
300087 ★ COLUMBIA	AEROSMITH Night In The Ruts	304360 ★ COLUMBIA	WILLIE NELSON AND RAY PRICE SAN ANTONIO ROSE
299669 ★ COLUMBIA	MAC DAVIS' GREATEST HITS	303818 ★ WARNER BROTHERS	CARLY SIMON COME UPSTAIRS
298570 CHRYSALIS	BLONDIE EAT TO THE BEAT	298240 ★ EPIC	MOLLY HATCHET Flirtin' With Disaster
305573 ★ EPIC	JOHNNY PAYCHECK NEW YORK TOWN	298596 ASYLUM	EAGLES THE LONG RUN
302471 ★ EPIC	Engelbert Humperdinck Love's Only Love	297655 ★ COLUMBIA	CRYSTAL GAYLE Miss the Mississippi
297408 ★ ASYLUM	JACKSON BROWNE Late For the Sky	293654 ★ OVATION	THE KENDALLS Just Like Real People
301549 COLUMBIA	BOZ SCAGGS MIDDLE MAN	305326 ★ ARISTA	Melissa Manchester For The Working Girl
303743 ATLANTIC	Original Motion Picture Soundtrack The Blues Brothers	290247 ★ A & M	CAT STEVENS BACK TO EARTH
284257 ★ A & M	PABLO CRUISE WORLDS AWAY	285080 ★ CAPITOL	NAT KING COLE Love Is Here To Stay
272104 EPIC	TOM JONES SAY YOU'LL STAY UNTIL TOMORROW	300285 COLUMBIA	JEAN PIERRE RAMPAL'S GREATEST HITS VOL II
301465 ★ STAR	FREDDY FENDER Together We Drifted Apart	304907 ★ COLUMBIA	VARIOUS ARTISTS BROADWAY MAGIC
295253 ARISTA	DIONNE WARWICK DIONNE	291500 ★ ELEKTRA	BEST OF THE DOORS
290171 CAPITOL	Steve Miller Band Greatest Hits '74 '78	274993 A & M	CARPENTERS PASSAGE
305235 ★ COLUMBIA	JOHNNY DUNCAN AND JANIE FRICKE NICE 'N EASY	302877 ★ MCA	ELTON JOHN GREATEST HITS
286740 ASYLUM	LINDA RONSTADT'S GREATEST HITS	294744 ★ EPIC	Charlie Daniels Band Million Mile Reflection
249813	BURT BACHARACH'S GREATEST HITS	281568 COLUMBIA	JOHNNY MATHIS YOU LIGHT UP MY LIFE
298455 ★ WARNER BROTHERS	THE BELLAMY BROTHERS THE TWO AND ONLY	305193 ★ COLUMBIA	LARRY GATLIN & THE GATLIN BROS. BAND HELP YOURSELF
291427 ★ ELEKTRA	THE BEST OF BREAD	261248 ★ MCA	LORETTA LYNN GREATEST HITS
302802 ★ MCA	MEL TILLIS AND THE STATESIDERS M-M-MEL LIVE	294843 ★ WARNER BROTHERS	ZZ TOP The Best Of ZZ Top
285189 A & M	Captain & Tennille Dream	287003 ★ ASYLUM	EAGLES 1971-1975 Their Greatest Hits
284034 ★	Tom T Hall Greatest Hits, Vol III	302356 ★ ASABLANCA	MAC DAVIS It's Hard To Be Humble
297556 COLUMBIA	RAY CONNIFF I WILL SURVIVE	284844 ★	LARRY GATLIN OH! BROTHER
287136	CHICAGO HOT STREETS	291773 ★ WARNER/ELEKTRA/ATLANTIC	The Best Of Peter, Paul And Mary
301614 ★ WARNER BROTHERS	Gordon Lightfoot Dream Street Rose	284141 ★	JANE OLIVOR STAY THE NIGHT
252445 ★ CAPITOL	THE LETTERMEN All Time Greatest	4048 32 ★	TOM BROWNE LOVE APPROACH
260737 CAPITOL	HELEN REDDY'S GREATEST HITS	279281	Paul Simon Greatest Hits Etc
295105 ★ ATLANTIC	The Muppet Movie ORIGINAL SOUNDTRACK	332	BILLY JOEL 52ND STREET
301390 ★ EPIC	Johnny Rodriguez Through My Eyes	303089 ★	SISTER SLEDGE Love Somebody Today
291435 ★ ATLANTIC	LED ZEPPELIN	295000 ★	STACY LATTISAW Let Me Be Your Angel
297218 ★ COLUMBIA	JOHNNY CASH SILVER	288597 ★	BARBARA MANDRELL AND THE MANDRELL SISTERS BARBARA MANDRELL
305409 ★ POLYDOR	RAY, GOODMAN & BROWN II	298562	JETHRO TULL STORMWATCH
305029 ★ PORTRAIT	BARRY GOUDREAU	302042 ASYLUM	LINDA RONSTADT MAD LOVE

305292 ★ ATLANTIC	YES DRAMA	304386 CHRYSALIS	PAT BENATAR Crimes Of Passion
304642 ★ EPIC	JOE STAMPLEY AFTER HOURS	303750 ★ MOTOWN	COMMODORES HEROES
302539 ★ 20th CENTURY	STEPHANIE MILLS SWEET SENSATION	300681 COLUMBIA	NEIL DIAMOND SEPTEMBER MORN
300707 ★ ATLANTIC	ORIGINAL SOUND TRACK THE ROSE	305318 ★ CHRYSALIS	JETHRO TULL A
297671	JOHNNY MATHIS MATHIS MAGIC	294355 ★ MERCURY	STATLER BROS. THE ORIGINALS
295196	Earth Wind & Fire I AM	294769 ★ ELEKTRA	JUDY COLLINS LIVING
300079	DAN FOGELBERG PHOENIX	298737 ★ WARNER BROTHERS	NICOLETTE LARSON IN THE NICK OF TIME
305045 ★ ATLANTIC	AC/DC BACK IN BLACK	301523 COLUMBIA	JOURNEY DEPARTURE

305300 ★ WARNER BROS.	THE B 52'S WILD PLANET	303313 ★ ATLANTIC	CHIC REAL PEOPLE
304311 ★ POLYDOR	Atlanta Rhythm Section The Boys From Doraville	304188 ★ COLUMBIA	CHICAGO XIV
302398 WARNER BROTHERS	VAN HALEN Women And Children First	301143 CAPITOL	ANNE MURRAY A Country Collection
297044 ★ ELEKTRA	EDDIE RABBITT LOVELINE	300335 ★ COLUMBIA	BROADWAY MAGIC THE BEST OF THE GREAT BROADWAY MUSICALS
291815 ★ WARNER BROTHERS	PROFILE BEST OF EMMYLOU HARRIS	305276 ★ COLUMBIA	JOHNNY CASH Rockabilly Blues
304683 ★ WARNER BROTHERS	Ashford & Simpson A Musical Affair	298620 ARISTA	BARRY MANILOW ONE VOICE
300111 ★ EPIC	JOHNNY PAYCHECK EVERYBODY'S GOT A FAMILY—MEET MINE	299545 ★ ATLANTIC	Emerson, Lake & Palmer IN CONCERT
303255 ★ SON	American Brass Band Journal Revisited—Empire Brass Quintet and Friends	302059 ★ MOTOWN	Grover Washington, Jr. SKYLARKIN'

TAKE YOUR PICK

12" stereo records · 8-track cartridges · tape cassettes · reel-to-reel tapes

✱ Available on records and cassettes only

★ Selections marked with a star are not available in reel tapes

FOR ONE CENT!

plus shipping handling

They're yours!—if you join the Columbia Record & Tape Club now and agree to buy 8 more selections (at regular Club prices) in the next 3 years

OVER 2 9 0 ALBUMS TO CHOOSE FROM

305219 • MOLLY HATCHET Beatin' The Odds	304071 • LARRY GRAHAM One In a Million You	303552 JOHNNY MATHIS Different Kinda Different	303800 ★ DIANA ROSS DIANA	PETE TOWNSHEND EMPTY GLASS
303461 • Freddie Hubbard SKAGLY	302950 ANNE MURRAY Somebody's Waiting	302125 • RUPERT HOLMES Partners In Crime	303537 • PETER GABRIEL	304345 • AL JARREAU THIS TIME
304253 • EDDIE RABBITT HORIZON	302620 • GENESIS DUKE	305607 • TAMMY WYNETTE Only Lonely Sometimes	304196 • Charlie Daniels Band FULL MOON	304220 HERB ALPERT BEYOND
302448 • JUDY COLLINS Running For My Life	300962 • THE BEST OF THE STATLER BROTHERS RIDES AGAIN	302026 RAVEL: BOLERO Bernstein, N.Y. Phil	303446 • VILLAGE PEOPLE Can't Stop the Music	305250 ★ Lacy J. Dalton HARD TIMES
300095 • Electric Light Orch. ELO's Greatest Hits	304063 • ROBBIE DUPREE	299081 • PEACHES & HERB TWICE THE FIRE	302588 • HERBIE HANCOCK MONSTER	302067 • ALL THAT JAZZ
298042 • PAT BENATAR In The Heat Of The Night	299701 • VARIOUS ARTISTS DO WOP GOLD	303180 • CHIC COREA TAP STEP	297887 • STEVE MARTIN Comedy Is Not Pretty	299263 ANNE MURRAY I'll Always Love You
291914 • Frank Sinatra's Greatest Hits	303438 • TED NUGENT SCREAM DREAM	298604 • STYX CORNERSTONE	291021 • SUPERTRAMP Breakfast In America	291005 ★ KRIS KRISTOFFERSON RITA COOLIDGE NATURAL ACT
305227 • ELVIS COSTELLO TAKING LIBERTIES	305052 • L.T.D. SHINE ON	303479 TCHAIKOVSKY: Symphony No. 5 Manfred Conducting L.A. Phil	305243 ★ Johnny Rodriguez GYPSY	292763 • LIBERACE THE BEST OF THE CLASSICS
303560 • Nicolette Larson NICOLETTE	305581 • RAY CONNIFF Perfect 10 Classics	286914 • FLEETWOOD MAC RUMOURS	286666 ★ CARLY SIMON Boys In The Trees	303685 ★ AVERAGE WHITE BAND SHINE
291231 • Johnny Paycheck Armed And Crazy	288431 • Engelbert Humperdinck LAST OF THE ROMANTICS	291278 • The Doobie Brothers Best Of The Doobies	283739 Engelbert Humperdinck LAST OF THE ROMANTICS	301176 ★ THE KENDALLS Heart Of the Matter
279430 BOZ SCAGGS Down Two, Then Left	269605 LOGGINS & MESSINA BEST OF FRIENDS	270660 • Saturday Night Live ORIGINAL TV CAST	297705 • MIKE BANDY & JOE STAMPLEY HISTORY OF THE BOYS	305177 ★ LYNN ANDERSON EVEN COWGIRLS GET THE BLUES
298632 • ROBIN WILLIAMS Reality... What a Concept	305201 • STEVE FORBERT Little Stevie Orbit	304659 • THE BEST OF MAYNARD FERGUSON	279133 ★ MEAT LOAF BAT OUT OF HELL	286682 ★ ABBA Abba's Greatest Hits
277491 • BILLY JOEL THE STRANGER	290270 • Don't Cry Out Loud Melissa Manchester	303628 • HELEN REDDY - TAKE WHAT YOU FIND	282228 Barry Manilow EVEN NOW	303594 ★ LARRY GATLIN THE PILGRIM
303966 • SEALS & CROFTS THE LONGEST ROAD	296012 • SESAME DISCO VARIOUS ARTISTS	218917 • GREASE	303586 • WITH LOVE, MARTY ROBBINS	279067 ★ THE BEST OF JOAN BAEZ
236885 CARPENTERS The Singles 1969-1973	301937 • GQ TWO	297549 • LARRY GATLIN & THE GATLIN BROTHERS STRAIGHT AHEAD	285122 ★ ANNE MURRAY LET'S KEEP IT THAT WAY	283762 ★ THE STATLER BROS. Entertainers On And Off The Record
292904 • ANNE MURRAY New Kind of Feeling	285868 • BOSTON Don't Look Back	275743 BARBRA STREISAND Streisand Superman	301416 • JANIE FRICKE FROM THE HEART	304824 ★ POCO Under The Gun
302240 • K.C. & The Sunshine Band GREATEST HITS	301572 • Marshall Tucker Band TENTH	299222 • GEORGE JONES My Very Special Guests	276428 JAMES TAYLOR JT	269209 • BOSTON More Than A Feeling
291195 • LINDA RONSTADT Living In The U.S.A.	283887 • WILLIE NELSON STARDUST	274738 • LORETTA LYNN Coal Miner's Daughter	305185 • KANSAS AUDIO VISIONS	279299 NEIL DIAMOND I'M GLAD YOU'RE HERE WITH ME TONIGHT
288472 AL STEWART Time Passages	298356 • CHEAP TRICK DREAM POLICE	284984 JOHNNY MATHIS & DENIECE WILLIAMS That's What Friends Are For	274498 ★ CHARLIE DANIELS BAND TE JOHN, GREASE & WOLFMAN	290874 RAY CONNIFF PLAYS THE BEE GEES AND OTHER GREAT HITS
293688 • EMMY LOU HARRIS Blue Kentucky Girl	298869 • MAUREEN McGOVERN	298612 • HERB ALPERT RISE	281097 • CAT STEVENS CAT'S CRADLE	302976 ★ GRATEFUL DEAD GO TO HEAVEN
279265 • CHUCK MANGIONE FEELS SO GOOD	SELECTIONS WITH TWO NUMBERS ARE 2-RECORD SETS OR DOUBLE-LENGTH TAPES, AND COUNT AS TWO SELECTIONS — WRITE EACH NUMBER IN A SEPARATE BOX		297036 BOSTON POPS ORCHESTRA ARTHUR FIEDLER COND. SATURDAY NIGHT FIEDLER	278648 Captain & Tennille's Greatest Hits
301168 • ROY AYERS No Stranger To Love	304782 • 394783 HONEYSUCKLE ROSE	303677 • 393678 THE KINKS One For The Road	286948 • THE EAGLES Hotel California	286971 ★ STEVE MARTIN LET'S GET SMALL
256255 • A CHORUS LINE Original Broadway Cast	299198 399196 DONNA SUMMER ON THE RADIO	304865 • 394866 Devadip Carlos Santana The Swing Of Delight	259911 • RAY CONNIFF Love Will Keep Us Together	303362 • CAMEO CAMEOSIS
304667	296517 396515 AN EVENING OF MAGIC CHUCK MANGIONE LIVE AT THE HOLLYWOOD BOWL	295170 • 395178 WILLIE NELSON & LEON RUSSELL ONE FOR THE ROAD	291856 THE BEST OF CARLY SIMON	286864 ★ JACKSON BROWNE Running On Empty
274811 • RITA COOLIDGE Anytime... Anywhere	303453 393454 PAVAROTTI'S GREATEST HITS	298752 398750 FLEETWOOD MAC TUSK	288555 • JOHNNY PAYCHECK GREATEST HITS	300921 • Sesame Street 10th Anniversary Album
258560 CAT STEVENS GREATEST HITS	232603-392605 • DICK CLARK 20 YEARS OF ROCK 'N ROLL	274969 394965 BARRY MANILOW LIVE	301473 ★ CHRISTOPHER CROSS	301184 ★ JANE OLIVOR The Best Side of Goodbye
299248 Captain & Tennille MAKE YOUR MOVE	288670 398677 BARRY MANILOW GREATEST HITS	290189 • 390187 WILLIE NELSON and FAMILY—LIVE	305656 • PEACHES & HERB WORTH THE WAIT	301366 CHUCK MANGIONE FUN AND GAMES
288951 • LARRY GATLIN'S GREATEST HITS				
305086 • MAZE JOY AND PAIN				
293647 • ANDRE KOSTELANETZ PLAYS THE THEME FROM SUPERMAN				
273912 • Kris Kristofferson SONGS OF KRISTOFFERSON				
295097 ABBA VOULEZ-VOUS				
301408 • BELLAMY BROTHERS YOU CAN GET CRAZY				
270835 Engelbert Humperdinck AFTER THE LOVIN'				
296509 CARLY SIMON SPY				
300947 • ORIGINAL SOUND TRACK The Electric Horseman				
305037 • THE CARS PANORAMA				

Yes, here's a "juke box" that will play your favorite music for hours on end! Just "push the buttons" for the 10 albums you want and write in their numbers on the application. Then fill in the entire application and mail it, together with your check or money order for $1.86 as payment (that's 1¢ for your first 10 selections, plus $1.85 to cover shipping and handling). In exchange, you simply agree to buy 8 more tapes or records (at regular Club prices) in the next three years.

How the Club operates: every four weeks (13 times a year) you'll receive the Club's music magazine, which describes the Selection of the Month for each musical interest... plus hundreds of alternates from every field of music. In addition, up to six times a year you may receive offers of Special Selections, usually at a discount off regular Club prices, for a total of up to 19 buying opportunities.

If you wish to receive the Selection of the Month or the Special Selection, you need do nothing—it will be shipped automatically. If you prefer an alternate selection, or none at all, fill in the response card always provided and mail it by the date specified. You will always have at least 10 days to make your decision. If you ever receive any Selection without having had at least 10 days to decide, you may return it at our expense.

The tapes and records you order during your membership will be mailed and billed at regular Club prices, which currently are $7.98 or $8.98—plus shipping and handling. (Multiple-unit sets and Double Selections may be somewhat higher.)

After completing your enrollment agreement, you may cancel your membership at any time. If you decide to continue, you'll be eligible for our generous, money-saving bonus plan. And if you are not satisfied for any reason, just return your introductory shipment within 10 days for a prompt and full refund. Your membership will be canceled and you will owe nothing. Act now!

Columbia House
1400 North Fruitridge Avenue
Terre Haute, Indiana 47811

If the application is missing, write to Columbia Record & Tape Club, Dept. TKS/AE Terre Haute, Ind. 47811

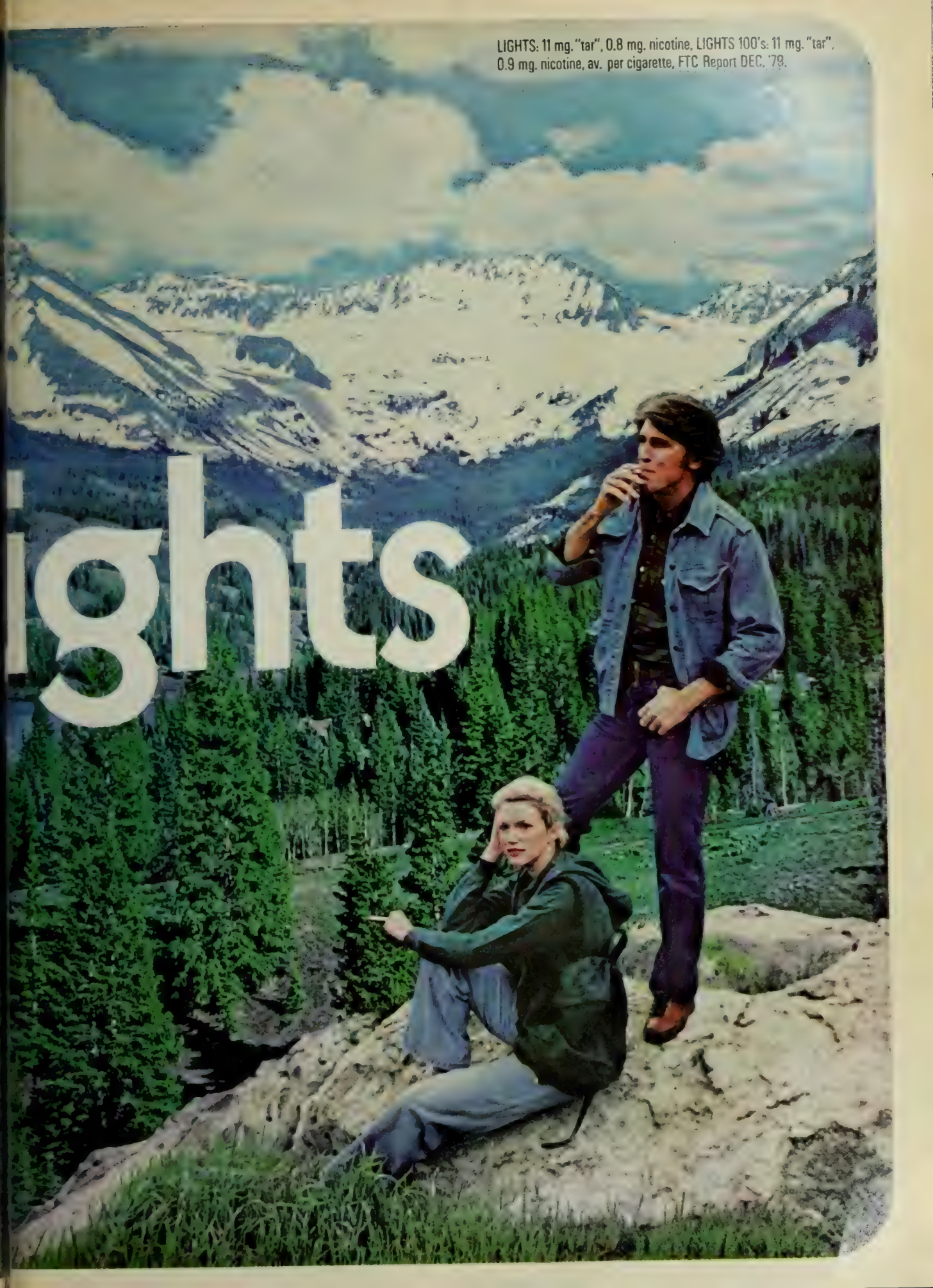
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© 1980 R.J. REYNOLDS TOBACCO CO.

Salem L



The Country Fresh Low Tar.



LIGHTS: 11 mg. "tar", 0.8 mg. nicotine, LIGHTS 100's: 11 mg. "tar", 0.9 mg. nicotine, av. per cigarette, FTC Report DEC. '79.

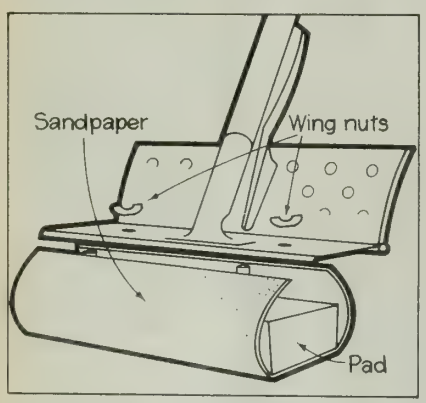
TIPS, TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: After you apply spackling paste or plaster to holes or seams in walls or ceilings, sanding the areas overhead can be tedious.

SOLUTION: Make a long-handled sander from a floor wax applicator as shown. Now you can sand the ceiling while standing on the floor.

D. C., Schaumburg, Ill.



PROBLEM: Cold drafts are coming into your house through wall outlets. Little foam insulators are available, but you'd prefer something that wouldn't cost you a cent.

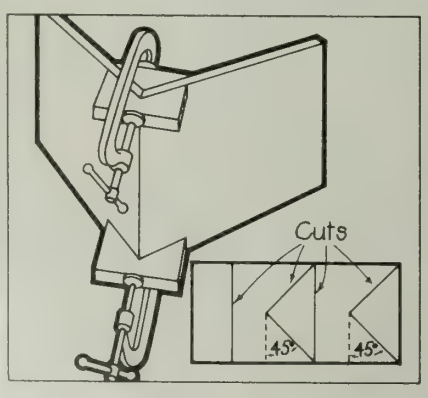
SOLUTION: You can make all the insulators you need from the tops of plastic-foam egg cartons. Remove a wall plate and use it as a template. Trace the outside edges, the receptacle cutouts, and the screw hole onto the carton top. Cut out the insulators and trim about ⅛ inch off all four sides. Position it so that it fits snugly around the exposed receptacles, then reattach the plate. (You can also make egg-carton insulators for dimmer switches.)

J. D., Chebanse, Ill.

PROBLEM: You have trouble clamping two boards together at a 90-degree angle for gluing.

SOLUTION: Cut scraps of wood as shown and use a C-clamp to squeeze the two pieces against the corner of the boards you're gluing. Cut the clamping pieces from a 1x2, a 2x4, or larger stock. Make two sets—one for either end of the boards.

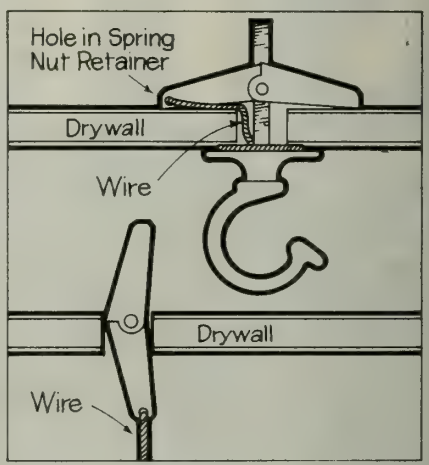
L. P., Security, Colo.



PROBLEM: When you put in and then take out a toggle-bolt hook, the toggle stays in the ceiling. You'd save money if you could retrieve it.

SOLUTION: Before inserting another toggle bolt, drill a small hole in the toggle as shown and secure a length of flexible wire to the hole. Hold on to the free end of the wire as you insert the toggle-and-bolt assembly into the hole in the ceiling. Wrap the dangling wire around the bolt before screwing the hook on. To retrieve the toggle, unwind the wire, remove the bolt, and pull the toggle out.

J. S., New York, N.Y.



PROBLEM: When roads are icy, you like to carry sand in the trunk of your car for added weight and to sprinkle under the tires. But a bag of sand is heavy and messy.

SOLUTION: Transfer sand from the bag to one-gallon plastic jugs. Cap them so the sand won't spill out. You can easily pour the sand from the jugs exactly where you need it.

B. S., Denver, Colo.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

Dieting can lead to stress

Dieting. It's a tricky business. Eat less than 2000 calories a day and you'll probably lose weight. But you may not get all the vitamins and iron you need. Unless you're on a diet recommended by your doctor—based on your life-style and the state of your health—dieting may lead to stress and a nutritional imbalance.

What is stress?

Stress is your body's reaction to any physical condition that places an unusual demand on it. And it can upset your nutritional balance. When you deprive yourself of essential vitamins, stress can cause your body to turn to its reserve supplies to make up the difference. If prolonged, a vitamin deficiency can develop.



B-complex and C. Vitamins the body doesn't store.

Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are heavily stored in your body as a reserve supply for emergency use. But most of the water-soluble vitamins, B-complex and C, are stored in very small amounts and must be replaced every day. That's why, when a fad diet causes your body to use its reserves, the B and C vitamins can soon be depleted. And that's why supplementation is often advised.

A touch of womanhood in a high potency vitamin.

STRESSTABS® 600 with Iron. It concentrates on the vitamins the body doesn't store—with a high potency supply of B-complex and 600 mg of vitamin C—to help you avoid B and C losses. Equally important, STRESSTABS® 600 with Iron also provides 27 mg of iron, plus 100% of the U.S. Recommended Daily Allowance of folic acid and vitamin E.

Talk to the experts.

Ask your doctor or pharmacist about the complete STRESSTABS® family—STRESSTABS® 600, STRESSTABS® 600 with Iron and STRESSTABS® 600 with Zinc. Products of Lederle Laboratories, the company that brought meaning to the stress formula vitamin.



© Lederle Laboratories, 1979



EASY-LIFT® Cushion Lifting Chair

- Power cushion gently lifts you to a standing position
- Full, power recline feature
- Simple switch control
- Runs off household current
- Variety of colors, models and fabrics

AMERICAN STAIR-GLIDE CORP.
4001 East 138th Street, Dept. BHE-011
Grandview, Missouri 64030



REMOVE HAIR FOREVER

Perma Tweez® electrolysis safely and permanently removes all unwanted hair from face, arms, legs and body. No-puncture safety feature—clinically tested and recommended by dermatologists. Save hundreds of dollars over salon electrolysis.

14 DAY MONEY BACK GUAR.

$19.95—send check/M.O.
Cal. residents add 6% sales tax

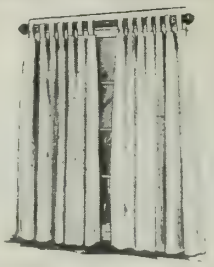
LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

☐ I enclose $19.95 in full payment.
☐ MasterCard/Visa #/Exp. date
☐ COD requires $4.00 deposit. Balance includes COD charges & $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-186
1935 Armacost Ave., W. Los Angeles, CA 90025

Tab Curtains

Coarse, textured cotton homespun, flecked with brown. 84" wide. Washable, crease resistant. Fit windows 30" to 55" wide. Length includes tabs. 3% shrinkage. Tiebacks not included.



24" or 30" L. **$12.00** pr
36" or 40" L. **14.00** pr
45" or 54" L. **16.00** pr
63 or 72" L **$18.00** pr
84 L. . . . . **20.00** pr.
Tiebacks . . . **1.75** pr.

ADD $2.50 FOR PSTG. & HDLG.
Order style "KENT". Use check, Visa, MO, BA or M.C. NJ res. add 5% tax
FREE COLOR CATALOG.
B11K, Box 759, Westfield, NJ 07090
Old Colony Curtains

Kodacolor Film Processing
BORDERLESS PRINTS

12 Exp. 110, 126 & 135 mm only **$1.49** 35 mm 24 Exp **$2.98**
20 & 24 Exp 110 & 126 only **$2.98** 35 mm. 36 Exp. **$4.99**

KODACOLOR REPRINTS - **10 for $1.99**
SIZES 110, 126, 35 mm only

Please send this ad with order
"Known by the quality we keep"
All orders returned 1st Class Mail Postpaid

American Studios
Dept. BH, La Crosse, WI 54601

Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

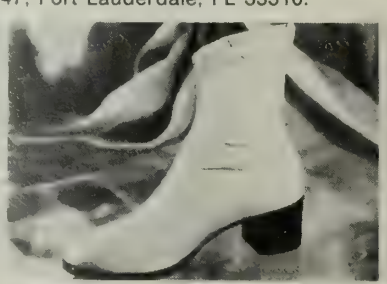
by Ann Lively



Flatware matching service
More than 1,000 different patterns usually in stock; up to 40-70% off manufacturers' suggested prices. Hard-to-find, inactive, obsolete and popular pieces. For up-to-date list of pieces and prices, send pattern name and manufacturer. Ask for FREE Sterling or Silverplate Identification booklet. Walter Drake Silver Exchange, BH11 Drake Bldg., Colorado Springs, CO 80940.



Giant exotic hamper set
You'll find so many uses for these lovely, natural, mildew-resistant hand woven banana and palm baskets. They're compatible with any decor. Decorative as well as practical. Beige & Brown. Set of 3 (approx. 26" H x 20" dia.; 23" H x 17" dia.; 20" H x 14" dia.) Weight approx. 28 lbs. $34.95 + $6 post. Tropical Island Imports, Dept. BH181, Box 5347, Fort Lauderdale, FL 33310.



A smartly styled Demi Boot
Low-cut pant boot in Kid-soft polyurethane/nylon laminate with a foot caressing bonded lining. For your walking pleasure, a sturdy, resilient rubber-like non-skid sole and 1½" heel. WHITE, BLACK, BONE, BROWN in combination full and half sizes 5-10M. $14.99 plus $1.95 post. or 2 for $26.90 plus $2.95 post. Old Pueblo Traders, Dept. BAIDB, 600 S. Country Club, Tucson, AZ 85726.



Pineapple welcome sign
Enhance any area with a traditional symbol of hospitality handpainted exclusively for Sturbridge by the country artist Linda Baxter. A handsome, solid pine plaque to hang outdoors or in the kitchen, den, playroom, etc. Measures 10" x 8"; $9.95 plus $1.75 post. Color catalog included with order, otherwise 50¢. Sturbridge Yankee Workshop, 732 Brimfield Turnpike, Sturbridge, MA 01566.



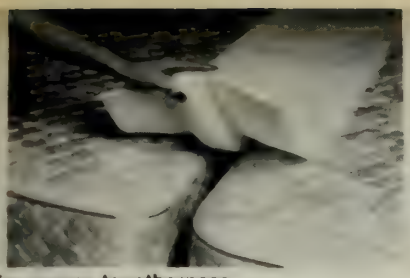
Christmas decor chest for storage
You'll want several of these handy, useful chests. Stores 92 ornaments (3 different sizes), 8 sets of lights and room for under-the-tree items, too. Easy hand holes for carrying up stairs. Assembles easily; ships flat. 27" x 17" x 12"; $11.95 each; 2/$22.95; please add 75¢ post. each order. 80-page catalog, $1. Bruce Bolind, Dept. BH1 Bolind Bldg., Boulder, CO 80302.



The original Hunter ceiling fan
One of the finest fans ever made with a life expectancy of over forty years. It's energy efficient and easy to install. Adds nostalgic beauty while circulating air and recycling heat. You can cool your warmest room or enjoy the benefits of heat savings during the winter months. Write for FREE catalog and price list. Fan Gallery, Dept. BHG1, 904 Industry Drive, Bldg. 22, Seattle, WA 98188.



Beautiful limited edition plates
The enduring beauty of Gunther Granget's wildlife art is universally admired and collected. Many acquire his work as fine art, others as investment. Now you can examine Granget's magnificent "Four Seasons," a limited edition on fine china collector's plates. For FREE brochure, write: Calhoun's Collector's Society, Dept. 1156-G20, 7275 Bush Lake Road, Minneapolis, MN 55435.



For roomy togetherness
Original Twin Bed Bridge transforms into one luxurious king-size bed instantly. Hidden bridge of soft urethane foam gives custom-made appearance. No ridge, no lump, no gap. Saves money; uses standard size flat sheets. Saves space between beds; room seems larger. 6' long and 14" wide. $10.95 ppd. Better Sleep Inc., Dept. BH-1, New Providence, NJ 07974.



Un-Skru opens lids easily
No more twisted wrists! No more frustration! Just slip your jar lid into the Un-Skru until it wedges; then turn the jar . . . quick, one-hand operation for lids ranging in size from ½" to 5" wide. Made of plastic with a steel "gripper." $5.95 plus 85¢ postage; 2/$11.50 plus $1 postage. Order from Holst, Inc., Box 370, Dept. BH181, 1118 West Lake, Tawas City, MI 48763.



The best insulated log homes
You too can now have a beautiful log home. Choose from any of these forty designs. The complete kits are available in hand-crafted Cedar or Pine. Prices range from $5900. Please send $4.75 for Brochure/Plan Book, or $7.75 for Dealership Information Package (includes brochure). Order from Wilderness Log Homes, Route 2, Dept. BHE-1, Plymouth, Wisconsin 53073.



A new coffee table you can build yourself
Kit features three sections of beveled smoked glass and sturdy precision-cut and sanded oak legs and frame. The pieces fit snugly together so the table is sturdy and long lasting. The simple lines combined with ¾" oak and smoked glass allow it to be used with any style of furniture. For all-new furniture kit color brochure, send $1. Emperor Clock Co., Dept. FS, Fairhope, AL 36532.

Half Sizes 14½ to 26½
Women's Sizes 36 to 54

FREE FASHION CATALOG



Are you tired of choosing from the same old dull selections? Are you weary of fashions that don't fit? Let Great Impressions™ help. . . . Send today for your Free Spring/Summer 1981 Catalog filled with fashions to fit in two specific size ranges—half sizes 14½ to 26½ and women's sizes 36 to 54. We accept Visa, MasterCard and American Express orders!
Mail Card Today!



NEW!

F-12A

Great impressions™ 676367
Box 600, Dept. 349, St. Cloud, MN 56395

Yes, please send me my FREE Spring/Summer 1981 Great Impressions™ Catalog of fashions for half sizes 14½ to 26½ and women's sizes 36 to 54. No obligation to buy.

Your Name _____
(please print)
Address _____ Apt _____
City _____ State _____ Zip _____

POWER PACKED

MIL-DU-GAS®
Eliminates Mildew & Odors Safe-Easy to use



PERFECT FOR –
- Homes
- Basements
- Boats
- Storage areas
- Attics
- Utility rooms
- Campers
- Mobile homes

Keeps mildew out! Keeps freshness in!
Single package effective over 1000 cu. ft!
The little package that does a BIG job!
LASTS FOR MONTHS!

MANUFACTURED PRODUCTS INC.
317 11th Street, Beach Haven, NJ 08008

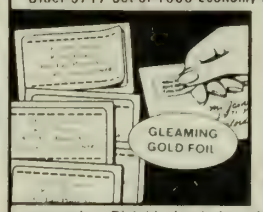
Name _____
Address _____
City/State/Zip _____

__ 3 bags @ 7½ oz. - $8.94 total _____
__ 6 bags @ 3½ oz. - $8.94 total _____
Postage & handling 2.00
TOTAL _____

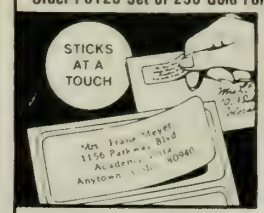
VISA MasterCard
NJ Residents add 5% sales tax.



1000 RETURN ADDRESS LABELS $1.00
1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) . . $1.00



250 Self-Stick GOLD FOIL LABELS $1.98
Gleaming gold foil labels stick to any clean, dry surface – need no moistening. Rich black printing, classic border.
Order P6128 Set of 250 Gold Foil Labels (boxed). $1.98



250 Self-Stick WHITE GLOSS LABELS $1.98
Glossy white self-stick labels cling to any smooth surface – no moistening. Sharp black printing up to 4 lines
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3051 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___S717 1000 Labels @ $1 each $ _____
___P6128 Gold Foil Labels @ $1.98 each $ _____
___P6030 White Gloss Labels @ $1.98 ea $ _____
Add 20¢ per set for postage & handling _____
SATISFACTION GUARANTEED Total $ _____

Preston's New 112 page Fully Illustrated Catalog of

Ship Models

and Decorative Nautical Ideas for the Home.



You could shop for months and never find the hundreds of decorative nautical ideas illustrated in Preston's new catalog: 112 pages teeming with ship models, marine paintings, nautical lamps and clocks, ships' wheels, figureheads and scores of other nautical ideas for the Home.

Send 25¢ for catalog to:

PRESTON'S

120-N Main St. Wharf, Greenport, N.Y. 11944

PROTECT YOUR FAMILY!

SATISFACTION GUARANTEED!!!

PREVENT WOODSTOVE CHIMNEY FIRES!

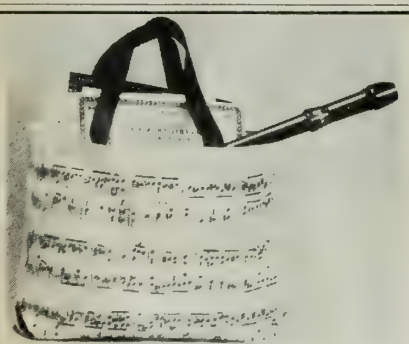
This **non-corrosive** new product — Glo-Klen Fireside Treatment — stops life-threatening chimney fires before they start.

Glo-Klen prevents:

- **Dangerous creosote deposits**
- **Soot build-up in stove & flue**
- **Noxious wood & coal odors**
- **Frequent chimney cleaning**

A 2-lb. can lasts 16-20 weeks continuous burning. For peace of mind, order your 2-lb. can today.

Send $11.95 (check or money order) to Four Mile Farm. Dept. BH-J 150 South Main St. Woodridge, N J 07075



MUSICAL TOTE BAG

Talented tote stashes a big bunch of music, books, records, tapes—even a small instrument. Sturdy, heavy-duty canvas with gusseted flat bottom. Webbed straps fit comfortably over arm or shoulder. 16½"x11". Camel Brown. Great treat for student, teacher, music lover. $5.98 + $1.50 post.

FERRY HOUSE Dept. BH-181 Briarcliff Manor, NY 10510

PRESERVED BOSTON FERN



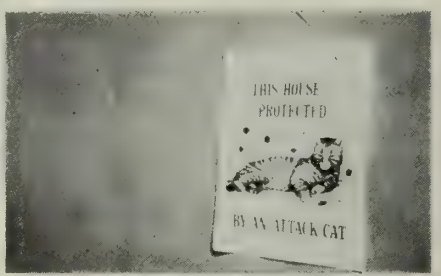
Once living, chemically treated to retain permanent beauty with absolutely no care. **No water or light required.** "Potted" in white plastic container with detachable hanger, its fronds spread to 3 ft. Send **$14.95** for large (as shown) or **$12.95** for medium plus $3.00 shipping by American Express, Master Charge, Visa (inc. exp. date), check, money-order or call **toll-free 1-800-521-5093.** Sorry no C.O.D.'s. Catalog available $1.00. Wholesale orders invited.

THE BLOOMIN' ATTIC Dept. BH1,
418 South Washington, Royal Oak, Michigan 48067



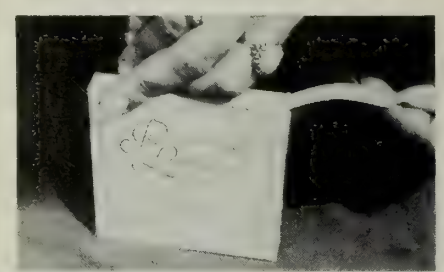
The Kenya® Gem

It rivals the finest blue-white diamond with a scintillating brilliance that never fades; no one but your jeweler will know the difference. To enjoy yourself or a gift for someone very special. Women's and men's styles set in 14K white or yellow gold (specify). Priced from $75 a carat. Free color booklet. Kenya Gem, Dept. BH-1, 1760 North Howard St., Philadelphia, PA 19122.



Attack Cat genuine leather wall hanging

You never know with a cat, so it's best to warn everybody that his eyes are upon them! Thick, genuine cowhide wall hanging is silk-screened by hand in earthy tones. It's 12" x 15" and has a leather thong for hanging. $7.50 + 90¢ post.; 2 for $14 + $1.50 post. Major credit cards OK. Order #Z924860. Order from Adam York, Dept. UZ-2054, 340 Poplar Street, Hanover, PA 17331.



Dispense your address labels

Now available plain or with your initial or Zodiac sign. Order 500 White for only $3.95; Gold $4.95; Transparent $5.95. Save on three orders (mixed copy OK) White $9.95; Gold $11.95; Transparent $14.95. Please add 50¢ with each order. (CA residents add 6% tax.) A welcome gift. Order from Labels Unlimited, Dept. BH181, 182 Paul Drive, San Rafael, California 94903.



Yardmate—sturdy, lightweight portable sink

Have comfortable working space indoors or out with running water. Use for potting, serving food, as a wet bar or extra space in the laundry. All plexiglass reinforced with fiberglass, polyvinyl and plastics. Will not rust or corrode. White, Lime or Canary. $145 + freight. Brochure Free. Peter Reimuller-The Greenhouseman. Dept. 7P, 980-17th Ave., Santa Cruz, CA 95062.



A rare and unusual gift

A collection of over 150 fascinating and unusual shells; some four, five and even six inches long. Wonderful for the hobbiest; great for tabletops, shelves, aquariums, sunrooms, dens, etc. Ideal for gift-giving. $12.95 plus $3 postage. Collection of 250 shells, $19.95 plus $4 postage. Brochure 35¢. Tropical Shell Institute, Dept. BH181, Box 21490, Fort Lauderdale, FL 33335.



To keep you warm and toasty

To help you cope with the "energy crisis" this cozy Snowbird suede slipper with a padded sole, heel tab and comfortable pile lining. Smart suede trim and hand lacing on Beige. Ladies full sizes 5-10 Medium. $17 plus $1.95 postage. 2 for $30 plus $2.95 postage. (AZ residents add 6% tax.) Order from Old Pueblo Traders, Dept. BA1SB, 600 South Country Club, Tucson, AZ 85726.



New Tiffany lamps

In quality Tiffany glass to enhance any room in your home or office. Disney characters such as Mickey Mouse or Donald Duck (©Walt Disney Productions). Available: lamp shades, swags, floor lamps, night lights. Choose finished or unfinished kits to make yourself or give as gifts. Information $2.00. Rainbow Art Glass, Dept. BH-1, 49 Shark River Road, Neptune, NJ 07753.



Filet crochet patterns

All of you who enjoy crocheting will want to have this interesting book of nostalgic Crochet Patterns from 60 years ago. You'll find many motifs to enhance your home, furnishings and clothing. To enjoy yourself and to give as gifts to needleworkers. Vols. 1-6, $1.50 each; 6/$7.50. Order from Filet Crocheter, Box 337-RA, Seabrook, New Hampshire 03874.



Curtains with a rambling rose ruffle
Made of cotton and polyester for easy care. Blue and red or yellow and golden ochre with green leaves on off-white background. 82" wide per pair with 4½" ruffles. 24" or 30", $14 pr.; 36" or 40", $17 pr.; 45" or 54", $21 pr.; 63" or 72", $25 pr.; 81" or 90", $30 pr. Add $2.50 post. per order. FREE Catalog Country Curtains, Dept. BHG1, Stockbridge, MA 01262.



Electric facial mask
To help make you more comfortable during those difficult times. The mask is designed to apply heat to both the upper and the lower sinuses to help dry up congestion from colds and allergies. Three settings for moist or dry heat. Comes with a washable flannel cover. $17.98 plus $1.50 postage. Order from Harriet Carter, BHG14111, Plymouth Meeting, PA 19462



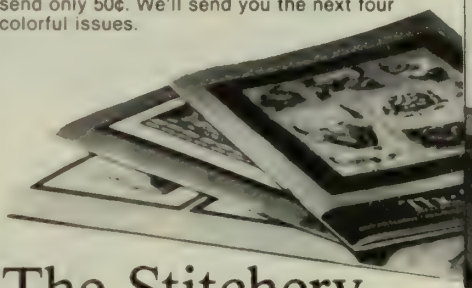
A solid oak bread box
It comes with an authentic slat roll top. Superbly crafted with a pullout cutting board. A warm light oak finish and a white porcelain pull. 18"W x 12"D x 12"H. $84.50 plus $5.50 Shp. Chg. Catalog free with order, otherwise 50¢. Major Credit Cards. Telephone order service 617-347-9314. Order from Sturbridge Yankee Workshop, 741 Brimfield Turnpike, Sturbridge, MA 01566.



Enjoy New England Homes Living
Select from more than 40 energy-efficient models available with hand-peeled log or Panelog™ designs. Easily adaptable to solar energy; build it yourself with NELHI's Total Building and All-weather Tripleseal Insulating systems. A home for every budget. Details in NELHI's PLANNING KIT; $4 ppd. NELHI, Dept. BH10, P.O. Box 5056, 2301 State St., Hamden, CT 06518.

New Needlecraft Ideas from The Stitchery Next four issues – 50c

Now you can preview the best of the needlecraft marketplace in the next four issues of The Stitchery's full-color catalog. You'll find a fascinating selection of crewel, needlepoint, latch hook, quilting, cross-stitch and a sampling of all the exciting new trends in needlework. Many of the designs are The Stitchery exclusives and are not available elsewhere. To subscribe, send only 50¢. We'll send you the next four colorful issues.





The Stitchery

Dept. G-600 • 204 Worcester St. • Wellesley, Mass. 02181

COLOR PHOTO SPECIALS

YOUR CHOICE ALL BORDERLESS
$2.50
FULL COLOR

16 WALLET SIZE WITH FREE 5x7
or
10 -3½x5 PRINTS
or
4 -5x7 ENLS.
or
1 -8x10 ENL.
or
20 WALLET SIZE



Full size color copies on KODAK lustre paper without borders. Finest copies available. Send any photo or polaroid print (8X10 or smaller). Returned. Add 35¢ per selection for post. & hndlg., and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m. o. to

RELIANCE COLOR LABS, INC.
Studio 514-1, Port Chester, N.Y. 10573

LANDSCAPING

Growing demand... good income for trained landscape Contractors and Garden Nursery persons. Start your own business, part or full time or hobby. Home study course prepares you in 6 months. Certificate awarded. Free booklet describes opportunities. No salesman.



LIFETIME CAREER SCHOOLS Dept. A-877
2251 Barry Ave., Los Angeles, CA 90064

Name _____
Address _____
City _____ State _____ Zip _____

TALL OR BIG MEN

Sick of Being Sold Short?



Most men's clothing stores successfully ignore the very existence of Tall, Extra Tall and Big Men by trying to sell you outdated styles at outrageous prices.

Not The KING-SIZE Co... we cater to Tall, Extra Tall and Big Men with the world's best selection of fashionable clothing and shoes in hard-to-find sizes... all reasonably priced! Shirts, Sweaters, Suits, Slacks & Jackets with Sleeves to 38"... necks to 22"... inseams to 38"... waists to 60". Shoes to 16EEE.

All Guaranteed both Before and After Wearing, Washing and Dry Cleaning... or MONEY BACK.

FREE 96 PAGE CATALOG

My Telephone Number ___ (Area) _____
Height _____ Weight _____ Shoe Size _____
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

THE King-Size Co. 111 King-Size Bldg. Brockton, MA 02402

YOUR PRESENT STORM WINDOWS ARE NOT ENOUGH



NEW Torlite window system installs in minutes using no nailing strips, screws or tools! Torlite is totally new, 100% optically clear and tough film. Up until now used only by industry.

Even should you have storm windows, you can form another insulation barrier against heat loss and seal out cold air infiltration. The Torlite window system creates an insulating pocket of air inside your window area, keeping heat in and cold air out. Any type window in your home, farm, business or trailer can be made 100% airtight.

- Torlite is 100% optically clear—you don't even know it's on your window.
- We have developed an exclusive acrylic polypropylene fastening system that allows the Torlite film to fasten to the inside window frame—molding or wall.
- Designed for use on the inside—no climbing ladders or difficult outside installation.
- One kit contains: Torlite film 50 inches wide by 40 feet long—over 160 square feet. 108 feet of fastening system with complete instructions.



Durable, strong, high tensile strength



Easy as a zipper to open for access

Trial test any two windows in your home. Compare the temperature and overall comfort. Should you feel that our system does not perform and you are convinced that it is not every bit as effective as we say, return the unused portion, for a complete refund less postage.

RPT MFG./TORLITE DIV. DEPT.-BH-2
Chalfont, PA 18914

Please rush me _____ kits complete with easy instructions at the low price of one kit 160 sq. ft. for $14.95 PLUS $1.50 postage. Two kits 320 sq. ft. for $28.95 PLUS $1.95 postage. Three kits 480 sq. ft. for $42.95 PLUS $2.25 postage.
TOTAL ENCLOSED _____.
Check or Money Order. NO C.O.D.'s, please.

ENJOY SUNNYLAND PECANS Year 'round



SEND FOR OUR FREE CATALOG

Pecans keep perfectly in the freezer so order now for your spring and summertime pleasure (complete storage directions as well as favorite recipes in each box). We ship these fresh delicious pecans thru August or until our supply runs out.

PECANS IN THE SHELL-EXTRA FANCY
No. 20 5 lb. Papershell Schleys **$14.45**
No. 26 5 lb. Big, Flavorful Stuarts .. **$13.35**
MAMMOTH HALVES-FRESH AND DELICIOUS
No. 30 2 lb. Gift Box **$13.80**
No. 32 3 lb. Home Box **$17.45**
BROKEN PECAN MEATS-Same quality as our halves, but broken in shelling. Delicious in all recipes using nuts.
No. 50 4 lb. Home Box **$21.00**

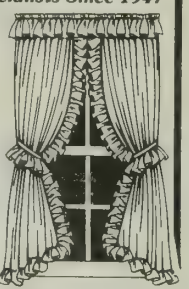
Prices include postage and all handling charges. (except west of Denver, Incl. Mt. Add 15¢ per lb.) We guarantee complete satisfaction or your money back . . . and you keep the nuts.

HARRY AND JANE WILLSON
SUNNYLAND FARMS, INC.
RT. 1 Box 939 Albany, Georgia 31703

COLONIAL MAID CURTAINS

Curtain & Bedspread Specialists Since 1947

Old Fashioned Cape Cod
Old Fashioned Prices



Be thrifty, buy quality extra full 2½" ruffled curtains in no-iron poly/ctn. blend muslin at do-your-whole-house prices.78"wd. Natural or White.

45", 54"or 63" **14.50** pr.
72", 81"or 90" **16.50** pr.

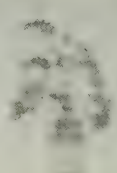
Satisfaction guaranteed or your money back. Add $2.50 post/hdlg. Send check, M.O., Master Charge, Visa or American Exp. N.Y. res. add tax.

SEND FOR FREE 56 PG. FULL COLOR CATALOG

Colonial Maid Curtains, Dept. 41, Depot Plaza, Mamaroneck, N.Y. 10543

Compliment your decor with

CALART CREATIONS



of exceptional beauty!
Great for gifts too!

Send for our 44 page full-color Home Decorator Catalog. Make your selections from the finest group of plants, trees and floral arrangements made of silk, paper and dried materials. Send $1.00 (deductible on first order) to:

CALART Dept. BHG-1
400 Reservoir Avenue Providence, RI 02907
Satisfaction Guaranteed

RELIGIOUS COLLECTION 30¢



Enormous selection of 51 all different religious stamps of the world. Represented are monasteries, shrines, cathedrals, abbeys, saints, religious dancers, nativity and special pilgrimage issues. EXTRA! Also includes scarce Holy Family painting of Spain in mint condition. Send 30¢ today. Wonderful approvals included.

D. M. Darling & Co. Dept. HK Rockville, Md. 20850

DO-IT-YOURSELF
FINE GRANDFATHER CLOCK KITS



STARTING UNDER **$235**
(including movement and dial)

- Factory direct prices
- Heirloom quality
- Solid ¾" hardwoods: black walnut, cherry, oak
- Easy to assemble, parts pre-cut
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

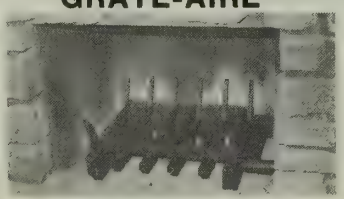
MASTER CARD and VISA ACCEPTED

Write for FREE color catalog

EMPEROR® CLOCK COMPANY

WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 713, Emperor Industrial Park
Fairhope, Alabama 36532

"GRATE-AIRE"®



UL Listed **For existing or new fireplaces** **Patented**

Changes from conventional to circulating heat in seconds. Grate bars & heat tubes are replaceable. Supplies several times the heat of conventional grates, from 2/3 the fuel. Dealer inquiries invited. (Ph. 501/785-2577). **$285.00** Frt. P.P. in USA. Send check or money order. Free literature. Guaranteed satisfaction. Tested & proven. ☐ Visa ☐ MC

CAGLE FABRICATING & STEEL, INC.
Box 3349 Fort Smith, Ark. 72913

Thinking About Weathervanes?

SHIPS
DOGS
HORSE
WHALE
ROOSTER &
Many More



Uniquely beautiful weathervanes crafted of hand cast aluminum and finished in a tradition sure to add charm to your home. Finest in art metal home decor since 1938

FREE CATALOG

Write to: **HOLST, INC.** Dept BH-181, 1118 West Lake Box 370, Tawas City, MI 48763

THE ORIGINAL

BASEMENT TOILET

Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK

-No Digging Up Floors-

INSTALLS EASY. ANYWHERE!

Write McPHERSON, Inc., Dept. BH
Box 15133 Tampa, Florida 33684



Solid Mahogany
VICTORIAN TABLE
with Italian marble top ***$34.95***

New way to save on fine furniture. Shipped direct from the factory, to your home. Choice of love seats, sofas, chairs, tables, bedrooms, lamps, clocks. Send $1.00 for America's largest Victorian catalog (80 pages!) and free fabric samples. We will include certificate good for $2 off on your first purchase. Phone (404) 256 4747

MAGNOLIA HALL (Dept. BH-11)
726 Andover, Atlanta, Ga. 30327

Damart—keep warm
Underwear, made of a new miracle fabric Thermolactyl, knitted to let perspiration evaporate. Send for Free Catalog of Damart line for men, women and children. Incl. tall sizes. Damart Thermawear, Dept. 14080, 1811 Woodbury Ave., Portsmouth, NH 03805.





Stair-Glide® Deluxe
Ride up, down stairs in a normal sitting position. Designed for those who can't or shouldn't climb stairs. Uses 110-volt household current. For information write: American Stair-Glide Corp., Dept. EBHG-181, 4001 E. 138th Street, Grandview, MO 64030 (816-763-3100).

Traveling baskenette
Of natural, handwoven banana and palm construction. Leather-like, light. When it's too small for baby, use for toys. 28" L by 16" W. Comes with lining instr. $24.95 + $5 post. Tropical Island Imports, Dept. BHG-181, Box 5347, Ft. Lauderdale, FL 33310.

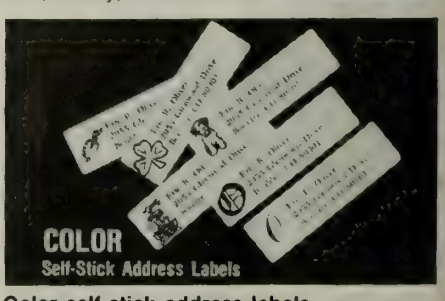




Wholesale wallcovering
Simple to order' any famous-name brand wallpaper, foil, mylar, etc. Call toll-free, 800-631-9341; give your pattern number & book. Delivered ppd. National Wholesale Wallcoverings, Dept. BH1, 197 Main St., Ledgewood, NJ 07852.

Beautifully plated
Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-Ae2, Bexley, OH 43209.





Color self-stick address labels
To use on correspondence, etc. Black ink on white, gold, silver, blue or yellow labels. 1¾" x ½". Up to 4 lines. Limit 30 letters per line with design or large script or old English initial. With no design, up to 26 letters per line. Specify color. 225 (alike) $3.25; 450 (alike) $5.50; 1,000 (alike) $11; 50¢ post. ea. order. Mile-Hi Labels, Dept. 180, 2500 N. 47th St., Boulder, CO 80301.

Heart bath pillow



You'll love it because it's bright red, cheerful, lighthearted; your head and shoulders are cushioned away from the hard cold tub. Inflatable, adjustable. Held in place with 3 suction cups. Great gift. $8 + 50¢ post. Better Sleep, Dept. BH1, New Providence, NJ 07974.



Ball Hurricane lamps

Lamps are made with classic "Moon & Stars" design in milk glass base. Frosted ball chimneys, brass accents & "key" switches. 19" T, $39.95 for Both, + $9 shp. 80-page cat. with fabric samples $1. Magnolia Hall, Dept. BH1, 726 Andover, Atlanta, GA 30327.

Hair today—gone tomorrow



Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body. Patented feature destroys roots without puncturing skin. $19.95 ppd. General Medical, Dept. BHE-55, 1935 Armacost Ave., W. Los Angeles, CA 90025.



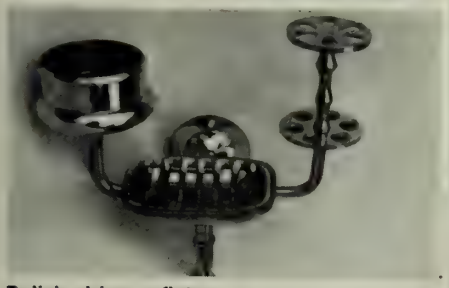
Regulator clock

An authentic reproduction of a late 1880's design. All pieces precut from solid ½" oak. Includes complete instr., hardware & solid brass movement. Strikes & counts on the hour & ½ hour. Furniture Kit Brochure, $1. Emperor Clock Co., Dept. FS, Fairhope, AL 36532.

The Econo-Glide®



Ride up and down stairs in a normal sitting position. Designed for those who can't or shouldn't climb stairs. Uses 110-volt household current. For information write: American Stair-Glide Corp., Dept. EBHG-181, 4001 East 138th, Grandview, MO 64030. Or call 816-763-3100.



Polished brass fixture

Solid Brass Soap Dish/Tumbler/Toothbrush Holder. An ingenious design. It proves that functional need not mean plain. Graceful brass tubing connects the ribbed soap dish to the tumbler holder and to the toothbrush holder. Projects 8" from wall at deepest point. $28.80 postpaid. Color catalog, $2. The Renovator's Supply, Dept. BH1, 97 Northfield Rd., Millers Falls, MA 01349.



Send 50¢ — get 4 issues

Newest edition of famous catalog of Early American and Traditional available now. Plus 3 future issues. Featuring hundreds of gifts, decorating items, collectibles, curiosities, furniture, lamps, linens, glassware, figurines, china, clocks, dolls, pewter. All items superior quality, —most not available elsewhere. Absolute guarantee; major credit cards. Known for service for 28 years. Send 50¢ with name, address, zip code. New Catalog sent by return mail, 3 future editions sent as issued.

STURBRIDGE YANKEE WORKSHOP

731 BRIMFIELD TURNPIKE, STURBRIDGE, MA 01566

OLD PUEBLO TRADERS

since 1946



SEND NOW for YOUR *FREE* *SPRING CATALOG*

if you want . . .

• top quality • comfortable fit

famous labels—many in hard to find sizes . . .

• missy • petite • large • half

shoes & accessories . . .

• wide selection of styles and sizes

SEND COUPON TODAY—MONEY BACK GUARANTEE

OLD PUEBLO TRADERS
Dept. BHH 600 S. Country Club Tucson AZ 85726

Enclosed is $ (check or money order)

NAME (please print)

ADDRESS

CITY ST ZIP

CROCHET World



*FOR ALL THOSE WITH CROCHET IN THEIR HEARTS

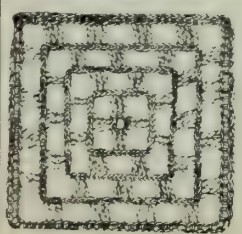
OVER 100 CROCHET PATTERNS DURING THE YEAR

LESS THAN 4¢ PER PATTERN

Each issue BURSTING with CROCHET DELIGHTS!

- Crochet Contests
- Crochet Exchanges
- Crochet Gossip
- Antique Crochet Patterns
- Crochet Information
- Lovely cover in full color!
- Crochet News
- Crochet Patterns
- Crochet Designs
- Crochet Photos
- Crochet Articles
- Crochet Columnists
- Handy size. Easy to take along with you!
- Published Bimonthly!
- All new
- For all beginner or advanced crochet fans!

JUST $6.00 per year! Canada $8.00



your money BACK if the first issue doesn't thrill you beyond words!

CROCHET WORLD
Box 337 SK Seabrook, N.H. 03874

[ ] 1 year $6.00 [ ] 1 yr. Canada $8.00
[ ] 3 yrs. $16.50 [ ] 1 yr. foreign $10.00

Please print name & address clearly.

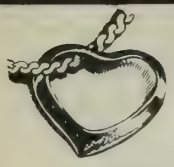
NAME . . . . . .

ADDRESS . . . . . .

CITY . . . . . STATE . . . . ZIP . . . . .

Please allow 45 to 60 days to receive 1st issue.

14K FLOATING HEART



SPECIAL!

3.88

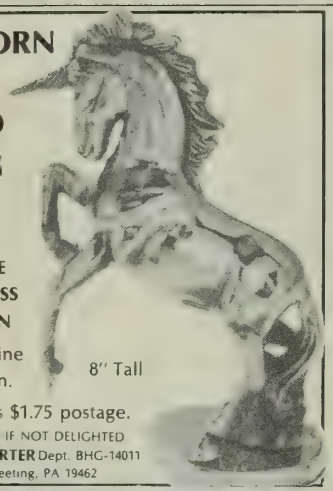
(chain extra)

Buy several for gift occasions.
Each one individually boxed.
14K gold Italian Serpentine Necklace
16" $15.84
Add $2.00 postage and handling.
S. C. residents add 4% sales tax.
Prices subject to change due to gold market
Enlarged to show detail

Love's
Dept. 124
Box 3086
1120 Cherry Rd.
Rock Hill, S.C. 29730

Phone your order and charge it! Ph. 803-366-7161

UNICORN OF SOLID BRASS



CAPTURE OUR BRASS UNICORN for your fine collection.

8" Tall

$19.98 plus $1.75 postage.
MONEY BACK IF NOT DELIGHTED
HARRIET CARTER Dept. BHG-14011
Plymouth Meeting, PA 19462



107 STAMPS OF THE WORLD

Get 107 stamps including commemoratives, autos, wild animals, plus many more; all different and yours for only 10¢. You'll also get other selections to examine. Keep those you wish to buy, return the balance. Cancel service any time. **Send 10¢ to:**

Dept. 1BH5 WILLIAMS STAMP CO., ST. STEPHEN, N.B. E3L 2X6

greenhouses

Shatterproof fiberglass/California Redwood. Designed for the home gardener. Freestanding, lean-to and dome models, accessories. Use my "guaranteed price" lay-away plan.

Send $1.00 (refundable on my color catalog, plus a regular $1.50 greenhouse booklet.

Peter Reimuller
—The Greenhousemen®
980-17th Ave., Dept. 7-A, Santa Cruz, CA 95062



COLOR PHOTOS

YOUR CHOICE **$2.20** FULL COLOR
24 Wallet Photos or 3 - 5 x 7
or 1 - 8 x 10 Enlargement

Send any photo(s) for enlargement(s). Add 35¢ each per selection for postage and handling and double that for 50 or more. Satisfaction guaranteed or money back.

COLOR LAB 1076M Springfield Ave.
Irvington, N.J. 07111



Handsome handy bath reader
Everyone enjoys magazines in the bathroom. Made of solid pine. Holds 10 magazines, 2 rolls of tissue. Hardwood dowels, 18" H x 11¾" W x 4½" D. Sale price expires 3/31/81. Unfin $9.50. Fin. (dk. pine) $12.50. Add $2.50 post. each. 90-day guarantee, MC, VISA, AMEX. Yield House, Dept. D101B, Box 1000, North Conway, NH 03860. Shop by phone: toll-free, 800-258-0375.



Bedroom ensemble
Of polyester/cotton no-iron muslin. In Nat. or White. Spread: Tw., $55; Dbl., $60, Qn., $75. Matching Sham $16.50. Matching Curtains, 5" ruffle, 86" W per pair 45" or 54" L $19.50; 63" or 72" L $23; 81", 84" or 90" L $25 per pair. Add $2.50 post. Wider widths available in Free 56-page catalog. Add $2.50 post. Colonial Maid Curtains, Dept. BH1, Depot Plaza, Mamaroneck, NY 10543.



LYRIC CHOIR ROBES $18.95 UP

FINEST QUALITY
Beautiful design and tailoring. Wide choice of colors and fabrics, including permanent press. Satisfaction guaranteed. Write for catalog and fabric samples

LYRIC CHOIR GOWN CO.
P. O. Box 16954—BR
JACKSONVILLE, FLORIDA 32216



Make Your Own Tiffany Shade

Colorful stained glass pieces already cut to shape. You foil and assemble according to simple illustrated instructions. One of the largest selections anywhere, many sizes, styles, dersigns and colors in kit or factory handcrafted. Send $1.00 for full color brochure and price list

RAINBOW ART GLASS
Dept. BH, 49 Shark River Rd., Neptune, N.J. 07753

Mr. & Mrs.
Robert W. Anderson

ENHANCE YOUR ENTRANCE DOOR

... with this 5" Solid Brass Nameplate. Your name will be engraved in script type. Brass screws for easy installation provided. Total price $12 only. Satisfaction guaranteed. Send check or money order to:

SCHMIEL & CO.
351 TERRILL ROAD, PANWOOD, NEW JERSEY 07023



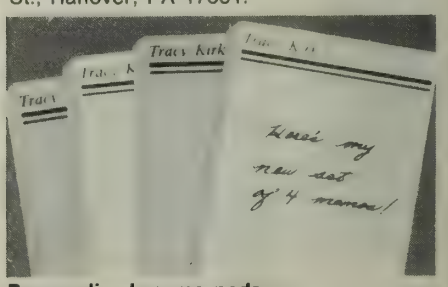
Lab key ring or your breed
Handsome, well-made, full-colored Key Rings featuring your favorite breed of dog. To use yourself or a lovely gift. Others include: Brittany, Golden, G.S. Pointer, Chessie, Irish, Springer, Black Lab, Yellow Lab, Sheltie, Collie, Boxer, German Shepherd, Doberman, Black or White Poodle, $4.75 ea. 2 for $8 ppd. The Outdoor Gallery, Dept. BH-1, Box 308, Point Roberts, WA 98281.



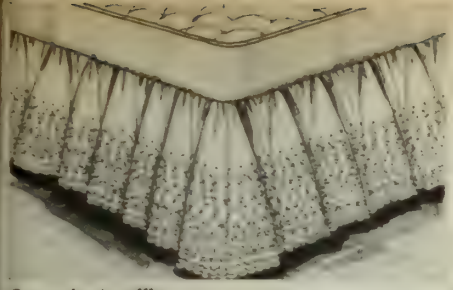
Eliminate the fear of chimney fires
Sprinkle the new Glo-Klen wood and coal fireside treatment on the grate before the wood or coal is ignited. Glo-Klen is a powdered combustion catalyst that prevents chimney fires by causing the wood or coal to burn more completely; not allowing fire-causing creosote or carbon deposits to build up. $11.95 ppd. Four Mile Farm, Dept. BH-1, 150 South Main St., Woodridge, NJ 07075.



Squirrel-proof bird feeder
Handsome, durable plastic feeder has Tilt-Action. When a squirrel lands on the dome, it tilts and off he slides! Dome protects seed and birds. Hopper removes for refilling. 14" dia. dome; 8" dia. hopper. $19.99 + $1.50 post.; 2 for $38 + $2.50 post. Major credit cards OK. Order #Z624403. New Hampton General Store, Dept. BZ2041, 340 Poplar St., Hanover, PA 17331.



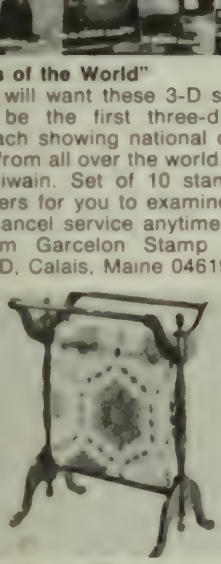
Personalized memo pads
Your name in black script which highlights the top of each sheet. Smart double stripe provides an accent to your memos, messages and notes. For home, school or office. Set of 4 pads, 100 sheets each, 1 beige, 2 white, 1 blue; all a generous 5½" x 7¼". Please print name. Set of 4 Personalized Pads/$3.99 ppd. Walter Drake, BH12 Drake Bldg., Colorado Springs, CO 80940.



Sara dust ruffle
Full-gathered, embroidered eyelet dust ruffle in perma-press poly/cotton has no-iron, pre-shrunk fabric platform, split corners. In White or Natural (eggshell). 18" drop: Twin, $40; Full, $45; Queen, $50. 21" drop: Twin, $45; Full, $50; Queen, $55. Matching bedspread, coverlet & curtains avail. Add $2.50 post. Free Catalog. Old Colony Curtains, Dept. B14, Box 759, Westfield, NJ 07090.



"Costumes of the World"
Collectors will want these 3-D stamps believed to be the first three-dimensional stamps; each showing national or regional costumes from all over the world. Issued by Umm-Al-Qiwain. Set of 10 stamps, $1.75 value. Others for you to examine. Buy any or none, cancel service anytime. Send $1. Order from Garcelon Stamp Company, Dept. ZBHD, Calais, Maine 04619.



The Martha Ann quilt rack
A charming piece to enhance your bedroom, den, etc. A copy of a cherished New England antique; turns quilts and comforters into a bright bedroom display. Pine and hardwood. 30"H x 23½"W x 15½"D. Sale prices expire March 31, 1981. Unfin. $24.50. Finished (dk. Pine) $34.75. Please add $3 post. 90-Day Guarantee. Yield House, Dept. D101A, Box 1000, N. Conway, NH 03860.



Crochet World "Book of Potholders"
Here's an opportunity to get a brand new wonderful collecton of Potholders to crochet. Many are original designs and patterns. Each potholder is illustrated. Book is large; 8½" x 11". Make some for yourself and extras to give as gifts. You'll have the pleasure of making something lovely and useful in your spare time. $3 ppd. Book of Potholders, Box 337-B, Seabrook, NH 03874.

An Early American Kitchen can be yours too with

COUNTRY CHARM
Appliances

AUTOMATIC ELECTRIC RANGE . . .
authentic **CAST IRON** reproduction from original patterns. Combined with the Early American charm of this handsome antique is the convenience of fully automatic oven and burner controls, and an easy-care porcelain top. Coffee mill uniquely houses clock, oven timer and minute minder. Fits modern range space. Prices start at **$795.00**, plus freight charges.

CAST IRON WALL OVEN . . .
Front is **CAST IRON** with handsome scroll design. The 18" oven is fully insulated and porcelain lined. Hearth door conceals all controls, clock and timer. Available in right or left hand door models. Price **$425.00**, plus freight charges.





Quality Backed by 35 Years of Skilled Craftsmanship.

Made and Sold Only by
THE HOUSE OF WEBSTER
"Old Fashioned Gifts"
BOX BH181 ROGERS, ARKANSAS 72756

Send 25¢ for your "COUNTRY CHARM" Appliance Folder and Gift Catalog.

REAL LEATHER at a REALISTIC PRICE $29.95
'CAVALIER I'
LADIES' pant boot favorite, crafted in Genuine Glove LEATHER. Smooth, no-seam vamp with adj. buckle strap. Resilient ribbed sole and 1" heel. CAMEL, BROWN, BLACK, WHITE, NAVY or BONE. Comb. full & half sizes 6-10½ N, 5-10½ M & W.



KRAUS Originals like wearing gloves on your feet

SATISFACTION GUARANTEED OR MONEY BACK!
ADD $1.95 P&H one item. AZ res. add 6% tax.
CHARGE ORDERS CALL 602-795-1281
Send $1 for our NEW CATALOG (credited to 1st purchase)
Dept. BAICV 600 S. Country Club, Tucson, AZ 85726
OLD PUEBLO TRADERS



ADDRESS LABELS WITH NICE DESIGNS
Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . . #DD 500 white 1¼" x ⅞" $3.50 #DR 500 white 1½" x ½" $3.25 #GDD 250 gold 1¼" x ⅞" $3.50 #GDR 250 gold 1½" x ½" $3.25 (Labels without designs have room for 26 letters and spaces per line.) Please add 75¢ postage and handling. Useful 80-P gift catalog, $1.00. Bruce Bolind, 181-I Bolind Bldg., Boulder, CO 80302.
(Since 1956, thanks to you!)



DOLLS
Learn to make, repair, dress, and restore dolls of all kinds — old and new. Fascinating opportunity for women of all ages. Free booklet describes this unique home study course. NO SALESMAN WILL CALL.
Lifetime Career Schools, Dept. D-601
2251 Barry Ave., Los Angeles, Ca. 90064

Be an INTERIOR DECORATOR



Learn at home in spare time. No previous experience needed. Married or single, young or old, get free facts about exciting full or part-time career. If you're trapped at home or in a hum-drum dead-end job, find out how this professional home-study course can change your outlook on life without upsetting your present schedule. No obligation. No salesman will call.
ICS SINCE 1891 **School of Interior Design**
ICS Center, Scranton, Dept. VIOCO, PA 18515



Select Your LOG HOME



Use your custom plan or select one of ours. **Select Cedar** or **Pine Log** homes, leisure homes, and cabins from $5900. New full color Plan Book with 40 designs $4.75. Dealership Information Pack $7.75.

Wilderness Log Homes
Route 2-BHG11, Plymouth, WI 53073

☐ Plan Book $4.75 ☐ Dealership Info Pk w/Plan Book $7.75

Enclosed is $ _____
Name _____
Street _____
City _____ State _____
Zip _____ Phone (___) _____
I own a lot Yes
Building Date _____

***Learn* FLOWER ARRANGING**
Quickly and Easily at Home



Learn to make Professional corsages, arrangements, wedding and remembrance designs. *Study and earn your certificate at home.* Unusual spare or full time money making opportunities or hobby. Send for FREE BOOK . . . "Opportunities in Floristry."
LIFETIME CAREER SCHOOLS, Dept. B-710
2251 BARRY AVE., LOS ANGELES, CALIF. 90064



"SAVE YOUR HEART"

with a **STAIR-GLIDE**® Stairway Lift

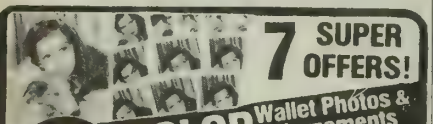
RENTAL-PURCHASE Program Available

America's largest selling stairway lift. Ideal for people who cannot or should not climb stairs. Easily installed in less than 2 hours without damaging stairway. Runs off household current. Choose from Deluxe or Economy models.

AMERICAN STAIR-GLIDE® CORP.

4001 East 138th, Dept. BHG-011

Grandview, Missouri 64030



7 SUPER OFFERS!

COLOR Wallet Photos & Enlargements

FREE ONE PHOTO IN PLASTIC WITH WALLET PHOTO ORDER

20 Wallet Photos — 2- 8"x10" Enlargements — ONLY $1.95 EACH OFFER

1- 8"x10" Enlargement & 12 Wallet Photos

1- 8"x10" & 2- 5"x7" Enlargements

2- 5"x7" Enlargements &12 Wallet Photos

4- 5"x7" Enlargements

Fine quality, textured, smudgeproof, on Kodak paper. Send Polaroid, instant color print or photo (up to 5"x7"), negative or slide. Originals returned unharmed.

We use Kodak paper for a good look

Big! Big! COLOR POSTER

FROM COLOR NEGATIVE SLIDE OR PHOTO

APPROX 20"x25" ONLY $8.25

GREAT VALUE — SUITABLE FOR FRAMING

POSTAGE AND HANDLING $1.75

GUARANTEED! Add 65c per roll or order for postage and handling

CAPRI PHOTO Box 1381, L.I.C., N.Y. 11101, Dept. CP-55

DISNEY ON STAMPS



For only 25¢, get all your favorite characters on seven colorful Postage Stamps. We'll also send you information on how to get a different collection of Disney Stamps – FREE. Plus selections to examine. Buy any or none, return the balance. Cancel our service anytime.

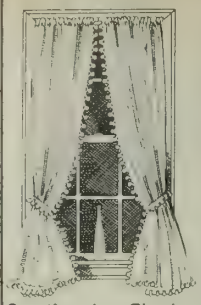
Send 25¢ to: GARCELON STAMP CO., Dept. BH1D Calais, Maine 04619



COUNTRY CURTAINS®

Ball Fringe on Permanent Press

Natural or White



TIERS

20" or 25" ..... 9.50 pr.

30", 36" or 40" . 10.50 pr.

TIEBACKS

45", 54" or 63" . 16.00 pr.

72", 81" or 90" . 18.00 pr.

VALANCE

10" x 80" ..... 5.25 ea.

Send for free catalog

Country Curtains are a tradition...years of old-fashioned quality and conscientious service. Sturdy ball fringe on cotton/polyester blend. 90" wide per pr. Specify color. Check, money order, Mastercharge or Visa. Mass. res. add 5% sales tax. Postage and handling: under $10 add $1.50, over $10 add $2.50. Satisfaction guaranteed or your money back.

COUNTRY CURTAINS

Dept. 12, Stockbridge, Mass. 01262

FABULOUS VALUE!



Genuine Leather SLIPPERS

Soft, supple brushed leather . . . fleecy 100% virgin wool lining. Fabulous Chill Chasers! The suppliest, softest, first-quality brushed leather, lined throughout with toasty-warm 100% virgin wool fleece! Incredible Value . . . Great For The Whole Family! Amazingly warm, lightweight, flexible . . . Even the soles are elegant flex-fit leather! Natural browntone; thong interlace trim, "invisible" hand stitching. Full Money Back Guarantee. Z513705B—Leather Slippers, $9.95 Pr. Add $2.00 P.&H. SAVE MORE—TWO PAIR FOR $18.95. Add $3.50 P.&H. Ladies' Sizes: S, M, L. Men's Sizes: S, M, L, XL.

OLD VILLAGE SHOP, Dept. VZ-2088

340 Poplar St., Hanover, PA 17331



1184 Sq. Ft. FLOOR SPACE: $3,600

Purchase the material locally, and build this beautiful "A" FRAME cabin. Complete plans, illustrated instruction manual and material list: ALL FOR $5.00 on a MONEYBACK GUARANTEE. Send $5.00 for plan #812 to: DEPENDABLE PRODUCTS CO., Box 1645, Vista, Calif. 92083.



Needlepoint canvas

Join The Needlepoint Club of America and receive club mailings for one year at 50% savings, $5 in gift certificates and a beautiful canvas. Choose the Dragon (above), a Floral, Animal, or Child's design. Please Specify. A $25 value, all for $2.95. For yourself or as a gift for any needlepointer. The Needlepoint Club of America, Dept. BHG-801, 352 Route 59, Monsey, NY 10952.



"Stained Glass" window trim

Imagine a rainbow of jewel-colored light shining and shimmering through any window in your home! Self-stick vinyl film looks like leaded stained glass. It adds color accent, blocks unattractive views and creates privacy. Just press to apply. Roll 12 feet x 18 inches. Order H7094, "Stained Glass" Trim, $3.99 ppd. Walter Drake, BH14 Drake Bldg., Colorado Springs, CO 80940.



Bigger than life

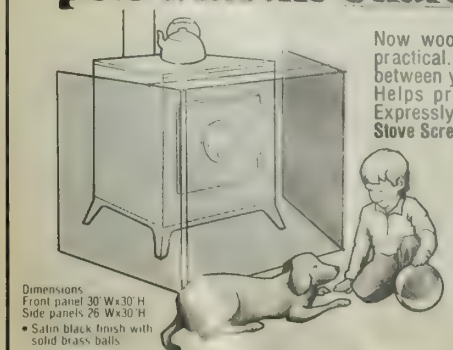
Delight yourself or your friends with a special poster made from your favorite photo. It's a giant 2' x 3' that would look great on the den, office or playroom wall. Fun to use as party decorations or to give as gifts. Please send Black/White, Color or Polaroid photo and $4.95 plus 50¢ postage. Order from Wallet Photo Company, Dept. 1004, West Caldwell, New Jersey 07006.



Are you a recipe clipper?

This pretty book has clinging, transparent cover sheets. Keeps your recipes neat and orderly. You simply cut out recipes and slip them underneath. The pages measure 5¼" x 8" and have 20 sides to store recipes for quick, clean, easy reference. A must for all recipe collectors. $4.98 each or 2 for $9.50 plus 95¢ postage. Order from Ferry House, Dept. BH1, Briarcliff Manor, NY 10510.

Added protection for your family and pets with the Guardian Stove Screen™



Dimensions
Front panel 30"W x 30"H
Side panels 26"W x 30"H
• Satin black finish with solid brass balls

Now woodburning stoves can be as safe as they are practical. The **Guardian Stove Screen** provides a barrier between your heat source and curious children and pets. Helps prevent accidents and possible fire hazards. Expressly made for all woodburning stoves, the **Guardian Stove Screen** is constructed of heavy-gauge fireplace mesh with rugged steel support rods. A must for every stove owner! To order your **Guardian Stove Screen** send check or VISA, MasterCard or American Express account number and expiration date. Only $34.95* plus $3.50 shipping and handling to:

GUARDIAN STOVE SCREENS, INC

P.O. BOX 1909-B, YALESVILLE, CT 06492

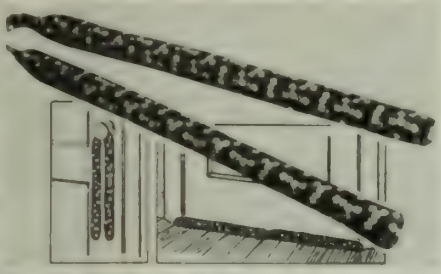
*Ct residents add $2.62 sales tax



Bargain silverplating
Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-1, 1919 Memory Lane, Columbus, OH 43209



Burke offers longest seat lift warranty
It lifts and resets you safely and gently. The push-button electric recline stops in any position. Rockers and occasional chairs are available, too. Free Week home trial. Medicare approved. Individually adjusted seat lift and three recliner sizes creates a personalized chair. Write for free color brochure and information. Burke, Inc., Dept. BH1, Box 1064, Mission, KS 66202 (800-255-4147).



Stop cold air—Draft Stopper
Saves on heating costs; stopper is filled with thermal insulation and sand; covered with sturdy floral fabric. Adjusts from 18" to 40". Hangs over doorknob to store. A most useful product for your home. A unique gift too! $4.98; 2 for $9.50; 4 for $18. Please add $1.50 postage. Catalog 25¢. Order from Ferry House, Dept. BH-18, Briarcliff Manor, New York 10510.



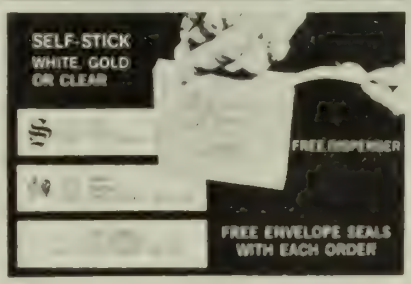
"Colonial Loft" Bedspreads
100% natural cotton; machine wash, tumble dry, preshrunk, guaranteed. White or Nat. Twin 80" x 110" ($40 val.) $29.95. Full 96" x 110" ($45 val.) $39.95. Qn. 102" x 120" ($55 val.) $43.95. King 120" x 120" ($65 val.) $49.95. Sham ($12 val.) $9.95 each. Add $2 post. per order. M/C, Visa: give no. & exp. date. Homespun Crafts, Dept. BH1, Box 1776, Blacksburg, SC 29702.



ELEVATE FOR RESTFUL SLEEP

Raise the full width of your mattress for healthy restful sleep. Slip the **NU-SLANT** under your mattress at head or foot of bed. 7 positions allow you to select the height from 5 to 14. Better than extra pillows. Folds flat. Plywood. Customer approved for 20 years. **Head Elevation** eases discomforts associated with diaphragm hernia, acid regurgitation, breathing & heart ailments. **Leg Elevation** eases varicose & other leg discomfort. Twin Bed size **$29.98**. Double Bed size **$31.98**. Add $1.00 postage & handling. NJ residents add 5% tax. We ship promptly. Money back guarantee.

Send Check or Money Order to – **BETTER SLEEP, INC.** Box BR, New Providence, NJ 07974



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK) . .	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)
Send to: LABELS UNLIMITED, Dept. 538
182 Paul Dr., San Rafael, CA 94903



Backed by our 90 day guarantee

23"H18"W21"D
HOLDS OVER 100 ISSUES on 8 shelves
Magazine End Table of pine & hardwood.
Finished in dark pine 16"D top

HURRY UP & SAVE!
Sale Prices Expire March 31, 1981

Order Today! Magazine End Table
☐ Easy Kit: Was $29.75 NOW $27.50
☐ Finished: Was $49.75 NOW $45.00
Add $4.25 postage each

Name _____
Address _____
City _____
State _____ Zip _____

Yield House®

Dept. D11C, Box 1000
N. Conway, New Hampshire 03860



JUST ONE HAND!

A completely NEW concept in gardening machines! The amazing 2-in-1 TROY-BILT® Roto Tiller is not only a wonderfully better roto tiller, it's also a wonderful compost shredder-chopper! It turns your whole garden, however large or small, into a fabulously fertile "compost pile"! So easy to handle, even for ladies and older folks. You guide it with JUST ONE HAND! For complete details, prices, off-season savings, send coupon below for free booklet. TROY-BILT® Roto Tiller-Power Composters, 102nd St. & 9th Ave., Troy, New York 12180

©1980 Garden Way, Inc.

TROY-BILT® Roto Tiller-Power Composters
Dept. A-523
102nd St. & 9th Ave., Troy, N.Y. 12180

Please send the whole wonderful story of TROY-BILT® Roto Tillers including prices and OFF-SEASON-SAVINGS now in effect for a limited time.

(Please Print Clearly)

Mr.
Mrs.
Miss _____

Address _____

City _____ State _____ Zip _____

Carry TEN TIMES a Wheelbarrow Load with INCREDIBLE EASE!

These BIG, strong carts are **perfectly** balanced on two huge wheels — roll easily over lawns and gardens — carry up to 400 lbs of load — huge volume capacity means you make fewer trips — you'll save time **and** steps.

If you are **still** struggling with a wheelbarrow or inadequate cart (with tiny wheels) send for FREE Cart Catalog. Build-it-yourself kits, too.

GARDEN WAY RESEARCH
Charlotte,
Vermont
05445



GARDEN WAY RESEARCH
Dept. A-782
Charlotte, Vermont 05445

Please send FREE CART CATALOG.

Name .....
Address .....
City .....
State ..... Zip .....

The Man Next Door®

Doc Hannelly says January is the month that tries the soul. The Christmas bills always are bigger than expected, the wind is colder than remembered, and it suddenly becomes clear that the two-year supply of firewood you got last fall might not last until March.

Monday morning quarterback Lee Bayless says today's pro football coaches have it tough. They not only have to worry about whether their key players will be sidelined by injuries, but also whether any cheerleaders will come down with pneumonia.

One of my less industrious co-workers at the office surprised me when he said that he's opposed to the four-day work week. "My work week is long enough as it is," he explained.

Dick Dresch says opening a heating bill these days sends chills up and down his spine.

Have you ever noticed how hard it is to buy just one or two items at a discount store? Chris got so exasperated with me the other day for loading our cart with hardware items that she decided to take control and steer the cart to the check-out. We wound up in housewares.

"I have documentary evidence of a growing optimism in the nation," my friend Bill Norman announced recently. "Seed catalogs!"



Susan Snyder recalls how anxious she was when she first left her baby with a sitter years ago. But she says that didn't compare with the anxiety she experienced Saturday night when "Baby" went out to be a sitter for the first time.

John and Mary Williams thought it sounded like an inexpensive, stimulating way to beat the winter blahs a few years back: Learn to speak Spanish in an adult ed class at the high school. But now that they have returned from their second trip to Mexico with fellow advanced students of the language, John isn't so sure about the "inexpensive" part.

Hearing an acquaintance described as "intelligent, with lots of money," Elaine Cowan remarked that nothing seems to raise a person's perceived I.Q. like wealth.



Congressman Nick Hanfli, who won reelection by a squeaky margin, says he's glad the people have spoken. However, he does wish they had spoken a little more emphatically in his case.

I knew as soon as I saw the small boy downtown that he had dressed himself.

His cap, which proclaimed "Soccer Star," was on backwards and both his shoes were untied. He wore only one mitten.

He had been crying, and he was ready to begin again when I recognized what I should have known instantly—this child of about four was lost.

No sooner did I kneel to talk with him than others also gathered. Between bouts of tears, he told us that his name was Billy, his mother's name was Judy, and his father's name was Daddy. He didn't recall his phone number, but he did know that his house number was 215—what street, he wasn't sure.

Two people dashed to telephones to call the police, others went up side streets looking for the boy's parents, still others stood by and watched or tried to comfort.

A light snow was falling, but obviously many people were willing to be late for work or to delay their shopping until he was restored to his parents. Suddenly a police car arrived, bearing two anxious parents. They had awakened to find him missing, had called the police, and had been on their own search when officers intercepted them.

Billy's tears stopped instantly when his mother took him in her arms. It seems he had been so excited about plans to visit Grandma that day that he got up, dressed himself, and somehow wound up several miles away from his home.

The crowd drifted away but, funny, we didn't seem to be total strangers anymore. Billy had brought us grown-ups a little closer together and turned us into a kind of community for just a few moments, as only a child needing help can.

Burton Hillis

BETTER HOMES & GARDENS
February 1981

February 1981 · $1.25

Better Homes and Gardens®



CRAP CRAFTS

5 ways to turn scraps into omething extra special

alorie-trimmed recipes r favorite main dishes nd desserts

ecorating ith color

ducation: hat are our hools aching ds about ork?

pace-making ojects for kids' oms

ward-winni olar house

BURLINGAME
LIBRARY

02
140055

Scrap Craft Sampler Vest
Complete instructions inside

NOW. SOLARI



AN® SUPREME.

When there's no room for an ordinary floor.



There's never been an Armstrong floor so luxurious. So uncommonly elegant in styling. So unusually rich in color and pattern.

Yet Solarian Supreme's luxury is meant to be lived with. Its solid vinyl inner layer offers built-in toughness and excellent resistance to indentation. And its extra-durable Mirabond® surface resists scuffs and scratches, so it stays lustrous and looking like new—without waxing—far longer than ordinary vinyl no-wax floors.

See the extraordinary Solarian Supreme floors at your Armstrong retailer, listed in the Yellow Pages under floor materials.

For a free sample and color brochure, send us the coupon below. Or just call the toll-free Armstrong Consumer Line, 800-233-3823 (in Pennsylvania, call collect 717-397-0523).

Armstrong, Dept. 02FBH,
P.O. Box 3001, Lancaster, PA 17604

Please send your free Solarian Supreme sample and color brochure.

Name_____

Street_____

City_____

State_____ Zip_____

Armstrong

CREATORS OF THE INDOOR WORLD®

Ormandy Court Solarian Supreme, Pattern #88000

Floor design copyrighted by Armstrong



EDITOR at large

In this month's main food article, "Calorie-Trimmed Recipes," you'll be introduced to a tasty dish called Gingerbread with Lemon Sauce. It has 70 percent fewer calories than most gingerbread, and it was tested seven times in the BH&G Test Kitchen before our food editors agreed that it was ready for publication.

Half a dozen retests is by no means unusual. Our editors insist fiercely on high standards for their recipes, requiring, first, that the food must of course taste delicious; second, that all its ingredients are readily available nationwide; third, that the method of preparation is virtually foolproof; and, fourth, that the food will look as good as it tastes.



Test Kitchen Director Sharon Golbert with Food Editors Nancy Byal and Doris Eby in the new Better Homes and Gardens Test Kitchen

The taste panel sessions where such matters are decided convene on an average of three or four times each day. They're held in our sparkling new BH&G Test Kitchen, created during a major remodeling of our corporate headquarters, and they involve a shifting assortment of our 17 food editors. With a brisk, cool efficiency that constantly impresses me, these women can sample five or six foods in 20 minutes, sharing opinions, making improvements, and keeping carefully detailed records that document precisely every recipe's development. Looking at their test sheets for the Gingerbread with Lemon Sauce, for instance, I can see that the flavor was never a problem. Everybody thought it tasted fine from the start, and only one slight change of ingredients was made—the addition of a teaspoon (later modified to half a teaspoon) of finely shredded lemon peel. The problem was achieving the proper doneness throughout the bread. In the first test, the ingredients were steamed for two and a half hours in a one-quart mold. The result was overdone, and not everyone owns a one-quart mold anyhow, so someone suggested one hour in a one-pound coffee can. But this time the batter dipped in the center. So in subsequent tests, various smaller cans were tried, covered and uncovered, steamed and baked. Adjustments were also made in the cooking time and leavening agents until the optimum procedure, which you'll find in the published recipe, emerged to everyone's satisfaction.

Although all of our food editors are excellent cooks, they aren't charged with preparing the food for taste panels. That's the responsibility of six other home economists, who account for about $100 each working day in grocery bills, which translates into a yearly total of more than 5,000 dishes tested.

Our new facility, which is roughly twice as spacious as our old one, gives each of these six women her own fully equipped kitchen. It also has much roomier accommodations for food photography, an important consideration in the magazine business.

"All in all," says Doris Eby, who directs our food program as senior food and nutrition editor, "we're exceedingly pleased with the way the facility has turned out. We worked very closely with the architect from the beginning, and as a consequence we've gotten an almost ideal result. The kitchens provide maximum efficiency, yet allow us to test recipes in an atmosphere and setting very much like what our readers have at home."

Gordon Greer

Gordon Greer, Editor

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Controlled circulation postage paid at Des Moines, Iowa, and Lynchburg, Va. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. February, 1981, Vol. 59, No. 2.



"A 20-MINUTE CALL ANYWHERE IN THE COUNTRY WILL COST ME ONLY $3.33? WHAT'S THE CATCH?"

No catch. No hidden costs. You can telephone visit with out-of-state family and friends for 20 minutes for $3.33, or less. That includes tax.

Just be sure to dial direct when rates are lowest. That's any time Saturday and Sunday till 5; or, if you prefer, any night after 11 till 8 in the morning.

Twenty minutes is just an example. And $3.33 is for the maximum distance, so many of your calls could cost less.

The chart below gives you many more city to city prices.

Have a nice visit.

Bell System

Reach out and touch someone.

Rate Chart

All prices are for 20 minute out-of-state calls dialed direct, without operator assistance, any time Saturday, Sunday till 5 p.m. or any night after 11 p.m. till 8 a.m. Rates do not apply to Alaska and Hawaii. To find the rate between two cities, trace down the vertical column of one city to its intersection with the horizontal column of the other city, as illustrated.

	ATLANTA	BOSTON	CHICAGO	CLEVELAND	DALLAS	DENVER	DETROIT	INDIANAPOLIS	MEMPHIS	MILWAUKEE	NEWARK	NEW HAVEN	NEW YORK	OMAHA	PHILADELPHIA	SAN FRANCISCO	SEATTLE
ATLANTA		3.00	3.00	3.16	3.00	3.16	3.16	3.16	3.16	2.99	3.00	3.00	3.00	3.16	3.00	3.00	3.00
BOSTON	3.16		3.00	3.00	3.16	3.16	3.16	3.00	3.00	3.16	3.00	3.00	3.00	3.16	3.00	3.00	3.00
CHICAGO	3.00	3.00		2.99	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
CLEVELAND	3.00	3.00	3.00		3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
DALLAS	3.16	3.16	3.00	3.00		3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
DENVER	3.16	3.16	3.00	3.00	3.00		3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
DETROIT	3.16	3.16	3.00	3.00	3.00	3.00		3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
INDIANAPOLIS	3.16	3.00	3.00	3.00	3.00	3.00	3.00		3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
MEMPHIS	3.16	3.00	3.00	3.00	3.00	3.00	3.00	3.00		3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
MILWAUKEE	2.99	3.16	3.00	3.00	3.00	3.00	3.00	3.00	3.00		3.00	3.00	3.00	3.00	3.00	3.00	3.00
NEWARK	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00		3.00	3.00	3.00	3.00	3.00	3.00
NEW HAVEN	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00		3.00	3.00	3.00	3.00	3.00
NEW YORK	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00		3.00	3.00	3.00	3.00
OMAHA	3.16	3.16	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00		3.00	3.00	3.00
PHILADELPHIA	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00		3.00	3.00
SAN FRANCISCO	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00		3.00
SEATTLE	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	

Imported by the Paddington Corporation, New York, N.Y. 34 Proof © 1980



BAILEYS.
THE ORIGINAL IRISH CREAM LIQUEUR.

THE CREAM IS REAL. THE WHISKEY IS REAL.
ONLY THE TASTE IS MAGIC!

Litton knows you want it simple.



So we created Auto-Cook.

Litton knows you don't want to spend a lot of time learning microwave cooking.

So we created the exclusive new Litton Auto-Cook microwave oven. So simple, it lets you become a microwave expert on the first try!

Here's how simple:

1. The display panel asks you what kind of food.
2. How much it weighs.
3. And how you like it done.

Then Auto-Cook does the rest, cooking your food to perfection. Because the recipes are built into the oven's amazing memory. So Auto-Cook knows how to cook many of your favorite foods automatically.

And Litton knows you want other innovative, reliable features in your microwave oven. Like the Even Wave™ cooking system for uniform cooking results, large Meal-In-One® oven capacity, advanced Defrosting,™ automatic Hold Warm™ and Serve Time™ to turn the oven on when you're away.

Litton even knows you want microwave accessories and cookware. So we offer a complete line of quality Littonware.™

See a Litton today and find out why we say:

Nobody knows more about microwave cooking than Litton.

© 1981 Litton Systems, Inc.

Need a family wagon and don't know which way to go?



You could go the full-size way. Caprice Diesel.

In style, in comfort, in peace, in quiet—in Chevrolet's top-of-the-line Caprice Classic Wagon. With room for over 87 cubic feet of cargo, or up to eight passengers with available third seat, plus incredible economy for a wagon this size. America's favorite full-size wagons. Caprice and Impala.

33 HWY. EST. **21** EPA EST. MPG* **726** HWY. RANGE **462** EST. RANGE

With the available diesel engine.



Or you could go the mid-size way. Chevy Malibu.

The taut, trim Chevy Malibu—with room for six, good pep, standard power steering and brakes, all on a tough full-perimeter frame. It's America's lowest-priced V6 wagon.†

28 HWY. EST. **20** EPA EST. MPG*

UP AHEAD Chevrolet

*Use estimated MPG for comparisons. Your mileage and range may differ depending on speed, distance, weather. Actual highway mileage lower. Malibu highway estimate higher in California. Caprice highway estimate and range lower in California. Range obtained by multiplying 22-gallon fuel tank capacity by mileage estimates. Chevrolets are equipped with GM-built engines produced by various divisions. See your dealer for details. †Based on comparison of Manufacturers' Suggested Retail Prices. Level of standard equipment will vary. Destination charges may vary and may affect price comparison.

Hostess Helpers Special Offer!

Handsome items for special uses in Oneida Community Stainless. Match your favorite pattern from the Betty Crocker Coupon Catalog.







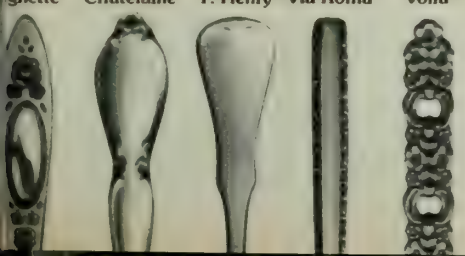


Our Hostess Helpers offer features pieces designed for special uses. Enjoy one of America's favorites—ice cream—with spoons designed especially for frozen desserts. Our new sauce ladles are designed for serving your favorite sauces, dressings, and toppings. Also new, are our soup spoons with a round bowl ideally suited for soup and broth. Special savings now make this a convenient time to add these to your flatware service.

Betty Crocker®

In Oneida Community quality, each set is available in these eight exclusive patterns from our Betty Crocker Coupon Catalog. Each set is only $4.95 or save by ordering any combination of three sets for $13.95.

You may add to your set from time to time at big savings with Betty Crocker coupons found on more than 175 General Mills' products. Free catalog sent with your order. If not completely satisfied, return merchandise within 10 days and your money will be refunded.



© 1981 General Mills, Inc.

General Mills, Inc., Box 194, Minneapolis, MN 55460

☐ I enclose $4.95 for each set. ☐ I enclose $13.95 for any 3 sets.

PLEASE INDICATE NO. OF SETS AND PATTERN CHOICE BELOW.

	1 Estate	2 Chandelier	3 Brahms	4 Vignette	5 Chatelaine	6 P. Henry	7 Via Roma	8 Voilà
4 Ice Cream Spoons	___	___	___	___	___	___	___	___
3 Sauce Ladles	___	___	___	___	___	___	___	___
4 Round Bowl Soups	___	___	___	___	___	___	___	___

IF YOU CHOOSE ESTATE, CIRCLE MONOGRAM OR NO MONOGRAM BELOW:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z NO MONOGRAM

Name _____ Total Amt. Enclosed $ _____

Address _____

City _____ State _____ Zip _____

Send check or money order with order form. Do not tape or staple. Please allow up to six weeks for shipment. Offer expires April 16, 1981. Good only within U.S.A.

What KitchenAid gives you that the others don't.

Only KitchenAid recommends turning your hot water heater down
to save energy and money, yet still gives you sanitized clean dishes in every complete cycle. Because KitchenAid automatically heats its own water to the right dishwashing temperature.

More loading flexibility.
Only KitchenAid gives you a 16-Position Upper Rack and an unobstructed lower rack. No other dishwasher offers so much loading convenience and flexibility.

More protection inside.
KitchenAid gives you a solid steel tank with two coats of tough, chip-resistant TriDura® Porcelain plus an Overglaze. Others offer less. Some even settle for a tank or inner door made of plastic.

We don't spare the horses.
Most of our competitors think a one-third horsepower motor (or less) is all you need. KitchenAid uses a hefty one-half horsepower motor. A stronger motor strains less, so it's a lot less likely to wear out.



We use a frame. They don't.
Only KitchenAid uses a full steel frame to give solid support to all the dishwasher parts. This helps insure years of trouble-free service.

A triple protection warranty.
We're so confident of the quality that goes into KitchenAid, we offer a 10 Year Limited Warranty on the Porcelain Tank and Inner Door. A 5 Year Limited Warranty on the motor. And a One Year Full Warranty on the complete dishwasher. Compare this to what the others offer.

The KitchenAid difference.
Certainly there are dishwashers that cost less than a KitchenAid. Because they give you less. But once you compare, we think you'll find the difference in dishwashers is a lot bigger than the difference in price.

KitchenAid®. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

CONTENTS

February 1981 Vol. 59, No. 2

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

MONEY

What are your rights when you bank by machine? 18

EDUCATION

Career education: What are our schools teaching kids about work? 22

BUILDING

Solar idea house: Our 1981 award winner 35

- *Heating bills will be minimal for this contest-winning solar house, thanks to twin heat-producing greenhouses. Not only that, the living spaces inside the house are exceptionally comfortable and flexible.*



7 space-making projects for kids' rooms 40

Tips, tools, and techniques 50

FEATURES

Good news 48

Could a home computer help you? 54

Idea notebook 67

CARS

Test your driving IQ 60

PETS

Should you get another pet? 72

- *Acquiring a new pet isn't as easy as you might think. Here's how to decide whether to adopt a new pet—and how to ease the transition if you do decide to enlarge your pet family.*



GARDENING

Gardener's log 78

HEALTH

How to cope with a problem drinker in the family 80

Health update 87

CONTENTS CONTINUED ON PAGE 10

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1981. All rights reserved. Printed in U.S.A.



KitchenAid versus other compactors.

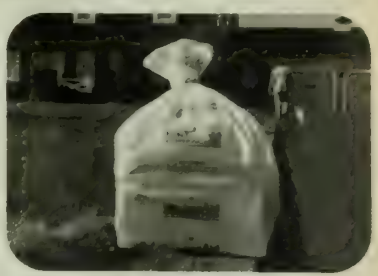
The KitchenAid trash compactor has many advantages cheaper compactors don't give you.



A Litter Bin® door for quick throwaways.



A large capacity drawer with a Tilt-Away basket that can be used with or without trash bags. And an activated charcoal filter that eliminates odors



Once you've used a KitchenAid compactor to squeeze a week's trash into one small load, you'll wonder how you ever got along without it. Find out more by sending for our free point-by-point comparison.

KitchenAid®
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374

Look! Levolor Blinds have a brand-new Color Edge.



It's called "Definition."

Only Levolor Blinds have this perfect finishing touch. Brand-new "Definition™" frames Riviera™ Blinds all around with the same color or a contrasting color. Hundreds of decorating possibilities! Helps prevent light seepage and keeps out drafts, too.

For dealer name call 800-447-4700 (in Illinois 800-322-4400)

Lift a Levolor Blind and you'll find the Levolor name!

LEVOLOR

A product of [illegible]

For our Window Magic book of ideas, please send $1 to Levolor [illegible] 1280 Wall St. W., Lyndhurst, N.J. [illegible]

Name_____

Address_____ M-2-81

City_____ State_____ Zip_____

CONTENTS

continued

DECORATING

Hand-painted fabric accessories 92

How to change the scene with color 104



KITCHENS

Idea kitchen: The best of old and new 95

CRAFTS

Scrap crafts 100

FOOD

Calorie-trimmed recipes: Favorite main dishes and desserts 112

- *Sticking to a diet is practically painless when your bill of fare includes our slim-line dishes. These 15 entrées and desserts are so hearty it's hard to believe they're calorie-trimmed. And to help you count calories as well as plan nutritious meals, we've included a nutritional analysis of each recipe.*



He cooks: So-good health bars 120

Multi-choice pizza 130

Win money for your recipes 133

Prize Tested Recipes 135

- *Pear desserts*
- *Quick soups and stews*

Petite pasta ideas 140

Guide to specialty olives 142

TRAVEL

Winter vacations in America's state parks 158

SHOPPING

Buying guide 64

How to order material from the magazine 156

Shopping editor's choice 166

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.



All they all need is Bayer.

For the aches, fever, and sore throat pain of colds and flu.

A family that's close shares the bad things. And the good.

And when winter brings the miseries of colds and flu, you should have the benefits of Bayer to share. Because Bayer is the only pain reliever your whole family needs for fast, effective relief of aches, fever, and sore throat pain. Nothing else you can buy can do more to relieve all these symptoms.

So remember: rest, fluids, and Bayer.



Read and follow label directions.



House Dressing.

What more beautiful way is there to dress up a house than with Andersen® Perma-Shield® angle-bay windows.

Their crisp, classic lines bring an elegant touch to the most traditional lifestyle. And stay fashionably good looking year after year.

For over the window's solid wood core lies a rigid vinyl sheath. It protects the wood inside from the weather outside. So you needn't worry about it chipping, flaking, peeling or blistering. Or worry about painting it every few years.



Of course, there's more to these angle-bay windows than their dressy good looks and everyday practicality.

Their snug-fitting design and double-pane insulating glass reduce energy costs. And help keep out drafts and keep in comfort.

Now what could be more beautiful than that?

Dress up your house with Perma-Shield angle-bay or bow windows in the size that suits it best. Your Andersen dealer can help. He's in the Yellow Pages under "Windows."

To: Andersen Corp., Box 12
Bayport, MN 55003

Please send me more information on Andersen® windows and gliding doors.
I plan to ☐ build ☐ remodel ☐ replace.

Name_____

Address_____

City_____

State_____ Zip_____

002-021

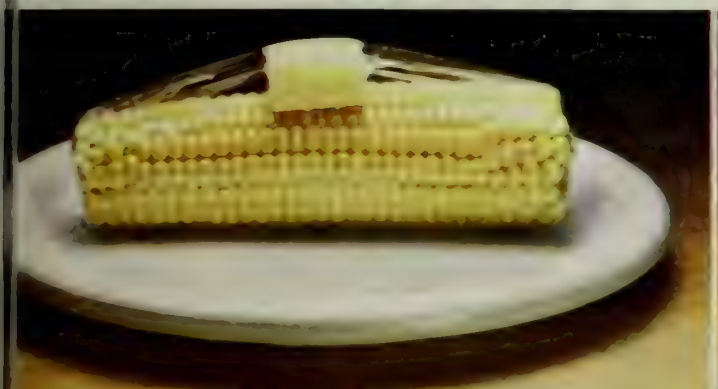
The beautiful way to save fuel®

Andersen Windowalls

AW

78080 Copyright © Andersen Corp., Bayport, MN 1978

WHEN THINGS GET HOT, SARAN WRAP BEATS THE OTHERS COLD.



SARAN WRAP, BEFORE:
Buttered corn wrapped in Saran Wrap and vented to insure proper cooking. Placed in oven for 3½ minutes.



AFTER:
No damage.



A LEADING COMPETITOR, BEFORE:
The same method of testing used as for Saran Wrap.



AFTER:
It melted.

The toughest proving ground for any wrap is the microwave oven. So to prove how good Saran Wrap* is, we conducted the above demonstration.

While a leading competitor, and other wraps, melted, dissolved or ended up with holes in them, Saran Wrap survived.

And of course, that means your food will retain more of its moisture and therefore more of its natural flavor when you wrap it with Saran Wrap.

The secret of its superiority is its unique molecular structure. Whenever the heat's on, Saran Wrap won't fall apart. And your dinner will come out of the oven tasting as good as it should.

If you examine all the hard, cold facts, there's really only one wrap good enough for your microwave oven.



Note: SARAN WRAP is not to be used in a conventional oven or with the browning element in microwave ovens.
*Trademark of The Dow Chemical Company.



New! Toll House Double Chocolate Brownies.

Extra chocolate, extra good.

Toll House
Double Chocolate Brownies

- ¾ cup unsifted flour
- ¼ measuring teaspoon baking soda
- ¼ measuring teaspoon salt
- ½ cup butter
- ¾ cup sugar
- 2 measuring tablespoons water
- One 12-oz. package (2 cups) Nestlé® Semi-Sweet Real Chocolate Morsels, divided
- 1 measuring teaspoon vanilla extract
- 2 eggs
- ½ cup chopped nuts

Preheat oven to 325°F. In small bowl, combine flour, baking soda and salt; set aside. In small saucepan, combine butter, sugar and water; bring just to a boil. Remove from heat. Add 6 oz. (1 cup) Nestlé® Semi-Sweet Real Chocolate Morsels and vanilla extract. Stir until morsels melt and mixture is smooth. Transfer to large bowl. Add eggs, one at a time, beating well after each addition. Gradually blend in flour mixture. Stir in remaining 1 cup Nestlé® Semi-Sweet Real Chocolate Morsels and nuts. Spread into greased 9" square baking pan. BAKE at: 325°F. TIME: 35 minutes. Cool completely. Cut into 2¼" squares. Makes: sixteen 2¼" squares.

Nestlé® Semi-Sweet Morsels make Toll House® Cookies and a whole lot more.

© 1979 The Nestlé Co. Inc.

Nestlé

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ROSEMARY HUTCHINSON ELIZABETH WOOLEVER
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY BONNIE LASATER
DIANA TRYON JULIA MARTINUSEN

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH GREG ERICKSON R. LA MONTE JENKINS JIM HARROLD

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Books MARJORIE GROVES
Associate Editor DOUGLAS A. JIMERSON

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor G. S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Associate Editors ANN LEVINE COLEEN DEERY GARY BOLING LAURA HOLTORF

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Senior Graphic Designer KRISTIN FRANTZ
Senior Graphic Designer (Covers) SHERYL VEENSCHOTEN
Graphic Designers MARISSA CONNER CHRIS GRECO JUDY HALL
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associate JOE HEUER *Art Production Assistant* DONNA RUSSELL

New York—Eastern Editor MARGARET McMAHON
Shopping Editor ANN LIVELY *Associate Editor* STACEY SMITH

Editor-in-Chief **JAMES A. AUTRY**
Group Editorial Director **NEIL KUEHNL**
Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER *Associate Art Director (Managing)* EVA PIETRZAK
Associate Art Director (Creative) RICK BEAULIEU *Assistant Art Director* DAVE WEBSTER
Graphic Designers RUDY EVANS KAREN HUBER DIANE DAVIS
JACK YOUNG JILL CAREY
Copy Chief ELIZABETH BROOKS *Senior Writer* RUSSELL O'HARRA

Books: *Editor* GERALD KNOX *Art Director* ERNEST SHELTON
Associate Art Director (Managing) RANDALL YONTZ
Associate Art Director (Creative) NEOMA ALT WEST
Assistant Art Director HARIJS PREIKULIS *Senior Graphic Designer* FAITH BERVEN
Graphic Designers LINDA FORD TOM WEGNER ALISANN DIXON
LINDA HAUPERT LYNE NEYMEYER
Production and Copy Editors DAVID KIRCHNER DAVID WALSH LAMONT OLSON

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON GOLBERT *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

Publishing Group Vice-Presidents:
JACK D. REHM General Manager, Magazines
JAMES A. AUTRY Editor-in-Chief
JAMES R. NARBER Marketing Services Director
ROBERT E. GERHARDT Controller
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX STUART

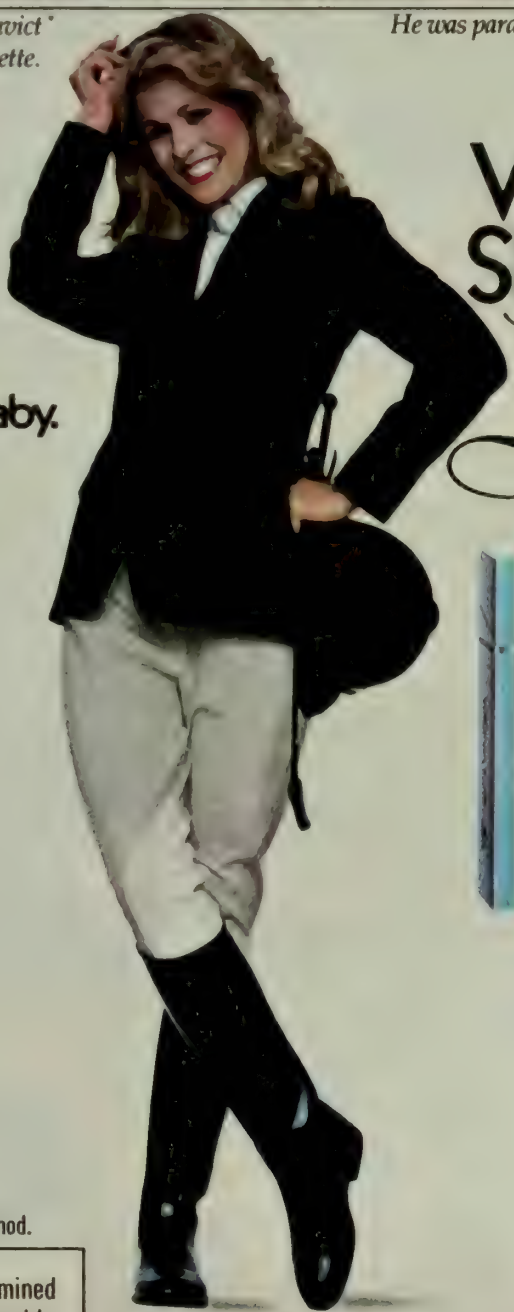
CORPORATE OFFICERS
Chairman of the Board E. T. MEREDITH III
President ROBERT A. BURNETT
Group Presidents JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Controller Wm. DEAN ANKRUM Secretary BETTY CAMPBELL MADDEN
Treasurer MICHAEL A. SELL



In 1908, while fleeing the Hill County Jail, convict Sid Haugen caught Sande Lee smoking a cigarette.



He was pardoned. She wasn't.



You've come a long way, baby.

VIRGINIA SLIMS *Lights*



Only 9 mg tar

In the crush-proof purse pack.

Outfit: Miller's Dealers

9 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Converta-Cook.™
The convertible grill that inhales, exhales and is dishwasher safe.

Convertible grill tops give you all kinds of ways to cook. But only Tappan's Converta-Cook also gives you two ways to vent. And one beautiful way to clean.

It's all in Tappan's unique design.

It starts with a powerful exhaust system below. And our exclusive pull-up vent above. Just pull it up and it pulls smoke down. From both sides. So you can grill your steak on one side. Sauté the mushrooms on the other.

What's more, if you don't need our pull-up vent you don't have to have it. Because there's a Converta-Cook designed to work with overhead venting systems, too.

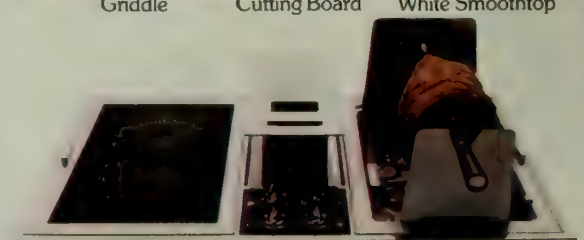
Best of all Converta-Cook was designed for people who love to cook. But hate to clean up. So it has dishwasher cleanability. From grill, to drip pan...right down to the filters.

And with a name like Converta-Cook, it goes without saying that you've got all kinds of options. And all are easy to change. The only difficult thing about Converta-Cook is deciding how you want to cook with it.

Converta-Cook. It's a breath of fresh air in grill top cooking.


Single Converta-Cook™ Top


Griddle Cutting Board White Smoothtop


Black Smoothtop Rotisserie

TAPPAN IS COOKING

Tappan Appliances, Mansfield, Ohio 44901

A chicken tostada salad with great cheese taste. That's using your head.



Start with a crisp slice of California Iceberg Lettuce. Then le on one good thing after another. Top it off with the eat taste of Borden Skim-American. You've got all the ste of a tostada. Without all the extra fat. Ole!

hicken Tostada Salad

2 cups cooked cubed chicken
¼ cup plain lowfat yogurt
2 tablespoons prepared taco sauce
1 head California Iceberg Lettuce
Chopped tomato
Chopped green onion
6 slices Skim-American Pasteurized Process Cheese Product, cut into small pieces



In medium bowl, combine chicken, yogurt and taco sauce; chill. Cut lettuce crosswise into four ¾-to 1-inch slices; shred remaining lettuce. Spoon about ½ cup chicken mixture on each slice. Top with tomato, onion, shredded lettuce and Skim-American pieces. If desired, top with a dollop of yogurt and drizzle with taco sauce. Serves 4.

ALIFORNIA ICEBERG LETTUCE COMMISSION

kim-american–1/2 the fat and all the taste. BORDEN

STORE COUPON

skim-american 12¢
Save 12¢ and 1/2 the fat.

RETAILER As our agent please redeem for face value as specified ANY OTHER USE CONSTITUTES FRAUD You will be paid face value or if the coupon calls for free goods the regular retail price plus 7¢ for handling provided you and your customer have complied with the terms of this offer and invoices proving purchase within the last 90 days of sufficient stock to cover coupons are shown on request Send coupons to Borden Inc P O Box 1720 Clinton Iowa 52734 NON-ASSIGNABLE Customer must pay any sales tax Void where taxed restricted or prohibited Cash value 1/20 of one cent Limit one coupon per purchase COUPON EXPIRES SEPTEMBER 30 1981



B-0001-1

12¢ 53000 100973 12¢

B-0001-1

Margaret Daly

WHAT ARE YOUR RIGHTS WHEN YOU BANK BY MACHINE?

Many people these days are handling at least some of their routine financial transactions electronically instead of using checks, bank passbooks, or that old-fashioned paper called "cash." "Electronic fund transfers" banking systems (or "EFT") are made possible by computer technology, and they employ a variety of tools, from plastic cards to "cash" machines, computer terminals, and even push-button phones. All of the EFT systems are designed to hold down the escalating costs of maintaining checking accounts and other paper-laden modes of consumer banking. The systems also provide a variety of customer conveniences, such as 24-hour banking and instant check verification.

Already many banks, savings and loan associations, mutual savings banks, credit unions, and retail and grocery chains are into the act to one degree or another. But you may have some doubts. How can you keep track of financial transactions without having the canceled checks and other records most people are used to? How can you protect yourself against computer errors or fraud? Recent legislation has spelled out your rights with EFT. There also are certain safeguards to take.

What is EFT?

Though no full-service EFT system exists today on a large scale, most of the elements are available to consumers at one place or another.

● *Automatic transfer of funds.* You may be using EFT right now—by having your employer deduct money from your pay each month to deposit into your credit union or a company investment plan. Similarly, you can authorize your bank to transfer a specific sum each month from your checking to your savings account, or vice versa. After your initial go-ahead, there's no need for further instructions from you. The transaction is listed on your monthly statement.

● *Automatic payment of bills.* Here, you authorize the financial institution to pay certain bills each month, such as loan installments, your mortgage, or phone bills. The amounts are deducted automatically from your account and paid directly by the financial institution. No paperwork is required of you once you make the first authorization. Your monthly statement lists transactions. Usually no other notices are sent. If the amount of the bill exceeds your authorization, the bank must contact you before paying.

● *Direct deposit of social security benefits.* If you choose this service, your monthly benefit is delivered electronically from the government to the financial institution and credited directly to your account. The government guarantees the funds. A record of the deposit shows on your regular statement (unless the deposit was made to a passbook account that's not tied into an EFT system). Some institutions send a notice to you as well when the deposit is made.

● *Direct deposit of your pay.* If your employer elects this option, you probably must go along, but you do have the right to designate which institution will receive the funds. The institution or your employer is required to send you a record of the deposit.

● *Automatic teller machines (ATMs).* These may be located within your financial institution or at other locations. ATMs can be used to provide cash; to transfer funds; to make deposits; to make payments on certain loans and bank credit card accounts; to borrow funds from a bank card account; and to get a current reading on your balance. ATMs are activated by inserting a specially encoded plastic card, then punching your personal identity number or code (your "PIN" or "PIC") known only to you (presuming you don't reveal it) and the computer. All ATMs must issue receipts.

● *Point of sale (POS) terminals.* These may serve to authorize check cashing—a huge business in supermarkets—as well as credit transactions. Some POS terminals are also hooked up to accept "debit" cards—which operate like cash: When your identity and available funds are confirmed, the purchase is OK'd and the amount is deducted from your bank account.

● *Paying by phone.* Here the institution agrees to pay cer-

continued



Illustration: Art Factory

Introducing the decaffeinated person.

The flavor of High Point® did it.

WHAT IS A DECAFFEINATED PERSON? That's someone who knows how good it is to savor great coffee flavor without the caffeine—something *you've* always wanted—and the rich, robust flavor of High Point makes it happen.

HIGH POINT IS MADE IN A DIFFERENT WAY. We start with premium decaffeinated beans. Then High Point takes a patented extra step that mills some of the coffee into flakes glistening with flavor.

HIGH POINT LOOKS DIFFERENT; HIGH POINT TASTES DIFFERENT. High Point has an exclusive process that captures and preserves real coffee flavor. So, the glistening flakes you see mean real coffee flavor in your cup. High Point is 97% caffeine-free but so full of flavor you'll agree—High Point doesn't just decaffeinate coffee, it decaffeinates people, too!



Decaffeinate the ones you love with High Point.

©Procter & Gamble Co. 1980

continued



tain bills when you convey authorization by phone. Generally, you can deal with a teller on the phone; or, you may communicate electronically by sending messages through a Touch-Tone phone. Confirmation of the bills paid shows up on your monthly statement.

What safeguards are there?

In 1978, Congress passed legislation to protect customers in a system that, technically, could function without providing the customers with documentation of its transactions (such as a canceled check or stamped deposit slip). Many states have similar laws. The safeguards, briefly:

- *Disclosure.* The terms and conditions of any account subject to electronic transactions—charges, liabilities, etc.—must be spelled out.
- *Unsolicited cards.* Financial institutions can send you EFT cards even if you did not ask for them, but the cards must not be "validated" when you receive them. Only when you take certain steps, such as establishing your own "PIN" or "PIC" with the issuer, will the account be validated.
- *Liability.* If your card is lost or stolen and you notify the issuer within two business days after you learn of the loss, your liability is limited to $50. But that liability could soar to $500 if you miss that two-day deadline. You even may face unlimited liability should you wait more than 60 days after you receive a statement that indicates unauthorized use of your card.
- *Preauthorized payments.* Suppose you authorized automatic payments on a car loan you had arranged with the dealer. The bank is not required to notify you as soon as it makes a payment; itemization on your monthly statement is sufficient notification, according to the law. But what if the bank misses a payment and the dealer comes after you for the money or the car? The burden of proof of payment is on the bank, and it is liable for any costs incurred by payments missed.

With some preauthorized plans, you can arrange to have recurring bills paid even though they're not exactly the same each month. When the bill is different from the amount you authorized, the institution must notify you ten days prior to making the payment. To simplify such transactions, you might set ceilings with the institution for certain bills.

- *Stop payments.* To cancel a preauthorized payment, you must notify the financial institution anytime up to three business days before the payment is scheduled. Some institutions may require you to follow up with written stop-payment instructions.
- *Preauthorized deposits.* You must either be notified that the money has been received by the financial institution, or that the money has not been received. Alternatively, the institution will give you a phone number you can call to verify the deposit. A paycheck stub, which some employers send out when the deposit is made, is generally considered sufficient notice.
- *Records of cash transfers.* Almost all EFT machines print out a record of your transaction. The record must show the date; the amount; the kind of transfer; some unique identification, such as your account number; the location of the computer terminal; and when appropriate, the name of a third party involved. Unless the financial institution can come up with proof to the contrary, your receipt and monthly statement are considered proof of the transaction. (An exception might be if you were to punch in the wrong figure for a deposit.)
- *Periodic statements.* The institution providing the EFT service must send you regular statements (generally monthly) showing your account number, plus a complete itemization of transactions or charges.
- *Correction of errors.* The institution in most cases must investigate the problem within ten business days of your notification of an error. A special number and address should be supplied for such complaints. If the matter is not resolved within ten business days, the institution must credit your account with whatever amount is in dispute. You can use that money, but you must pay it back if it turns out no error was made.

How can you safeguard your account?

Be sure that you develop these basic skills:

1.) *Record keeping.* Many financial institutions are moving to a "single statement" monthly report system. All transactions—deposits, savings, checks, automatic funds transfers, and so forth—are listed on one form. Eventually, banks and other institutions may find it too costly to return your canceled checks—unless you pay extra for the service.

Whatever the case with your institution, learn to keep and file away receipts for any transactions. Make accurate records of all checks. Always save receipts for ATM or POS transactions. Review banking and credit card statements as soon as they arrive. Notify the institution immediately if you question any item.

2.) *Security.* Guard your "PIN" or "PIC" as carefully as you would personal checks or savings passbooks. Don't record the code on your card or keep the number in your wallet. Don't give your card or number to anyone. Report the loss or theft of any EFT card or "PIN" or "PIC" information right away.

3.) *Planning.* Don't make EFT facilities your only reason for choosing a financial institution. Overall services and how they fit your specific needs should be your primary concerns. If you do want to use EFT, shop for the best services available. Among the factors to compare: charges for various transactions; guarantees of direct deposits; methods of computing interest; rates of interest; security and privacy around ATM and POS installations.

Finally, know your rights and obligations in case a questionable item appears on a bill or bank statement.

Isn't it time to give a real tax break to savers?

On the average, Britons save 13% of their disposable income. West Germans save 15%. Japanese, 26%. But Americans save only 4.5%!

A major reason people in other nations save more is that they are given tax incentives by their governments.

The U.S. actually discourages savings, by taxing the interest that is earned.

Isn't it time Congress gave savers a real tax incentive? We think the annual tax-free limit on savings interest should be raised to $1,000 for individuals and $2,000 for joint tax returns.

This would encourage more savings, which would help stabilize the economy and bring inflation under control.

What do you think? Please fill out the ballot, and let us know. If the ballot has already been removed from this page, you can still vote at your nearby Savings and Loan Association.

If we all speak up, Washington will listen.

The Savings & Loan Foundation

© 1980. The Savings & Loan Foundation, Inc., 1111 "E" Street, N.W., Washington, D.C. 20004.

BALLOT

Question: Should the first $1,000-$2,000* of interest on your savings be tax-free?

*$1,000 for individuals, $2,000 for joint tax returns.

☐ Yes ☐ No

Please fill out this ballot and drop in the ballot box in your nearby Savings and Loan office, or mail to The Savings and Loan Foundation, Inc., Dept. B1, 1111 "E" St., N.W., Washington, D.C. 20004

Name _____

Address _____

City _____ State _____ Zip _____

If we all speak up, Washington will listen.

Dan Kaercher

Career Education

WHAT ARE OUR SCHOOLS TEACHING KIDS ABOUT WORK?

It's time for a report card on career education. About a decade ago, a noisy debate erupted among parents and educators. The issue: whether schools were doing a satisfactory job of preparing children for the transition from school to the world of work.

The conclusion at that time—confirmed by special commissions charged with investigating the controversy—was a resounding "No."

This criticism spawned the "career education" initiative to emphasize teaching about work in the schools—a program for all students, beyond vocational education for youngsters who planned to enter specific trades. A federal Office of Career Education (OCE) was created to sell the concept.

Where are we today after a decade of emphasis on career education? Do today's Johnnys—and equally importantly, Sallys—know more about their career options? Are they better prepared to find and hold a job? Or is career education a misguided movement that impedes teaching the basics, as some critics assert?

The answers are hard to come by—in fact, they may not be known until a generation of schoolchildren who have had the full benefit of career education join the work force. Here's a report:

Career education now is a part of classroom activities in 9,000 of the nation's 16,000 school districts. The primary objectives: to enlighten students about their career options and to ease the transition from school to a job.

The impetus for career education programs comes largely from the OCE, a branch of the U.S. Department of Education. In 1980, the OCE administered $15 million in incentive grants for development of model teaching programs.

All states except New Mexico, South Dakota, and Nevada are claiming their share of federal incentive money to develop career education programs. Beyond tapping federal funds, 22 states have career education laws of their own.

How does vocational education fit in?

Throughout the history of public education in this country, there have been attempts to make schools more responsive to the employment market.

The most notable and widespread program has been vocational/technical education to teach students specific job skills—such as welding, automotive mechanics, agriculture, and secretarial science.

The vo/tech curriculum, which is offered in almost all school districts today, is just one part of preparing youth for work. In addition to providing specific vocational skills that will be needed by some students, career education provides general skills that all students will need to be employable.

How is career education taught?

Career education isn't a special course. It's a teaching concept that infuses career information into regular classroom work.

For example, a junior high math class might study how to use charts by running a doughnut shop in the school and recording the buying patterns of fellow students. A fifth-grade English class might publish a class newspaper and invite a reporter to speak to them about his or her work. When studying public sanitation procedures in a health class, high school students might accompany a public health official on an inspection tour.



Methods of instruction vary widely, but the basic principle is to show students how their studies relate to jobs and then to give them "employability skills"—good work habits, basic economic education, and decision-making capability.

Career education goals depend on the youngster's level in school.

- *In elementary school, teachers try to make students aware of as many occupations as possible.* Approaches include field trips, role playing ("Let's pretend we're airplane pilots . . ."), creating model businesses, and viewing films. How, and how much, career education will be emphasized depends on teachers' enthusiasm and imagination, community resources, and the funds that are available.
- *In junior high or middle schools, the focus shifts to career exploration.* During these years, students get a taste of what it would be like to work at various jobs. Students participate in ob-

continued on page 28

Photograph: Mike Dieter

Copyright The Image Bank

NEW! BEEF & CHEESE & LIVER & CHICKEN FLAVORS.



ONLY ONE DOG FOOD HAS 'EM ALL!





Flavor nuggets are illustrated 2¼ times actual size

SAVE **50¢** On Any 4 or 8, or 20-lb. Size of New Come 'N Get It Dog Food



STORE COUPON 50¢

TO DEALER: For each coupon you accept from consumer at time of purchase the specified product, we shall pay you face value (plus 7¢ handling), provided you and your customer have complied with the terms of this offer. Presentation for redemption without such compliance constitutes fraud. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request. Coupon may not be assigned or transferred. Customer must pay any sales tax. Offer good only in U.S.A., void where prohibited, taxed, or restricted by law. Coupon is redeemable only through Carnation sales representatives or if mailed to CARNATION COUPONS, Box 171, Pico Rivera, CA 90665. Coupon will not be honored if presented through unauthorized persons. Cash value 1/20 of 1¢. Unauthorized reproduction of this coupon is prohibited.
© 1981, Carnation Company, Los Angeles, California

50000 103288

50¢

Limit one coupon per purchase. OFFER EXPIRES MAY 31, 1981

TASTE THAT CALLS DOGS TO DINNER.

© 1981, Carnation Company. Los Angeles, California.

Enjoy today's
from The

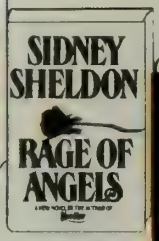


7294 $15.95
(2 vols. counts as 1 choice)

James Michener's extraordinary saga of love and adventure in South Africa that surpasses *Chesapeake* and *Hawaii!*



3905 $13.95



4580 $12.95
(Warning: Explicit Sex and Violence)



2758 $12.95



1420 $12.95



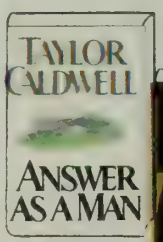
8656 $14.95
(Warning: Sexually Explicit)



1693 $15.95
(Warning: Explicit Sex and Violence)



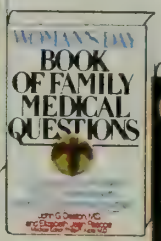
7435 $14.95



2295 $12.95



5850 $13.95



1776 $14.95



9340 $12.95



9274 $12.95



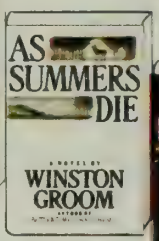
8805 $13.95



7328 $10.95



3350 $12.95
(Warning: Sexually Explicit)



2162 $12.95



4812 $16.95



2600 $11.95



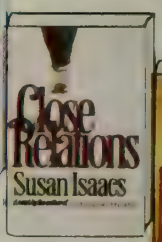
7310 $11.95



9076 $9.95



9746 $15.95



2717 $10.95
(Warning: Sexually Explicit)



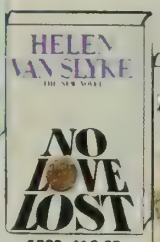
9704 $11.95



3657 $9.95



7948 $12.95



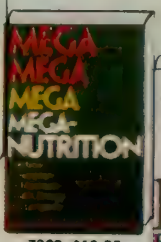
5009 $10.95



3228 $10.95
(Warning: Sexually Explicit)



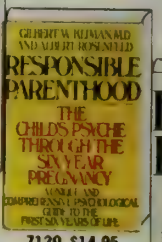
4820 $15.95
(3 in 1 vol.)



7302 $12.95



3301 $10.95



7120 $14.95



3624 $11.95



7799 $14.95



8193 $19.95



5181 $14.95
(Warning: Sexually Explicit)



7237 $12.95



8730 $16.95

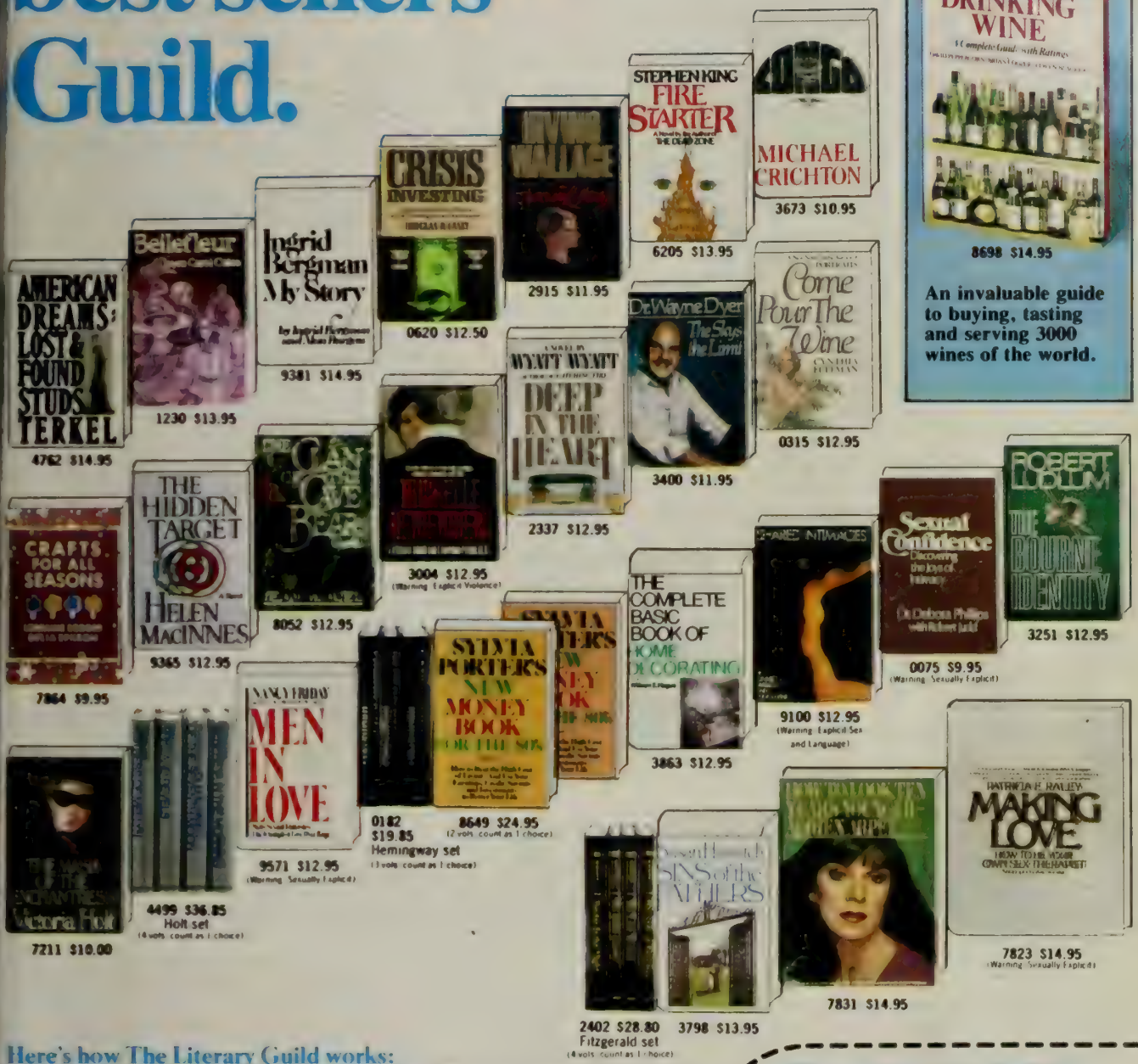


2899 $14.95

Any 4 for $1

when you join The Literary Guild.

best sellers Guild.



Here's how The Literary Guild works:

You choose from a wide range of top best sellers. After your membership's accepted, you get your 4 books or sets for only $1, plus shipping and handling. If you are not completely satisfied, return them within 10 days and we will cancel your membership and you owe nothing.

You never have to buy a minimum number of books a year. Only buy 4 more during your membership, after which you may cancel any time. About every 4 weeks (14 times a year), you'll be offered one or two main selections along with over 100 exciting alternates through your free copy of The Literary Guild Magazine. In addition, up to 4 times a year, you may receive offers of special selections, always at discounts off publishers' prices. If you want the selection(s) featured in the magazine, or the special selection(s), do nothing, they will be shipped to you automatically. If you want an alternate, or no book, return the order form marked with your preference by the date specified. You always have at least 10 days to make a decision. If you get an unwanted selection because you had less than 10 days to make a decision, return it at our expense. There is a shipping and handling charge on all books shipped. The Guild offers its own complete, hardbound editions, sometimes altered in size to fit special presses and save members even more.

With the purchase of every selection and alternate, you receive credits toward bonus books. Use them to acquire valuable books at substantial savings...coffee table volumes, reference works, children's stories, cookbooks, garden guides, and even classics.

FREE TOTE when you join.



The Literary Guild

Dept. BR 067, Garden City, N.Y. 11530

Please accept my application for membership in The Literary Guild and send me the 4 books or sets whose numbers I have printed in the boxes below. Bill me only $1, plus shipping and handling. Also, send my FREE tote bag, which is mine to keep, even if I don't remain a member.

I agree to the membership plan as described in this ad and understand that I need only buy 4 more books, at regular low Club prices, whenever I want them.

NOTE: All prices quoted are for publishers' editions.
First number listed below each book or set is the order number.

Mr.
Ms.
Mrs. _____
Miss (Please Print)

Address _____ Apt. _____

City _____

State _____ Zip _____

Members accepted in U.S.A. and Canada only. Canadian members will be serviced from Toronto. Offer slightly different in Canada. 69-G497

continued from page 22

Career education

servation and fact-finding expeditions, simulated jobs (in student-run businesses), or actual work experience.

"Shadowing"—following someone around to observe what he or she does at work—is a popular method of career exploration. Any work experience usually is brief and rarely, if ever, compensated monetarily. Often work experiences such as planting trees in a park are perfomed for civic organizations.

● *In senior high school, students either continue career exploration or learn specific skills.* The approaches to career education vary at the secondary level more than at any other level.

Students with a specific career in mind may test their interest by taking a job in the field. Formal, one-semester internships offer students academic credit and, sometimes, wages. The more typical work experience lasts from a few weeks up to half a semester and does not entail academic credit or compensation.

For the student who has decided that he or she wants to learn a trade, vo/tech courses are an opportunity to acquire specific job skills. Occasionally, such courses also provide on-site job experiences for firsthand learning.

How do teachers learn about career education?

Many career education advocates say that teachers are too isolated from the workaday world outside their classrooms. It's also pointed out that many teachers get minimal instruction in career education methods. Though many colleges and universities do offer a course on career education, professors say they rarely have time to discuss the subject in, say, science education or language education classes.

The same time crunch may account in part for the lack of enthusiasm shown by many high school teachers. With only 50 minutes or so a day with each class of students, high school teachers and others say there's hardly time to teach the subject itself, much less career applications.

To help avert such problems, teachers attend training seminars before any career education program begins. Often, business and community leaders participate in such workshops, sharing information about their fields and helping plan teaching strategies.

Teachers are given a helping hand by many business, labor, government, and civic organizations—as well as parents. A number of influential national groups have pledged support to the movement, including the Chamber of Commerce of the U.S.A., National Alliance of Business, AFL/CIO, National Education Association, and the National PTA. A business group may act as a resource center, linking teachers and business people who are willing to help. A corporation may provide tours, internships, lecturers, and audiovisuals. A trade association may hold seminars to train teachers about job options. Or, a parent organization might provide students with transportation to and from work sites.

What is the main objection to career education?

The central issue dividing educators is how career education affects the basics. Opponents of career education often contend that the best way to prepare students for jobs is to teach them to read and write.

"The controversy about career education reflects confusion about the primary mission of our schools," says Graham Down, executive director of the Council for Basic Education (CBE).

Down sees career education as an add-on program that leaves less time for teaching the basics. He cites time-consuming field trips and in-service teacher training as examples. Down also says the teachers of career education often lack experience in other careers.

On the other side of the fence is the director of the OCE, Dr. Kenneth Hoyt: "People talk about going back to the basics. I say 'grand.' Career education is the most effective way of doing this." If students understand how their subjects relate to real life, Dr. Hoyt contends, they'll study harder.

His theory is substantiated by the results of a basic achievement test taken by students in Lincoln County, West Virginia. Here, students in classes that included career education scored 11 percent higher in language arts and 24 percent higher in math than students in conventional classes. Other studies show similar, though less striking results. However, opponents of career education are skeptical, saying that test scores can only be valid if the tests are taken years after the program's inception.

What are the other issues?

Proponents claim that by learning general work-related skills, students will have a better chance of finding jobs. Career education is seen as a preventive to expensive efforts to retrain the unemployed later in life.

But according to Dr. Norton Grubb of the University of Texas, "This ignores the fact that employment is largely dependent on the economy's health."

That opinion is supported by Down of the CBE. "It [career education] implies that there's some match between the labor market and individual talents," he says. "Fundamentally, there's no balance. Supply and demand fluctuate unpredictably in our labor markets, and occupations come and go with changing technology."

Another issue is stereotyping, or "tracking." Dr. Grubb, along with Dr. Marvin Lazerson of the University of British Columbia in Canada, believes that career education helps push students into jobs traditionally associated with their race, sex, or economic status.

Dr. Grubb and Dr. Lazerson see career education as merely a new version of vocationalism—a reorientation of school around work. They cite the fact that traditional vocational education has come under fire for reinforcing stereotypes: For example, secretarial science classes are made up primarily of girls and agriculture classes, mainly of boys. Middle-class students seem to be guided in the direction of college prep courses, while lower-class and minority youths end up "tracked" in vocational courses.

Proponents respond that career education has just the opposite effect. "Rather than narrowing options, career education expands students' choices," argues Niel Carey of Maryland's career education office. But more hard evidence is needed to substantiate the claims of either side.

continued



LEARN HOW TO BRING THE BEAUTY YOU HAVE INSIDE, OUTSIDE.

Think of all the beautiful qualities you have in you. All you need is a little know-how, a little self-confidence to bring them out.

That's what Mary Kay is all about.

Our professional Beauty Consultant will teach you all you need to know about how to make the most of yourself. She'll give a beauty show right in your home. She's not there simply to sell you a handful of cosmetics. She's there to teach you a total system of caring more for yourself.

You'll learn all about a skin care program, specialized for you, that will make your skin radiant even before makeup.

You'll learn how the right cosmetics will make you look more fabulous than you ever thought possible.

You'll learn to show the world what a beautiful person you really are.



THAT'S THE BEAUTY OF MARY KAY.™

Look in the Yellow Pages under Cosmetics/Retail, or call 800/527-6270 toll-free. In Texas, call collect 214/630-8787. In Canada, 416/624-5600.

Can you tell them apart?

The expensive famous-name raincoat.







Theirs:	Ours: Yes	Ours: No
1. Classic trench design. That great look, fit and comfort.	☑	☐
2. Quality tailoring. Specially selected materials, trimmings.	☑	☐
3. Expert crafstmanship. Over 125 steps from start to finish.	☑	☐
4. Regular quality testing insures durability, dependability.	☑	☐
5. Wrinkle-resist polyester/cotton goes right into washer and dryer.	☑	☐
6. Rain and stain protection. Your coat is Zepel® treated.	☑	☐
7. Versatile. Practical. Styles with or without zip-out lining.	☑	☐
8. American-made. Styling from the British, made at home.	☑	☐
9. A size for almost everybody. Petite. Misses. Talls. Half sizes.	☑	☐
10. A patented rubber button shank to protect the threads.	☐	☑

Our new Windsor Bay, about $20 less.



The big difference between us and them is the button. And the price.

Everybody knows the famous-name raincoat. And all the care, craftsmanship and quality that goes into it. That's why Windsor Bay is such a great buy. Because feature for feature it matches the famous-name. Except for the patented button shank. And the price.

JCPenney

©1981, J. C. Penney Company, Inc.

continued

Career education

Where does career education go from here?

That depends largely on what happens to federal funding and leadership. If no legislation is passed to continue OCE, it will be disbanded in 1983. However, many proponents feel OCE, handicapped by budget cuts, needs more time to do its job.

Could career education survive locally without federal input? That depends on how popular the movement is among state legislators and local school boards, and whether they are willing to foot the bills.

Looking ahead to the '80s, proponents have several goals: to gain more long-term aid from the community; rid school materials of race, sex, and economic biases; promote texts that support career education; and, most important, increase the number of schools—particularly secondary and post-secondary schools—that teach career education. Opponents would like to drop the program from the lower grades and retain career education only in elective high school courses (if at all).

Whichever your viewpoint, you can influence the future of career education by taking these steps:

- Learn about career education in your child's school by talking with the principal.
- Make your opinion known at local school board meetings.
- Contact legislators about state funding, and U. S. representatives about continuation of the OCE.

—Emily Freeman

Get fiber into more foods your family will like.
Like Bran Muffins.



Bran Muffins

1¼ cups all-purpose flour
3 teaspoons baking powder
½ teaspoon salt
½ cup sugar
1¼ cups milk
1½ cups KELLOGG'S® ALL-BRAN® cereal or KELLOGG'S® BRAN BUDS® cereal
1 egg
⅓ cup shortening or vegetable oil

Stir together flour, baking powder, salt and sugar. Set aside. Stir together cereal and milk. Let stand about 2 minutes.

Add egg and shortening. Beat well. Add flour mixture, stirring only until combined. Fill 12 greased 2½-inch muffin-pan cups. Bake at 400° F. about 25 minutes or until golden brown. Serve warm. YIELD: 12 muffins.

Variations: In place of the All-Bran cereal, use 2 cups KELLOGG'S® 40% BRAN FLAKES cereal. Or use 2 cups KELLOGG'S® CRACKLIN' BRAN® cereal and decrease milk to 1 cup.

Kellogg's®
The high-fiber cereals.

® Kellogg Company
© 1980 Kellogg Company


Benson &
& Weekends

Reg.: 11 mg "tar," 0.8 mg nicotine—Men.: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Dec.'79.

© Philip Morris Inc. 1981

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Hedges & Me



Because the pleasure lasts longer.

Benson & Hedges Lights

Let things pile up.



If you're looking to save energy in your laundry room, you don't have to go so far as washing clothes by hand.

But you may want to think about saving your small loads until you have a full one.

Because both your washing machine and dryer use the same amount of energy whatever you put in them.

So if even only a third of your normal washes are small ones, you can save quite a bit of money over a year by combining them into full ones.

That's just one of the things Atlantic Richfield is suggesting people do. There are lots of others.

The important thing is that if everyone picked at least one thing, and stuck to it, our country would save a load of energy and money.

It may sound like a small idea, because it's so simple. But we think it can pay some pretty big dividends.

For all of us.

Conservation. It's the thing to do.

ARCO

Atlantic Richfield Company

SOLAR IDEA HOUSE

OUR 1981 AWARD WINNER

By David Haupert



This solar eye-catcher—built last year in North Carolina for a low $35 per square foot—is an excellent example of the new wave of homes being planned for the '80s. They come in all sizes, shapes, and styles but share one important ingredient: energy efficiency.

The house we're featuring here is so sensible and livable that it was singled out as best-of-show in a nationwide contest sponsored by *Progressive Architecture* magazine, the American Plywood Association, and *Better Homes and Gardens.* The judges liked the way architect Dale Leyse used twin heat-producing greenhouses —not only to feed warmth directly into the two major living areas, but also to give the adjoining rooms dramatic views and exciting dimensions. The flexibility of the individual spaces rates tops, too, as you'll see when you step inside this new 1,872-square-foot home on the following pages.

Photographs: Ross Chapple. Architect: Dale R. Leyse
Interior designer: Jenny Fitch. Landscape designer: Dan Sears, Sears Design Group

As you look over the floor plans, you can quickly spot the two distinct zones in the lower level—the quiet end at left and the activity areas on the right. Of course, the living room could be another family's library or den. And the same flexibility applies to the family room; it could serve someone else as a music room, hobby center, or dining room. Upstairs are a master bedroom and an all-purpose space that could sleep a child or guest—or house sewing gear, stereo equipment, and the like.

When you step inside the entry and pivot left, you face the 18x16-foot living room *(opposite page)*. You can see how its free "furnace"—the 18x4-foot greenhouse—can be put to work: Just open the top sliders (use a long rod) and the lower sections of the bottom bank of windows. The accumulated heat then flows out of the top openings and is replaced by cooler air that enters through the bottom openings, ready to continue the convective cycle. (See diagram, page 38.)

If you're still standing in the entry, turn around and look into the 18x12-foot family room *(bottom left)* at the opposite end of the house. Another 18x4-foot greenhouse serves that room, the upstairs space, and—to a smaller degree—the kitchen/eating area *(page 39, top)*. The greenhouses, by the way, supply more than half of the yearlong heating requirements for this solar idea house. However, both of these sunspaces must be fitted with movable insulation, such as roll-down thermal curtains or pop-in panels, to keep the accumulated heat from escaping through the exterior walls of glass on cold nights or cloudy winter days. Brick floors in the entry, living room, family room, and kitchen help store solar heat.









SOLAR IDEA HOUSE



The two major upper-level areas—an 18x12-foot master bedroom *(bottom)* and an 18x12-foot bedroom/study *(bottom, opposite page)*—share space with the living room and family room below via giant cutouts. Although they detract somewhat from privacy, these openings play an important role in maintaining a uniform household climate. As warm air exits the greenhouse *(see diagram)*, it follows the ceiling line and flows through the cutout into the upper level. At that point the air becomes a bit cooler and begins to drop. Grates cut into the floor funnel the air into the room below, where the convective loop



takes its return leg through more grates.

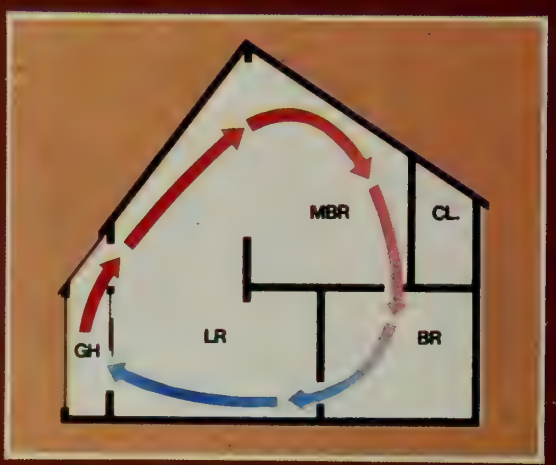
R. B. Fitch, the builder of this award-winning home, fitted it with a simple energy monitor *(above)* that reads the flow of electricity into the house and converts that measurement into a dollar figure. Whenever you glance at the monitor, you know the per-hour cost of the electricity you're using at that moment. Tests indicate that families living in energy-efficient homes can save 12 percent on their electricity bills by using the monitor.

Buying information, page 64

Better Homes and Gardens House Plan 19915

To order, see page 156.









SOLAR IDEA HOUSE

7 Space-Making Projects for Kids' Rooms

By Greg Erickson

Typically, a child's bedroom isn't just a place for sleeping. It's likely to serve as a rec room, study, hobby center, and guest room, too—but probably not very well.

Lack of space for romping and storage is the problem, yet a bigger room isn't the only solution. You can create a versatile, enjoyable environment for your kids by building up and building in—constructing units that perform several functions at once.

Here are some of our favorite space-making projects for kids' rooms. You can duplicate any of them piece by piece or combine a few ideas from several projects to fashion a unit that's unique. Either way, your kids are bound to beam with pride as they say, "This is *my* room."



Photograph: Ross Chapple. Design: David W. Durrant. Field editor: Estelle Bond Gurainick

1

"Tree-house" bunk

To create a one-of-a-kind habitat for your kids without a lot of do-it-yourself labor, start with store-bought components—perhaps some that you already own—then customize them with imaginative homemade add-ons and fresh coats of paint.

The bottom bunk in this room, *above,* came from an unfinished-furniture retailer, but the design of the tree-house-like top bunk came straight out of the homeowners' heads.

Supporting the loft—whimsically but ever so securely—is a chestnut column that the homeowners obtained through a commercial contractor. (You could substitute a more readily available beam.) Closet-rod dowels were forced into glue-filled holes in the post to make the ladder.

All the wood, whether stained or painted, was given several top coats of tough polyurethane to make it resistant to smudges and scratches.



Photographs: William N. Hopkins, Designs: Don Kruppman

2

Study/storage divider

Four pieces of store-bought furniture—a pair of shelf systems and a pair of chests—were used in making the freestanding room divider, *above*. It provides two boys with a place to study as well as storage space for their clothes and collectibles. The divider not only minimizes clutter but also gives each boy the feeling that the room is his own.

The other side of the divider is identical with this side; that is, there's a desk on the left, a chest in the center, and shelves on the right. (The desks were positioned at opposite ends of the divider so each of the boys can study with minimum disturbance from the other.) After the chests were bolted together back to back, the shelves were attached to them, and then sheets of plywood were added to complete the unit. The finishing touches include mirrors set into the boxes above the chests, laminate for the desk tops, and knick-knack shelves above the desks.

3

Knockdown nook

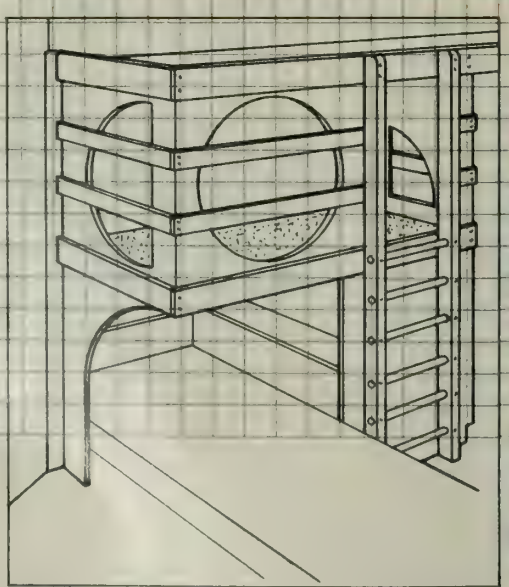
Sturdy as it is and permanent as it looks, this sleep-play-storage unit, *right,* is actually portable: It can be knocked down flat for moving. The Douglas fir 1x4s and 1x6s are attached to one another and to the ¾-inch plywood panels with wood screws, which are countersunk and capped with wooden plugs.

Up the ladder from the bed is a play loft. It's filled with a three-year-old's toys at present, but a few years from now those stuffed animals and building blocks will give way to model airplanes and little bottles of paint.

Around the corner, *below,* is a closet that's the ideal size for this preschooler; The rod is located low enough to be reached easily by a tiny guy. Later the closet will accommodate a teen-ager's wardrobe.



Photographs: Ernest Braun. Design: Sabrina Nash, AIA. Field editor: Helen Hayakawa.







Photographs: Semarco Design; Louis R. Lowes And Associates/Design/Interior Design/Delta

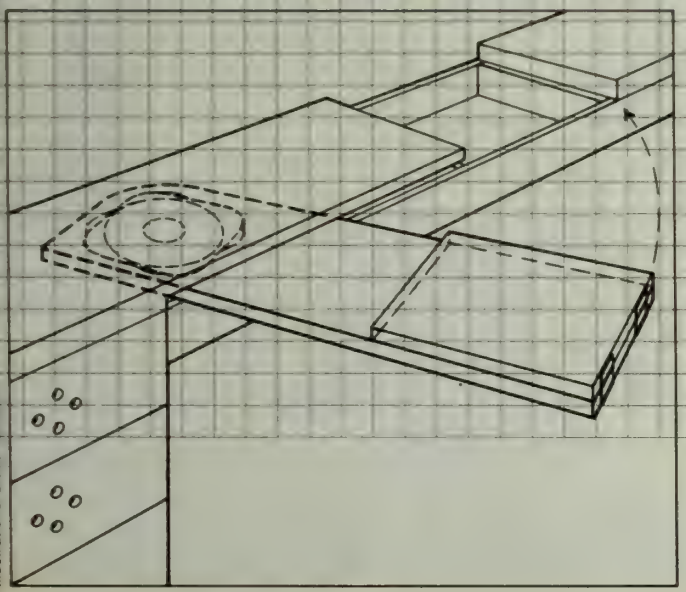


4

Pivoting desk top

A fold-up, swing-in tabletop, *above,* is what makes this study-and-storage system unusually versatile. As you can see in the plan, *below,* the secret ingredient is a ball-bearing turntable. When the work surface isn't needed, its side support rotates 270 degrees from its down position to lie flat on the tabletop; then the top pivots smoothly into a slot in the wall unit. When the table is extended, a storage box is exposed, putting homework supplies within easy reach.

Once again, ready-made furniture was used: The platform bed and three-drawer cabinets were purchased at a department store, then plywood shelves were built in around them. The tops and edges of the horizontal pieces were covered with white laminate; the rest of the surfaces were coated with semigloss paint.



Illustrations: Bieser Kimball

Projects for Kids' Rooms



Photographs: Maris/Semel. Design: Lofty Notions. Field editor: Bonnie Warren Crone

5

Space-making loft

Play space was short in this 10x11-foot room until the homeowners built a loft that lifted their daughter's bed five feet off the floor. The front corner of the loft's 62x56-inch floor was cut off at a 45-degree angle where the ladder was attached. The uprights of the ladder are 2x4s; the steps are 1x4s. On the other three corners, the loft is supported by 4x4 legs.

A railing made of dowel rods surrounds the loft—a pretty way to keep its occupant safe.

6

High-rise sleep spot

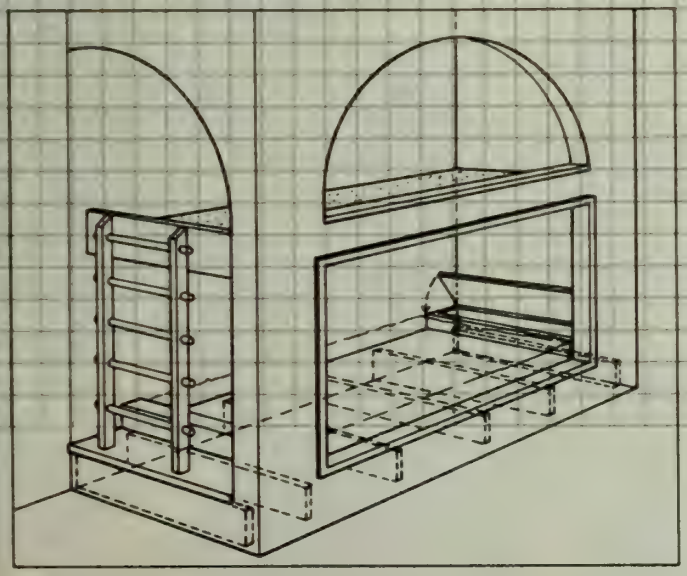
The primary sleep area, *right,* sits three feet off the floor atop an assembly of carpeted plywood boxes. A second mattress, on a foundation fitted with casters, rolls halfway in to form a sofa and out to form a full-size bed for guests.

Supporting the top mattress is a box shaped like a big upside-down U. The steps leading to the upper level were constructed separately, as was the three-tiered headboard unit.



Photograph: Ross Chapple. Design: Carol Siegmeister, Taylor/Siegmeister Associates. Field editor: Eileen A. Deymier

Photograph: Ross Chapple Field editor Eileen A. Daymier



7

Built-in bunk

This built-in bed and loft, *above,* is constructed of 2x12 and 2x4 support members, plywood, and drywall (see plan). The headboard in the sleeping area has a flip-up top, so it doubles as a storage unit for odds and ends.

A few pillows make the loft a cozy place for reading. And all a guest needs for a good night's sleep is a sleeping bag stretched across the loft's carpeted floor.

© 1987 R.J. REYNOLDS TOBACCO CO.

New Winston

The first ultr



Only 5 m

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

Ultra

w tar built on taste.

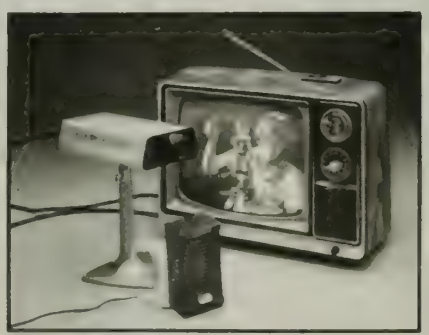


Kim Garretson

Good News

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

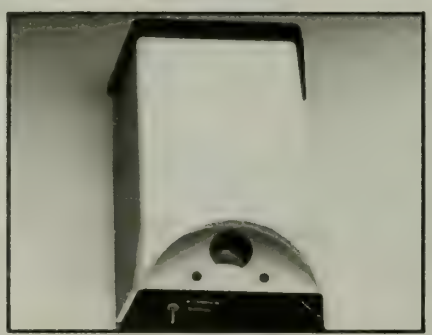
Video security system



This system lets you see and talk to a doorbell ringer from anywhere in your house. Or you can watch and listen to children playing outside or your baby resting in the nursery. The closed-circuit TV camera and the intercom box that replaces your doorbell both connect to the 12-inch black and white television set (you can simply watch TV on it, too). When someone pushes the intercom button, the picture appears on the television screen and you can hear the visitor. You also can leave the system on continually.

Video Sentinel System, about $400. Zenith Radio Corporation, 1000 Milwaukee Avenue, Glenview, IL 60025.

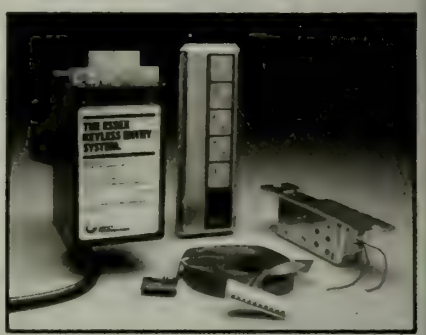
Security light control



If anyone walks into a large area around the little device, it turns on one or more lights. Most intruders won't stay around when this happens. You also can use the unit to light the way for you and your visitors on a driveway, sidewalk, stair, or porch. The device employs passive infrared to sense intruding heat sources, like a human body, within its 35x25-foot field. Once the lights go on, they stay on about four minutes, then the device resets. The unit is only ten inches high and can be installed indoors or outdoors.

Welcome Light Controller, about $200. Colorado Electro-Optics, Inc., 2200 Central Ave., Boulder, CO 80301.

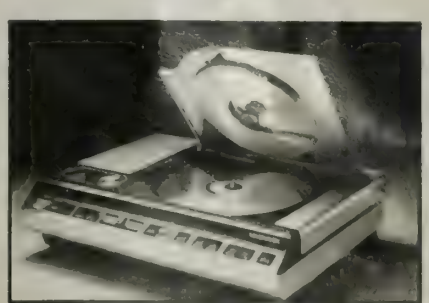
Electronic lock



Push-button locks have been available for several years, but their mechanical parts were subject to wear and abuse. In this push-button lock, electronics have replaced the moving parts, so the keyboard is weather resistant and virtually vandal-proof. Once you've installed the lock, you can program any five-digit master combination in minutes. If you want to make this combination known only to a few, you can program a second, easily canceled, temporary combination at the keyboard for neighbors or children.

Keyless Entry Door Lock, about $100. Essex Transducers, 1130 Mark Ave., Carpinteria, CA 93013. (800) 235-5761.

Videodisc player



It looks like a fancy record player, but the "record" on the turntable actually stores video and audio signals that a small laser reads and transmits to your TV set (and stereo system, if you choose). The quality of the picture and sound is superior to that of a video tape recorder/player, and the videodisc player and its videodiscs cost less than a videotape player and videotapes. The one disadvantage is that you can't record TV programs on your own; you must buy prerecorded discs. Many movies, sports programs, educational and instructional series, and music concerts are available. And the discs are virtually "wearless" since there's a protective coating over the grooves the laser reads. Dust, friction, and fingerprints are not a problem. The player also can show programs in slow motion or backwards, or freeze any frame.

Magnavision, about $775. Magnavox Consumer Electronics Co., Dept. 700, P.O. Box 695, Knoxville, TN 37914.

erk™– It's specially ormulated to keep a good hing glowing! Perk beauty eshener is specially formulated to eshen the look of your no-wax floor as gently cleans. On no-wax floors, deter- ents can leave a dulling film. And ater alone won't really clean. But erk is specially formulated to ently clean as it brings out the ghlights you paid all that money r in the first place! If you love the eauty and convenience of your o-wax floor, get new Perk, and eep a good thing glowing.

lo wax, no detergent vorks like new Perk!

30¢ STORE COUPON 30¢

Save 30¢ on new Perk™ beauty freshener for no-wax floors



To the Dealer: We will pay you 30¢ plus 7¢ handling charge for each of these coupons redeemed in accordance with the terms of the offer. To obtain payment send to LEHN & FINK Products Co., P.O. Box 1758, Clinton, Iowa 52734. This coupon is good only when redeemed by you from a consumer at time of purchasing any size Perk. Any other use constitutes fraud. Invoices showing purchase of stock to cover coupons must be shown upon request. Consumer must pay any sales taxes. Coupon void if taxed, restricted, or prohibited by law. Cash value 1/20 of one cent. Good only in U.S.A. Limit one coupon per purchase. **Offer expires February 28, 1982.**

30¢ PBF-BHG-281 30¢

NOW! A BEAUTY FRESHENER FOR NO-WAX FLOORS

Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: You don't like to toss out your rubber gloves just because they've got worn-out fingertips, but you don't know what else to do with them.

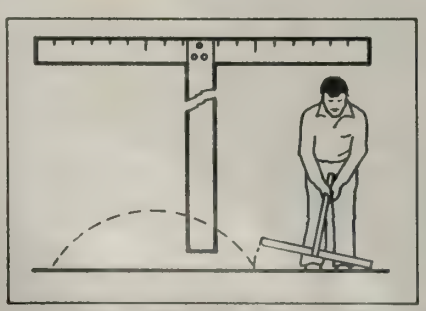
SOLUTION: Cut strips from the cuffs to make big, tough elastic bands. Make various widths for different chores. The bands will come in handy for securing the tops of cardboard boxes and for holding the pieces of a broken object together while the glue sets.

F.H., San Diego, Calif.

PROBLEM: You need a way of single-handedly measuring large areas like a floor for carpeting and a yard for a garden.

SOLUTION: Fashion a long-handled, T-shaped measuring device from a yardstick and an old broom handle. Attach the broom handle to the center of the yardstick as shown. Turn the handle as you walk along the area you're measuring so the yardstick lies flat and then flips end over end. Count the flips of the stick as you go.

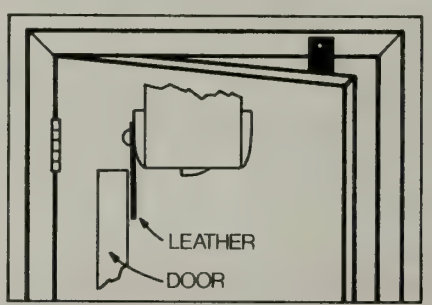
D.O., Boise, Idaho



PROBLEM: There's an inside door in your house that you'd like to keep ajar most of the time (so children and pets can open it), but you want to be able to shut it tightly every now and then.

SOLUTION: Secure a six-inch strip of thick leather to the top of the door frame with a tack or screw as shown. The strip will keep the door from being closed inadvertently and can be rotated up and out of the way when you want the door shut.

C.P., Phoenix, Md.



PROBLEM: When gluing a wooden chair leg, baseball bat, or any other wooden object that has developed a long crack, you have trouble getting the glue down into the deepest parts where it will do the most good.

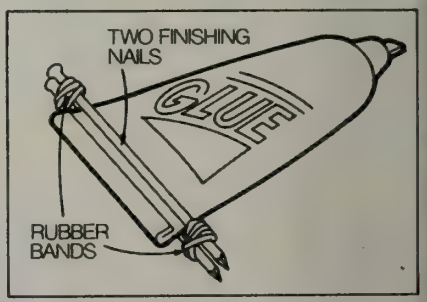
SOLUTION: Spread open the crack as much as you can without breaking the damaged object in two. Pour or squirt glue into the crack. Then use a length of string in the crack, as you would dental floss between your teeth, to work the glue down deep. Repeat with more glue if necessary. Finally, clamp the object tightly and wipe off the glue that oozes from the crack.

J.M., Jackson, Miss.

PROBLEM: You'd like to be able to squeeze all the glue from a tube, but you don't have one of the commercially available keys that are made especially for this purpose.

SOLUTION: Use tape or rubber bands to attach two large finishing nails to the end of the tube as shown. The flat surface formed by the two nails will provide the leverage you'll need to use the nails like a rolling pin against the tube.

C.P., Phoenix, Md.

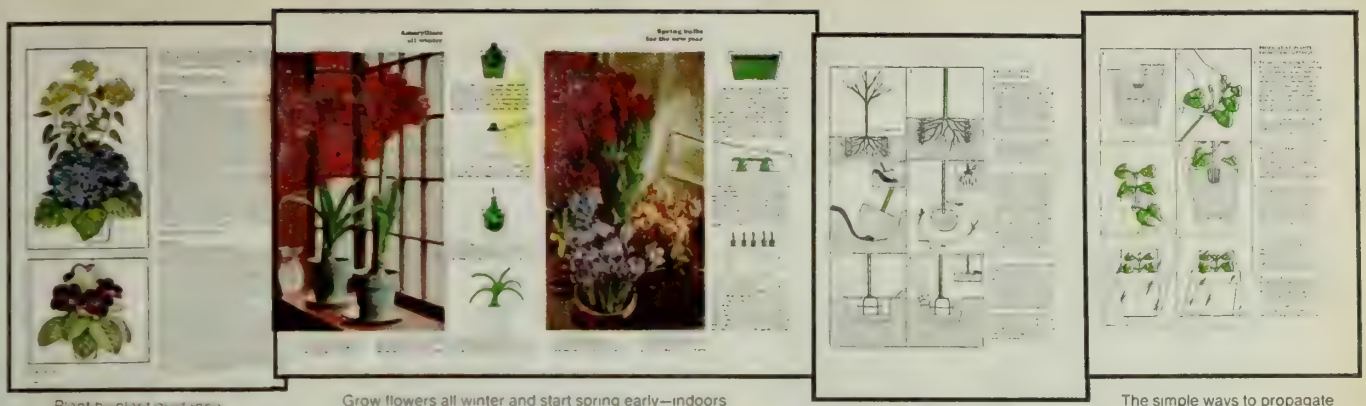


PROBLEM: Your piercing-point oil can spout is difficult to store between uses—it picks up dirt and leaves oily stains.

SOLUTION: Store the spout in an old tennis ball can. The can's tight-fitting plastic lid will keep dirt from getting in and oil from dripping out. The spout will always be clean and ready the next time you need to use it.

T.B., Davenport, Iowa

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.



Plant by plant gly- ance

Grow flowers all winter and start spring early—indoors

How to transplant a young tree safely

The simple ways to propagate new plants

End gardening guesswork!

INDOORS AND OUTDOORS

TIME LIFE BOOKS

Time-Life Encyclopedia of Gardening

Begin your garden library with Foliage House Plants for 10 days FREE with no obligation to buy.

- Numerous full-color photographs
- Dozens of step-by-step how-to drawings
- Big hardcover books • 160 to 176 pages
- 8½ x 11 inches

Here's all the know-how you'll ever need to grow plants beautifully indoors or out. No more guesswork on gardening subjects from the air layering method of propagation to a viburnum's favorite type of soil.

Virtually any garden technique, problem or kind of plant you're likely to come across is sure to be covered in this colorful series.

THE TIME-LIFE ENCYCLOPEDIA OF GARDENING is not only crammed with hard facts, practical advice and clever tips, it is superbly illustrated to show you what to do step by step. Stunning photos of unique gardens...quick reference charts of plant-disease symptoms, pests, growing requirements (keyed to climate maps for your area!)...and the famous plant-by-plant encyclopedia section in each book.

Clearly written by the Editors of TIME-LIFE BOOKS and a team of experts to give you green-thumb confidence and do-it-right-the-first-time information. No wonder it's the fastest selling and most trusted reference source for more than 1,700,000 gardeners and nurserymen across North America.

Hardcover volumes include *Herbs... Flowering House Plants... Pests and Diseases... Wildflower Gardening... Roses... Perennials... Greenhouse Gardening...* and many more.

Start your gardening library with the introductory volume *Foliage House Plants* on a FREE 10-day examination basis, with no obligation to buy it or future volumes. Mail the order form here and end your gardening guesswork forever.



TIME-LIFE BOOKS
Time & Life Building, Chicago, Illinois 60611

Yes, I would like to examine *Foliage House Plants.* Please send it to me for 10 days' FREE examination and enter my subscription to THE TIME-LIFE ENCYCLOPEDIA OF GARDENING. If I decide to keep *Foliage House Plants,* I will pay $10.95 ($11.95 in Canada) plus shipping and handling. I then will receive future volumes in THE TIME-LIFE ENCYCLOPEDIA OF GARDENING, shipped one volume at a time, approximately every other month. Each volume is $10.95 ($11.95 in Canada) plus shipping and handling and comes on the same 10-day free-examination basis. There is no minimum number of books that I must buy, and I may cancel my subscription at any time simply by notifying you. If I do not choose to keep *Foliage House Plants,* I will return the book within 10 days, my subscription for future volumes will be canceled, and I will not be under further obligation.

BQCRM5

Name_____
(please print)

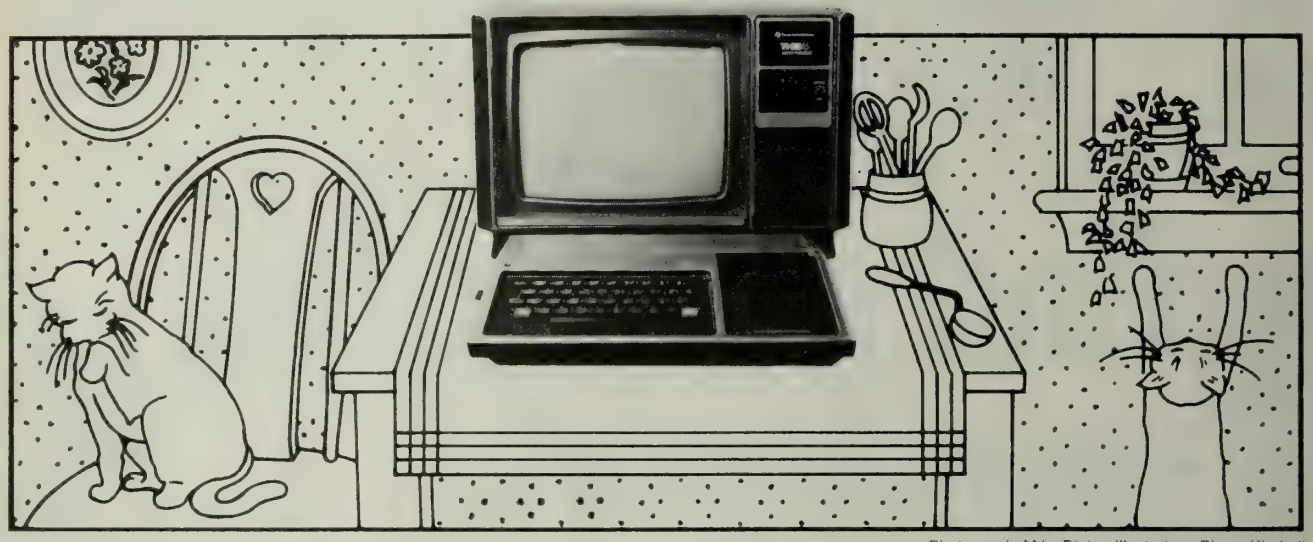
Address_____ Apt._____

City_____

State_____ Zip_____

Kim Garretson

Could A Home Computer Help You?



Photograph: Mike Dieter. Illustration: Blaser Kimball

We weren't gazing into a crystal ball when we helped design the kitchen computer center on page 98. Computers designed for the home already are in use in 250,000 homes and are predicted to be in half a million by the end of the year. In fact, we at *Better Homes and Gardens* think the home computer will revolutionize the American home in the next few years. To find out what a computer could do for you, read on.

Why a computer in my home?

Home computers shouldn't be confused with video games that let your children play "Galaxy Invaders" on your television set. A home computer is a tool that helps you handle tasks from managing home finances to making heating and air conditioning more energy efficient. As with all computers, the benefits of a home system are twofold: it can store reams of information in a small space; and it can retrieve information and use it to calculate, project, create, plan, and more, all in minutes or even seconds.

But computers confuse, intimidate, and even anger many people exposed to computer-produced forms and letters. Will you have the same woes with a home computer? The answer, in most cases, is an emphatic no. You can begin using most home computers in seconds. They come with plug-in devices programmed to help you perform a task by asking simple questions on a television screen that you answer on a typewriter-like keyboard.

At some point, you'll probably want to do more with your home computer than the plug-in devices allow; specifically, you'll want to produce your own programs. To do this, you'll need to learn BASIC, a language akin to pidgin English that lets you give instructions to the computer, rather than simply follow its instructions. You can learn BASIC in a matter of hours by studying an instruction book and practicing on the computer.

What makes up a home computer?

In computer terminology, the answer is hardware and software. Hardware refers to the devices that perform the computer's various functions, and software refers to the plug-in objects that store the computer's instructions for you and the information you put into the computer.

Generally the hardware consists of three components: a small monitor, a keyboard like that of an electric typewriter, and a portable cassette tape recorder or shoe-box-size box with slots in the face. The components can be separate or built together.

The monitor, which resembles a television set, displays the information stored in the computer and the data you program into it. (With some computers, your television set can be used as the monitor.) The keyboard allows you to program into and retrieve information from the computer's "brain," a tiny microprocessor usually housed in the same cabinet with the keyboard. A microprocessor is a silicon "chip"—less than half the size of your thumbnail—containing thousands of microscopic electronic elements. Incredible as it sounds, this tiny object can "remember" volumes of information, both words and numbers, merge and sort this data into new categories, and display any segment of the information in new forms, all within seconds.

The third component holds the computer's software; if it's a cassette tape, the computer uses a portable cassette recorder; if it's a thin, round plastic disc smaller than a 33-rpm phonograph record, called a "floppy disc," the computer uses the shoe-box-size device, called a disc drive. Many computers can use either of these software devices; the difference is the floppy disc unit is more versatile and has more storage capacity, but it also costs several times more than the cassette recorder. Still other computers use cartridges the size of a cigarette pack as software; they usually plug into the cabinet containing the microprocessor.

You can buy a computer containing these elements, either as separate components or as a single unit, for $500 to $2,500. Popular add-ons include a printer that will produce a printout of any stored data ($400 to $800), an adapter that lets you connect the com-

continued on page 58

There are over 3000 imported whiskies in America. Only one can be the best-seller.

That's V.O.

There's a reason why.

Taste!



More V.O. is bought than any other imported distilled spirit in America. More than any Scotch, Canadian, Rum, Gin, Vodka, Tequila. You name it.

Enjoy our quality in moderation.

V.O

CANADIAN WHISKY. A BLEND OF CANADA'S FINEST WHISKIES. 6 YEARS OLD. 86.8 PROOF. SEAGRAM DISTILLERS CO., N.Y.C.

Kiwi Fruit
An idea from the islands! Circle your Centennial Cheesecake with savory slices of kiwi fruit. Delightfully different and delicious.



Mandarin Oranges and Crushed Pineapple:
Run a refreshing ring of mandarin orange wedges around a juicy crushed pineapple center. A sweet and sunny way to enjoy a Philly cheesecake.





Lemon Glaze:
Combine ¾ cup sugar and 2 tablespoons cornstarch in saucepan. Stir in ½ cup water and ¼ cup lemon juice. Cook until clear and thickened, stirring occasionally. Stir in 1 tablespoon PARKAY Margarine. Cool slightly. Spoon over cheesecake; chill.

Centennial Cheesecake-Philly serves it up to celebrate a century.

Since 1880, Philadelphia Brand cream cheese has been serving up some of America's creamiest, most delightfully luscious favorites. In celebration, KRAFT has cooked up this savory Centennial Cheesecake and topped it off ten delicious ways! Serve it proudly with this elegant silver plate cake server from Alvin by Gorham. To get your special edition server, check the offer below and celebrate a century with Philly cream cheese.

CENTENNIAL CHEESECAKE

1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
½ cup PARKAY Margarine
1½ cups flour
¼ cup sugar
1 teaspoon grated lemon rind

3 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese
1 cup sugar
2 tablespoons flour
1 tablespoon lemon juice
2 teaspoons grated lemon rind
4 eggs

1 21-oz. can cherry pie filling

Combine softened cream cheese and margarine, mixing until well blended. Add flour, sugar and rind; mix well. Form into ball; chill thoroughly. On lightly floured surface, roll ¼ cup dough to ⅛-inch thickness.

Cut with assorted 1-inch cookie cutters. Sprinkle with sugar. Bake at 375°, 8 to 10 minutes or until edges are very lightly browned. Spread two thirds remaining dough onto bottom of 9-inch springform pan. Bake at 375° 25 minutes. Press remaining dough around sides of pan.

Combine softened cream cheese, sugar, flour, lemon juice and rind, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Pour over crust. Bake at 300°, 1 hour and 15 minutes. Loosen cake from rim of pan; cool before removing rim of pan.

Spoon pie filling over cheesecake; top with cut outs.



Blueberry Glaze:
Combine ⅓ cup sugar and 1 tablespoon cornstarch in saucepan; stir in ⅓ cup water, ¼ cup mashed blueberries and 1 tablespoon lemon juice. Cook until clear and thickened, stirring occasionally. Strain; cool. Stir in 2 cups blueberries. Spoon over cheesecake; chill.

Shaved Chocolate and Walnuts:
Sprinkles of shaved chocolate, walnut halves, and a little imagination can make a big sensation! Simple and simply delicious.



Sour Cream and Strawberries:
Cover the top with a smooth sour cream layer, then surround with fresh strawberry halves. A traditional favorite in a classic new setting.



Assorted Fruits:
Run rings around the top with some of your fruity favorites. Like seedless grapes, apricot halves, and fresh blueberries. A quick and colorful topping that's the tops!



Pineapple Slices and Maraschino Cherries
Surround the top with circles of sweet pineapple, then decorate with delectable maraschino cherries for a topping that's right on target!





Raspberry Preserves and Peach Slices:
Float several golden peach slices in a sea of rosy red raspberry preserves. A peachy combination of two of your favorite fruit flavors!





KRAFT
© 1981 Kraft, Inc

Coconut Streusel Topping:
Combine 1 cup toasted coconut, ¼ cup packed brown sugar, ¼ cup toasted slivered almonds; toss with 2 tablespoons melted PARKAY Margarine, press gently onto cheesecake.



You can serve it up in style with this silver plate cake server offer from Kraft... yours for just $15.95! [regularly $53.50]*

Please send me _____ silver plate cake server(s). For each server, I enclose $15.95 in check or money order (no cash or stamps, please) and two (2) UPC symbols from 8 oz. size Philadelphia Brand cream cheese.

Please send to:

NAME _____
(Please Print)

ADDRESS _____

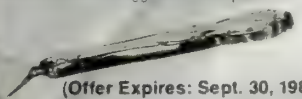
CITY _____ STATE _____ ZIP _____

This offer good in U S A and APO and FPO addresses only. Void where prohibited licensed or otherwise restricted.
Allow 4 to 6 weeks for delivery

Mail to:
Philadelphia Brand cream cheese Server Offer P.O. Box 836 South Holland, IL 60473

*Manufacturer's suggested retail price





(Offer Expires: Sept. 30, 1981)

continued from page 54

Home computer

puter to data banks by telephone ($100 to $300), and prerecorded software programs discussed below.

What can the software do?

Different types of software have different storage capacities. Cassette tapes and plug-in cartridges, for example, hold between 4,000 and 20,000 letters or numbers, also called "characters." In computer terminology, this range would be written 4K to 20K "bytes" or bits of memory. A floppy disc can store from 70K to 125K; the information is read by a stylus, much as a phonograph needle reads music from a record.

The bytes of memory on software are further defined as RAM or ROM. RAM, or Random Access Memory, is the capacity to hold information that you put into or retrieve, alter, or erase from the computer. ROM, or Read Only Memory, is the capacity to hold the instructions for performing a task with the computer; you can't erase or alter ROM. Thus, if a computer catalog says a computer has an 8K ROM capacity and a 16K RAM capacity, the capacity for permanent instructions is 8,000 characters, and the capacity for information you put in is 16,000 characters.

The prerecorded programs mentioned earlier are sold as pieces of software—cassette, cartridge, or floppy disc—with the ROM instructions already recorded. Some prerecorded software also can hold your RAM information and some are ROM only; you must plug a second software piece into the computer to store your information. Prices range from $5 for a game up to $150 for a bookkeeping system for a small business. Dozens of programs already are available for each computer, and hundreds more are on the way.

What can I do with the computer?

With the many software programs on the market, you can turn a computer into a real workhorse. Here are some of the tasks it can perform:

Home money management. The computer can store all family financial information and help you balance savings and checking accounts, set up budgets, compute taxes, and keep a history of money matters, ranging from which checks were written to how investments performed.

Record and schedule storage. Your home computer also can store nonfinancial records, like birthdays of friends and relatives, and lists of appointments for the next week, month, year, or beyond. For instance, you might program the computer to remind you when warranties on appliances or cars are nearing expiration. If you're an officer of a club, you can store the membership list, records of dues paid, etc, in the computer.

Kitchen management. Scores of recipes and menus can be stored in your computer and altered as you see fit. For instance, if a recipe serves six, you can adapt it in seconds to serve two. You also can keep a record of foodstuffs on hand to simplify planning menus and making shopping lists.

The computer can even devise a balanced family diet. *Better Homes and Gardens,* for example, has produced a Weight Control and Nutrition software program cartridge that works with a Texas Instruments' 99/4 Home Computer. With the cartridge in place, the computer asks you to set specific weight goals for each person based on his or her measurements and activity profile. The program uses U.S. recommended daily dietary allowances (RDA) to help you devise nutritional family menus.

Physical fitness. Three computer manufacturers offer programs that help you develop complete exercise regimens for each family member based on weight and exercise goals. The Mattel Jack LaLanne Physical Fitness Program, for example, displays a cartoon figure of Jack LaLanne that does the exercises with you.

Education. Most home computer manufacturers offer many educational software programs that cover everything from the three R's to the great classics of literature. You or your spouse can even learn to speak a foreign language or play a musical instrument. And computers make learning fun. Most programs combine flashing lights, bright colors, animated figures, and music to attract and reward learners. One reading program even speaks the words through the computer's voice synthesizer. And unlike a teacher at school or a parent at home, a computer has infinite patience so a child can master a lesson at his or her own pace.

Heating and cooling control and home security. Although only one manufacturer—Ohio Scientific—now offers the hardware add-ons that can do these tasks, such devices soon will be available for many computers. The computer hardware controls the temperature settings of heating and cooling systems, changing the temperature at different times of the day or night for energy efficiency. For home security, the computer monitors sensors placed around the house and warns you of break-ins or fire.

Instant reception or transmission of data. By hooking up your home computer to your telephone with a hardware add-on device, you can make the computer function as an electronic newspaper, magazine, or post office. For a low hourly charge, you can receive programs ranging from the Associated Press news wire, to current stock prices, to nutritional information about the recipes in this magazine.

Who makes the computers?

The addresses of the eight top national brands of home computers are listed below. Most companies will send you information about their computers. And you can see the computers at more than 1,000 computer stores throughout the country, in department stores, and hi-fi and stereo shops:

APF Electronic, Inc., The Imagination Machine, 1501 Broadway, New York, NY 10036.

Apple Computer, Inc., 10260 Bandley Drive, Cupertino, CA 95014.

Atari, Inc., Personal Computer Division, 1265 Borregas Avenue, P.O. Box 427, Sunnyvale, CA 94086.

Commodore, Inc., PET Home Computer, 901 California Avenue, Palo Alto, CA 94304.

Mattel Electronics, The Intellivision, 5150 Rosecrans Avenue, Hawthorne, CA 90250.

Ohio Scientific, Inc., 1333 S. Chillicothe Road, Aurora, OH 44202.

Radio Shack TRS-80, 1300 One Tandy Center, Fort Worth, TX 76102.

Texas Instruments, Inc., P.O. Box 53, ATTN: TI 99/4, Lubbock, TX 79408.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Vantage

The ultimate point in low tar taste



FILTER: 9 mg. "tar", 0.8 mg. nicotine av. per cigarette by FTC method; MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, FILTER 100's: 12 mg. "tar", 0.9 mg. nicotine, av. per cigarette, FTC Report DEC. '73.



PRESERVED PLANTS

ONCE LIVING, THESE PLANTS HAVE BEEN MIRACLE TREATED TO PRESERVE THEIR NATURAL LIFE-LIKE STATE INDEFINITELY . . . NO CARE . . . NO WATER . . . EVER!



CREATE A WARM INVITING MOOD IN EVERY ROOM OF YOUR HOME WITH PLANTS THAT CAN'T DIE . . . THEY'RE PRESERVED

(1) GIANT PRESERVED BOSTON FERN . . .
wide $16.95

(2) GIANT PRESERVED ARECA PALM . . .

(3) GIANT PRESERVED FAN-TAIL PALM . . .
X-large 6' tall $27.9



(4) GIANT TROPICAL GRASS PLUMES . . .
Natural earth tone color

(5) GIANT HAND-WOVEN BASKET URN . . .

(6) HAND-WOVEN RUSH & PALM BASKETS . . .

(7) HAND-WOVEN BANANA BASKETS . . .

ORDER BY MAIL OR TOLL FREE! Send a check by mail or charge to your VISA/BA or MC card. Thirty days guarantee! TROPICAL PLANT INSTITUTE, INC. Box 21496, Dept. H, Ft. Lauderdale, Florida 33335 or Toll free 1-800-327-3729

CARS

Kim Garretson

Test Your Driving IQ

If you haven't had an accident or gotten a ticket in a long time, your driving IQ may be OK. Or it may not be—some rules of the road can fade from memory when there's little call to use them. You can test your memory of some of the trickier rules of the road by taking the test below. To devise the quiz, we asked driver's license examiners in 17 states for the most-often-missed questions on their states' exams.

- **1.** A flashing red traffic light at an intersection means:
  a. Slow down and drive with increased caution.
  b. Slow down and, if necessary, yield the right-of-way to cars approaching from the left or right.
  c. The signal light is out of order; proceed with caution.
  d. Stop; proceed only when it's safe to do so.
- **2.** The first driving ability affected by alcohol is:
  a. Coordination
  b. Stopping
  c. Judgment
  d. Perception
- **3.** When you're following another vehicle, what is the minimum following distance you should maintain on a clear, dry road?
  a. 1 second behind the other vehicle
  b. 2 seconds behind the other vehicle
  c. 4 seconds behind the other vehicle
  d. 6 seconds behind the other vehicle
- **4.** When you park your car facing uphill and there is no curb, you should:
  a. Turn your front wheels to the right.
  b. Turn your front wheels to the left.
  c. Line up your wheels straight ahead.
  d. Park elsewhere.
- **5.** When entering a freeway, you should:
  a. Accelerate quickly to freeway speed and merge with freeway traffic.
  b. Stop in the acceleration lane, wait for an opening, then enter the freeway rapidly.
  c. Slow down and enter the freeway at a sharp angle.
  d. Drive slowly, ready to stop for freeway traffic.
- **6.** To stop the car quickly to avoid a collision:
  a. Push the brake pedal hard and hold it down.
  b. Push the brake pedal hard; apply parking brake.
  c. Quickly pump the brake pedal hard.
  d. Shift to neutral, then apply the brake.
- **7.** What should you do if the rear of your car skids when you are driving a rear-wheel-drive vehicle?
  a. Brake lightly and turn your rear wheels in the direction opposite the skid.
  b. Take your feet off the gas pedal and turn your front wheels into the same direction the rear of the vehicle is skidding.
  c. Hold the brake pedal down and grip the steering wheel.
  d. Turn your front wheels first into the direction

opposite the skid, then into the direc tion of the skid.



- **8.** This sign's shape tells you it is a:
  a. Speed warning sign
  b. Warning sign
  c. School crossing sign
  d. Yield sign
- **9.** This sign's shape tells you it is a:
  a. Railroad crossing sign
  b. School crossing sign
  c. No passing zone sign
  d. Pedestrian crossing sign
- **10.** This sign means:
  a. Divided highway ahead
  b. Center divider strip ends
  c. Merging traffic from the right
  d. Watch for emergency vehicles
- **11.** This sign means:
  a. Come to a complete stop before entering the other highway.
  b. Car on the right goes first.
  c. Merely slow down before entering the highway.
  d. Proceed with caution, entering without interrupting the traffic on the other highway.
- **12.** This sign means:
  a. Go straight from the left lane.
  b. Turn left from the left lane only.
  c. Turn left from either lane.
  d. Watch for curves to the left.

And your score is . . .

The correct answers are: (1) d (2) c (3) b (4) a (5) a (6) c (7) b (8) b (9) a (10) c (11) d (12) c.

If you missed only one or two, your driving IQ is high; three to five, your knowledge is beginning to slip; more than five, get a driver's manual for a refresher course.

Solve Your Most Common Home Problems!

New and Revised from Better Homes and Gardens®

A pocketful of **Guide-To** miracles for almost any household project! 18 new and revised titles in easy-to-handle booklet form! Contains over 900 pages and more than 1,000 illustrations covering Home Insulation, Bathrooms, Landscaping and much more! **Save by ordering all 18 Today! Booklets are $1 each, 5 for $4.00, 12 for $8.00, all 18 for $10.00. Include 95¢ postage and handling.**

Quantity

_____ No. 02249 All 18 Booklets
_____ No. 02209 Bookshelves and Storage
_____ No. 02205 Patios and Decks
_____ No. 02206 Kitchen Planning
_____ No. 02218 Landscaping and Fencing
_____ No. 02208 Family and Rec Rooms
_____ No. 02211 Bathroom Planning
_____ No. 02248 Insulating Your Home
_____ No. 02210 Painting and Wallpapering
_____ No. 02219 Fireplaces
_____ No. 02232 Floors, Walls, and Ceilings
_____ No. 02233 Home Upkeep and Repair
_____ No. 02235 Basic Home Carpentry
_____ No. 02242 Houseplants
_____ No. 02234 Repairing and Refinishing Furniture
_____ No. 02204 Enlarge-A-Room
_____ No. 02237 Masonry and Concrete
_____ No. 02223 Plumbing Repairs
_____ No. 02224 Electrical Wiring Basics

Not Shown

Better Homes and Gardens®

Dept. 2SD, Box 374
Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ Zip _____

TAX NOTE Better Homes and Gardens is required to collect and pay state and local sales taxes in the following states Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

Credit Card Orders Only To use your credit card, fill in the boxes below — or on orders of $10 (entire set) PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll Free not available in Alaska and Hawaii.)

Credit Card No _____
Expiration Date Month/Year _____

AMERICAN EXPRESS · master charge · VISA

OUR POLICY: Full refund if not completely satisfied.



Guide-To Booklets Short cuts that save you hours . . . extra touches that assure **professional** results . . . material buying hints that save you lots of dollars . . . that's what the editors of Better Homes and Gardens® Guide-To series have put into each and every booklet — to make sure your do-it-yourself projects are the fun, rewarding experiences they're meant to be. Each booklet is pocket size for on-the-job convenience. Easy to follow and fully illustrated directions take you step-by-step from start to finish. Save now by ordering the booklets you need for today's and tomorrow's projects. Complete and return the above coupon **today!**



GM Accelerates Its Push for Customer Satisfaction.

Most GM owners keep their cars and light trucks for at least 3 years. GM's Continuous Protection Plan will protect you against the rising cost of repairs even after your new-vehicle warranties expire.

ow you can protect yourself against unexpected pair bills for up to 4 full ears or 50,000 miles. us you get bonus atures your warranties on't provide.

M's Continuous Protection Plan an inflation-fighting option for w GM cars, light-duty trucks and ns. It goes beyond GM's new-hicle 12-month 12,000-mile rranty. Even beyond GM's new -month 24,000-mile Power otection Plus warranty on e engine, transmission and ive axle for 1981 GM cars d light trucks.

This protection on covered rts extends for as long as 4 years 50,000 miles—depending on e plan you choose at purchase me. And once your new-vehicle rranty expires, you pay only $25 covered repairs per visit. GM ys the rest!

But financial protection against g repair bills is only one facet of e GM Continuous Protection an. You also get special bonus atures that add to the value of ur new-vehicle warranty. Like wing allowances up to $25 per currence. And car rental lowances anytime your vehicle is operative and detained overnight r required repairs on covered rts.

p to 10 major assemblies re covered, including ngine, transmission, air onditioning, and front and ear drive axles.

epending on the coverage you hoose, GM covers up to 10 major ssemblies: engine, transmission, ront-wheel drive, rear-wheel drive, ooling and fuel, steering, front uspension, brakes, electrical ystem and air conditioner. See our dealer for details.

Choose the coverage that's right for you.

For example, you can get protection that lasts for 3 full years or 36,000 miles, whichever comes first, for less than 30¢ per day on the average car. Or extend your coverage to 4 years or 50,000 miles for just a few cents more per day. Any way you choose it, you'll have a long-term agreement directly with General Motors. So if a problem ever does occur, you won't have to go through a lot of red tape to get action. And you'll have the security of knowing that GM is in your corner all the way.

Toll-free Hot Line.

Out of town and need service? No problem. GM gives you a personal identification card and toll-free "800" hot-line telephone number to use. You can call 7 days a week, 8 a.m. to 5 p.m. local time. We'll give you a name and number where you can get help.

15,000 GM dealers to go to.

With GM's Continuous Protection Plan you have protection that extends across the United States and Canada with approximately 15,000 GM dealers to serve you. From Alaska to Alabama. Miami to Montreal. Protection only GM delivers.

What isn't covered.

GM's Continuous Protection Plan protects you against most major repair bills for only pennies a day. Of course, some parts are not covered, such as tires and batteries, which are subject to their own manufacturers' warranties.

Other parts not covered include:

- **Carburetor, brake drums, disc brake rotors and manual clutch assembly.**
- **Normal maintenance items—filters, engine tune-ups and so forth—unless necessary when repairing a covered part to make the part perform its normal function.**
- **Any items that fail due to misuse, alteration or lack of proper maintenance.**

See your dealer for full details of what is and what is not covered.

An option that can mean added value when you sell your car, truck or van.

In addition to everything else, GM's Continuous Protection Plan is transferable to subsequent owners for a nominal $25 fee. This could be an added selling feature when you sell your car, truck or van. Or you can cancel the Plan and receive a pro-rated cash refund.

So protect your new vehicle investment. Sign up for GM's Continuous Protection Plan and get the protection package that suits you best when you buy your new GM car, light-duty truck or van. Available only from General Motors.

Keep the GM Connection on your new Chevrolet, Pontiac, Oldsmobile, Buick, Cadillac, GMC and Chevrolet Light-Duty Truck or Van.

Continuous Protection Plan

GM

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

SOLAR IDEA HOUSE

Page 35: Exterior siding—American Plywood Association, P.O. Box 11700, Tacoma, WA 98411. Windows—Capitol Products, P.O. Box 3898 B, Harrisburg, PA 17105.

Page 36 (bottom): Basket—Bryant Holsenbeck, 108 Hillview St., Carrboro, NC 27510.

Pages 36 & 37: Fabric on sofas—New Country Gear by Cohama/Riverdale, 200 Madison Ave., NYC 10016. Twig table—Travis & Company, 351 Peachtree Hills Ave., N.E., Atlanta, GA 30305. Plates on rack—Jim Pringle, Wildcat Creek Pottery, Rt. 4, Box 99A, Pittsboro, NC 27312.

Page 38 (left): Fitch Energy Monitor—Fitch Creations, Inc., P.O. Box 111, Chapel Hill, NC 27514.

Page 38 (top): Cupboard—Annie Bo, Counted Cross Stitch, Carr Mill, Carrboro, NC 27510.

Page 38 (bottom): Sheets on bedposts—J. P. Stevens, 1185 Ave. of The Americas, New York, NY 10036.

Pages 38 & 39 (top): Kitchen accessories—Cook's Bazaar, Carr Mill, Carrboro, NC 27510. Light Fixture—Hart's Country Shop, P.O. Box 1387, Ruston, LA 71270. Wallpaper—Carousel Designs, 35 N.E. 40th St., Miami, FL 33137. Plates—Jim Pringle (address above). Vinyl tablecloth—New Country Gear by Leacock, 1040 Avenue of The Americas, New York, NY 10018. Farmer's apron—New Country Gear by Barth & Dreyfuss, 2260 E. 15th St., Los Angeles, CA 90021.

Page 39 (bottom): Sheets—J. P. Stevens (address above). Blind—Levolor Riviera Blinds, 720 Monroe St., Hoboken, NJ 07030. Shelving corners "Corner Clips"—Fitch Creations (address above).

7 SPACE-MAKING PROJECTS FOR KIDS' ROOMS

Page 42: Drapery fabric—Marimekko, 7 W. 56th St., New York, NY 10022. Sheets—J. P. Stevens, 1185 Avenue of the Americas, New York, NY 10036.

Page 44 (bottom): Carpeting—Tretford Carpet Systems, 2400 Market St., Philadelphia, PA 19103.

Page 45: Reading lamps—Alkco Manufacturing Co., 11500 Melrose Ave., Franklin Park, IL 60131.

IDEA KITCHEN

Page 95: Cabinets—Mutschler Division, Triangle Pacific Cabinet Corp., 302 Madison St., Nappanee, IN 46550. Microwave, cooktop—Hotpoint, Div. of General Electric Co., Appliance Park, Louisville, KY 40225. Flooring—Genuwood, Div. of Parkwood Laminates, Box 799, Lowell, MA 01853. Laminate—WilsonArt, 600 General Bruce Dr., Temple, TX 76501.

Pages 96-97: Sink—Kohler Co., Kohler, WI 53044. Dishwasher, trash compactor, refrigerator—Hotpoint (address above). Greenhouse window—General Aluminum Corp., 1001 W. Crosby Rd., Dallas, TX 75006. Tile—American Olean Tile Co., Div. of Nat'l Gypsum Co., 1000 Cannon Ave., Lansdale, PA 19446.

Pages 98-99: Home computer—Mattel, 5150 Rosecrans Ave., Hawthorne, CA 90250. Television—General Electric, Appliance Park, Louisville, KY 40225. Laundry sink—Kohler (address above). Washer and dryer—Hotpoint (address above).

SCRAP CRAFTS

Pages 100-101: *Sampler vest:* Vogue Pattern 7156. Ribbon—C. M. Offray & Sons, 261 Madison Ave., New York, NY 10016. *Button collar:* Ribbon—C. M. Offray & Sons (address above). Pearl cotton—D.M.C., 197 Trumbull St., Elizabeth, NJ 07206. *Wood mosaic:* Wallpaper "Marimekko 3 dot"—Motif Designs, 15 Beechwood, New Rochelle, NY 10801. *China lamp:* Wallpaper—F. Schumacher & Co., 939 Third Ave., New York, NY 10022. *Afghan:* Wallpaper "Marimekko Kukka"—Motif Designs (address above). White bear—Bear Creek Co., Sugar Pine Rd., Medford, OR 97501. *Socks:* Yarn—Bernat & Sons, Co., Depot & Mendon Sts., Uxbridge, MA 01569. Skates—Bauer, 6500 Mill Creek Drive, Mississauga, Ontario L5N2W6.

Pages 102-103: *Darning sampler:* Wallpaper "Farmer's Stripe"—Imperial Wallcoverings, 23645 Mercantile Rd., Cleveland, OH 44122; 28-count linen—Joan Toggitt Ltd., 246 Fifth Ave., New York, NY 10001. Embroidery floss—D.M.C. (address above). *Wool quilt:* Quilt—America Hurrah Antiques, 316 East 70th St., New York, NY 10021. *Raglan sweater:* Yarn "Roly Poly"—Wm. Unger Yarn Co., 230 Fifth Ave., New York, NY 10001. *Coiled rug:* "Jumbo Upholstery Cord"—Conso Products, 27 W. 23rd St., New York, NY 10010.

HOW TO CHANGE THE SCENE WITH COLOR

Page 104: Area rug—Carousel Carpet Mills, Inc., One Carousel Lane, Uriah, CA 95482. Modular seating units—Thayer Coggin, Inc. P.O. Box 5867, 427 South Road, High Point, NC 27262. Armchair—Drexel Heritage Furnishings, Inc., Drexel, NC 28619. Wall plaques—Habersham Plantation, P.O. Box 1209, Toccoa, GA 30577. Floor lamp—The Stiffel Co., 700 N. Kingsberry St., Chicago, IL 60610. Table lamp—Royal Haeger Lamp Co., 1300 West Piper St., Macomb, IL 61455. Window blinds—Pier One, 2520 West Freeway, Ft. Worth, TX 76102. Ducks on cocktail table—Better Homes and Gardens®, Family Shopping Service, Box 374, Dept. 2NA, Des Moines, IA 50336.

Page 106: Area rug—Stark Carpet Corp., 979 Third Ave., New York, NY 10022. Fabrics for draperies, slipcovers, and pillows—Cyrus Clark Co., Inc., 267 Fifth Ave., New York, NY 10016. Floor lamp—The Stiffel Co. (address above). Table lamp—Robert Abbey Inc., 50 Cozine Ave., Brooklyn, NY 11207. Pictures—Vanguard Studios, 5775 N. Lindero Canyon Rd., West Lake Village, CA 91361.

Page 108: Area rug—Stark Carpet Corp. (address above). Floor and table lamps—Koch & Lowy, Inc., 21-24 39th Ave., Long Island City, NY 11101. Track light—Lightolier, Inc., 346 Claremont, Jersey City, NJ 07305. Chrome pedestal—Raymor/Moreddi, Inc., 734 Grand Ave., Ridgefield, NJ 07657. Chintz Roman shades and pillows—Etalage Fabrics, Inc., 979 Third Ave., New York, NY 10022. Sculpture (artist, Karen Strohbeen)—through Percival Galleries, Inc., 210 Shops Bldg., 806 Walnut, Des Moines, IA 50309.

Page 110: Track lights—Lightolier, Inc. (address above). Paper lantern sculpture—George Kovacs, Inc., 831 Madison Ave., New York, NY 10021. Table lamp—Sirmos, Inc., 979 Third Ave., New York, NY 10022. Wall hanging ("Cleopatra" hand-painted fabric by Carolyn Ray)—through Groundworks, Inc., 231 E. 58th St., New York, NY 10022. Window blinds—Flexalum, Div. of Hunter Douglas, 20 Campus Rd., Totowa, NJ 07512.

CALORIE-TRIMMED RECIPES

Page 112 (top): Platter—R. F. Brodegaard & Co., 615 S St., Garden City, NY 11530. Glass shells "International"—Pyrex, Corning Glass Works, Corning, NY 14830.

Page 113 (top): Soup tureen—Marsh Industries, 1224 E. 28th St., Los Angeles, CA 90011. (Bottom): Oval dish—Pfaltzgraff Co., 140 E. Market St., York, PA 17401.

Page 114 (bottom): Oval dish "Village"—Pfaltzgraff (address above).

Page 115 (top): Round plate—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, NY 10549. Oblong baking dish—Copco, Inc., 11 E. 26 St., New York, NY 10010.

PRIZE TESTED RECIPES

Page 135 (left): Tureen—Lipper Int'l. Inc., 386 Park Ave., New York, NY 10016. (Right): Serving spoon "Angelique"—International Silver Co., 500 Research Pkwy., Meriden, Conn. 06450.

Page 136 (far left): Tart pan—Pfaltzgraff Co., 140 E. Market St., York, PA 17401. (Center left): Glass bowl "Tulip"—Kosta Boda USA Ltd., 225 Fifth Ave., New York, NY 10010. Small bowl—Pilgrim Glass Corp., 225 Fifth Ave., New York, NY 10010. (Center right): Bowl and ladle—Gustin Co., LA Mart, Suite 400, 1933 So. Broadway, Los Angeles, CA 90014.

AN AMAZING OFFER!
53 Pieces For Only $53.00
A Complete Dinner Service For 4
Just $1.00 Per Piece!

(Please add $5.00 Postage)



• Famous *Yorktowne* earthenware by Pfaltzgraff. Salt-grey glaze & decorative blue design closely replicates authentic colonial pottery. Dishwasher safe & chip resistant.

• Beautiful Javit crystal water & wine goblets.

• High quality, heavy gauge *Westminster* stainless steel flatware from International Silver. Dishwasher safe. **Exceptional 5-Year Warranty** from International Silver.

53 Piece Set Includes:

4 10½" Dinner Plates
4 7" Salad Plates
4 6" Cereal Bowls
4 Cups & Saucers
4 11 oz. Water Goblets
4 6½ oz. Wine Goblets
4 Dinner Forks, Salad Forks, Knives, Soup Spoons
8 Teaspoons
1 Large Service Spoon

LIMITED QUANTITIES

CALL TOLL-FREE: 800-258-0375
Dept. D12A • Box 1000
North Conway, N.H. 03860

Yield House®

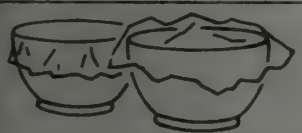
It's Reynolds Wrap®, the good food wrap...

for a country that loves its food.





All across the country, most people feel only Reynolds Wrap will do. They know the only way to get Reynolds Wrap quality is to get Reynolds Wrap. It molds and closes tightly. Helps keep food fresh in the fridge and out. Protects meat in the freezer. Helps cook in the oven. Lines grills and pans for care-free clean-up. For your good food, make sure you get Reynolds Wrap, too.



Sometimes plastic wraps cling, sometimes they don't. You can always rely on Reynolds Wrap.

Herb-Stuffed Fish

2 pound red snapper, or other whole fish, dressed, with pocket for stuffing
salt, pepper
1 cup herb-seasoned stuffing mix
2 tsp. snipped parsley
½ tsp. grated lemon rind
½ tsp. basil leaves
⅛ tsp. granulated garlic
2 tblsp. melted butter
1 tblsp. lemon juice
1 small onion, sliced thin

Place length of Heavy Duty Reynolds Wrap in pan. Salt and pepper fish, cavity and outside. Prepare stuffing mix as package directs; stir in next 4 ingredients. Stuff cavity of fish. Combine butter and lemon juice; pour over fish. Top with onion. Bring 2 sides of foil up over fish; fold down loosely in a series of locked folds. Fold short ends up and over. Cook in 350°F. oven 50 minutes or 'til fish flakes easily. Serves 2.



The good food wrap

GIVE YOUR DRINKS OUR GOOD NAME.

The smooth and refreshing taste of Seagram's Gin
makes the best drinks possible. Enjoy our quality in moderation.

Seagram's



100% NEUTRAL SPIRITS. DISTILLED FROM GRAIN. 80 PROOF. SEAGRAM DISTILLERS COMPANY, NEW YORK, NEW YORK.

Margaret McMahon

idea NOTEBOOK

Totable table

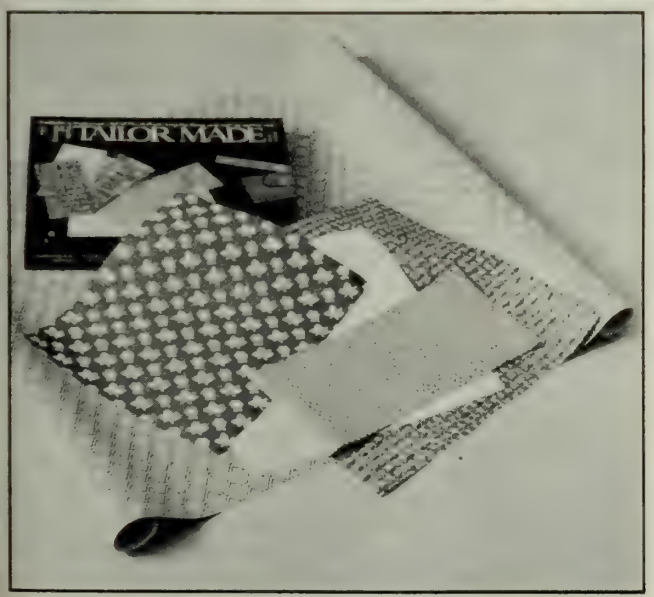
A good-looking portable table is hard to find, or it used to be before Kinnovations added AdapTABLES to its line of well-designed, problem-solving furniture. The unit's folding hardwood base can be flopped to create a 25-inch-high table with a 14x20-inch top or an 18-inch-high table with a 14x25-inch top. The steel tops are offered in bright red, yellow, white, or black. The smaller TV table costs about $20, and the larger end table is $25. For a brochure of the entire Kinnovations line, which includes a new telephone table and several racks, send 50 cents to Kinnovations, 2828 Virgo Lane, Dallas, TX 75229.



Plant booster

What do fingernails and plants have in common? You'll be surprised to know it's Knox Unflavored Gelatine. For years, gelatine has been used to help fingernails grow. Now research indicates this popular household product also is beneficial to plants because it's a rich source of nitrogen, an essential nutrient for healthy houseplants. Here's the Knox Unflavored Gelatine recipe for healthier plants:

Mix one envelope of Knox Unflavored Gelatine with one cup of hot tap water and stir to dissolve. Add three cups of cold water to make one quart of liquid. Use the mixture once a month and only prepare as much as you plan to use at one time.



Well-dressed walls

"Tailor Made," the new Wall-Tex line of vinyl wall coverings, is a restrained, sophisticated group of designs reminiscent of traditional English tweeds, herringbones, foulards, and plaids used in fine suits and skirts. With their tasteful textures and small patterns, the coverings turn walls into a subtle background that will complement, not compete with, your furnishings. In fact, the walls won't dominate the primary decorating scheme even when several patterns in the same color family, or from other color groups, are mixed. The collection includes woven looks, simple floral prints, fine-lined geometrics, and quiet metallics, all with an understated look. These versatile wall coverings are contemporary yet not trendy and will wear for years and years. Most patterns cost $10.95 or $11.95 a roll; the nine metallics are $16.95 a roll. Wall-Tex wall coverings are made by Columbus Coated Fabrics, Columbus, OH 43215.

continued

OVER 1150 HOUSE PLANS

A Great Collection of Home Designs For Your Reference Library

Your Family Will Have Hours Of Fun Picking It's Favorite Design

Charming Exteriors And Practical Convenient Living Floor Plans

ORDER TODAY



1 230 1½- & 2-STORY HOMES - Mansards, Gambrels, Tudors, Salt Boxes, Georgians, Farmhouse adaptations. Also Contemporaries. 3, 4, 5, 6 bedrooms, libraries, family rooms.

CHOOSE YOUR HOME DESIGN BY EXACT CATEGORY . . . $3.00 Blueprints Available At Low Cost



2 185 ONE-STORY HOMES — Over 2000 Sq. Ft. Contemporary, Traditional, Ranches, L-shapes, Atriums, Mud rooms, Family rooms, Separate dining rooms.



3 250 ONE-STORY HOMES — Under 2000 Sq. Ft. All Styles, shapes, budgets. Family rooms, extra baths. Brick veneer, frame. Flat and sloping roofs.



4 180 MULTI-LEVEL HOMES — Split-Levels, Hillsides, Bi-Levels, Traditionals, Contemporaries. Exposed lower levels. Balconies, terraces. All sizes.



5 223 VACATION HOMES — A-Frames, Chalets, Hexagons, Angular Cottages, "Cluster" designs. From 500 to 3000 Sq. Ft. 176 pages, 80 in full color.

SAVE $4.05

Get Complete Collection - over 1150 Designs 2900 Illustrations 920 Pages only $10.95

In Canada, Mail to: Home Planners, Inc. 772 King St. W. Kitchener, Ont. N2G 1E8

HOME PLANNERS, INC. DEPT BK - 23761 RESEARCH DRIVE FARMINGTON HILLS, MICH 48024

CHECK CATEGORIES DESIRED

☐ (1) 230 1 ½ & 2-Story Homes $3.00
☐ (2) 185 One-Story Homes $3.00
☐ (3) 250 One-Story Homes $3.00
☐ (4) 180 Multi-Level Homes $3.00
☐ (5) 223 Vacation Home Plans $3.00
☐ SEND ALL 5 CATEGORIES at $10.95 BHM12MN

NAME (please print)

ADDRESS

CITY STATE ZIP

HOME PLANNERS, INC
Dept BK 23761 Research Drive
Farmington Hills, Mich 48024

Total Amount Enclosed $

Mich. residents please add 4% sales tax.

Hardy grower for stuffing, garnishing, salads . . .



GURNEY'S KING OF THE NORTH PEPPER

LARGE PACKET ONLY 10¢ ppd.

The crispiest, crunchiest, best and biggest early peppers you can grow—up to 6" long, 4" across! Seeds produce hardy plants that thrive anywhere. Even northern gardens produce plenty of mild, sweet-flavored peppers, packed with vitamin C.

Only 10¢ for a large packet, to introduce you to Gurney's quality. Limit one packet per family. Order yours today.

GURNEY Seed & Nursery Company
Dept. 82, 1132 Page St., Yankton, S.D. 57079

☐ Here's my dime. Please send a packet of your King of the North Pepper seeds

☐ I'd like your FREE full-color catalog, too.

Name

Street or Route Zip No

Post Office State Please! Zip speeds delivery

Armstrong House

decorative accessories catalog

Armstrong

Page after page of decorator selected accents, from fun and practical items to exquisitely hand-crafted artwork can be found in our catalog. Beautify your home . . . or find unforgettable gifts. Send $2.00 for the next 3 issues.

Armstrong

Direct Response, Inc.
Dept. 12SBH, 313 W. Liberty St.
Lancaster, Pa. 17604

Enclosed is $2.00 for the next three issues of *Armstrong House*.

Name

Address

City State Zip

A subsidiary of Armstrong World Industries

continued

idea NOTEBOOK

Consumer aids

Everybody knows about S & H Green Stamps, but it's a surprise to learn that the Sperry and Hutchinson Company also is involved with carpet and furniture. Bigelow Sanford, the carpet company, and several furniture manufacturers (among them American Drew, Daystrom, and Lea) are all part of the S & H family. Now S & H has utilized its diversified interests and expertise to develop consumer programs that are offered free, or for a nominal fee, to community groups and teachers. Included are handbooks, program kits, and audiovisual materials on subjects ranging from decorating to public affairs and shopping. For a free brochure about the programs, write Consumer Affairs Distribution Center, the Sperry and Hutchinson Company, 2900 West Seminary Drive, Fort Worth, TX 76133.

Used furniture guide

One way to cope with spiraling prices is to buy (or refurbish) used furniture. You can find likely candidates in secondhand stores, your uncle's attic, or your own living room. To help you know what to look for, Thomas M. Voss has written *The Bargain Hunter's Guide to Used Furniture.* The book covers furniture that was mass-produced in American factories from about 1870 to 1969. Not only will you learn where to buy, but also how to recognize quality pieces and how to repair and refinish your finds. This illustrated paperback is a practical and informative sourcebook for anyone interested in furniture that is not new and yet not antique—just used. The guide costs $7.95 and is published by Delta Books, Dell Publishing Co., Inc., 1 Dag Hammarskjold Plaza, 245 East 47th Street, New York, NY 10017.

THERE IS ONLY ONE DR. SEUSS.

Here's how he turns a pre-schooler on to reading.

TAKE THESE 3 BOOKS TO KEEP FREE... PLUS 2 EXTRA FREE GIFTS ...JUST FOR TRYING THESE 2 BOOKS

WHICH YOU MAY KEEP FOR THE MEMBER'S MONEY-SAVING LOW PRICE.

When it comes to helping children discover the joy of reading, nobody does it like Dr. Seuss. His marvelous stories, appealing characters, and colorful illustrations are so full of fun, kids return to them again and again.

The words are just right for the youngest "readers" of all, too. They're in large, clear type. They often tell the story in rhyme. And they're so closely related to the pictures that, with a little help from Mom or Dad, even very young pre-schoolers can start reading all by themselves. And the best part is that when a pre-schooler is turned on to reading by Dr. Seuss and his friends, he generally stays turned on to reading for life.

A FREE START FROM THE ONLY CLUB WITH DR. SEUSS.

"Dr. Seuss's ABC" is just the book to give your youngster a happier, easier start in reading. It's just one of 3 delightful Beginner Books you'll receive as a free gift when you send for the 2 introductory books shown here—one by Dr. Seuss and the second by another gifted writer and artist. Keep them, if you wish, for only $2.95 each plus delivery. In any case, the 3 free books are yours to keep, along with 2 extra free gifts described below: The Cat in the Hat Bookrack and our special Parent's Guide.

SAVE OVER $12.00

So send now. You can save over $12.00 on the best books you can put in the hands of your pre-schooler. And even if you buy nothing at all you may keep free, the 3 books, The Cat in the Hat Bookrack, and the Guide to helping your child develop reading skills. Read full details in the attached form, then fill it out and mail it today.



THE CAT IN THE HAT BOOKRACK
Colorful, sturdy, 11½" x 6¼" x 6½", holds up to 15 books.

PARENT'S GUIDE
How to help your child develop beginning reading skills. Written in consultation with a widely recognized educator; not available elsewhere.

THE BEGINNING READER'S PROGRAM, Dept. SF
A Division of Grolier Enterprises Inc.
Sherman Turnpike, Danbury, Connecticut 06816

I am enclosing no money. Please send the 3 FREE books: *Dr. SEUSS'S ABC, INSIDE, OUTSIDE, UPSIDE DOWN* and *THE FOOT BOOK*, plus the 2 other FREE gifts, the bookrack and the Parent's Guide. Also include the 2 introductory BRIGHT AND EARLY BEGINNER BOOKS to examine free for 14 days: *HAND, HAND, FINGERS, THUMB* and *ONE FISH TWO FISH RED FISH BLUE FISH*. If not completely delighted, I will return the 2 introductory books in 14 days at your expense and owe absolutely nothing. The 3 free books, free bookrack and free Parent's Guide are mine to keep. If I keep the two introductory books, bill me only $2.95 each (instead of the retail price of $3.95 each) plus delivery. My child will then receive 2 new BEGINNER BOOKS approximately every 4 weeks at the same money-saving member's price. I may cancel at any time.

Child's Full Name (Please Print) _____ Birthdate Mo. ___ Day ___ Yr. ___

Address _____ Apt _____

City _____ State _____ Zip Code _____

Telephone # Area Code (___) _____

Parent's Signature _____

04506/04507/04483/04484

Available in Canada at a slightly higher price. Shipment and services from Canada.

© Illus Dr Seuss 1957

PETS

Barbara Humeston



Should You Get Another Pet?

When there's already a pet or two in your household, adding a new one can be a tricky proposition. First, you'll have to decide whether you're prepared to give the newcomer the necessary time and attention. If you are, you'll want to select your new pet carefully and get him off to a good start with other pets in your family.

Old-timers get priority

There's no sure way to determine in advance if your dog, cat, or other pet will accept another animal in your home. It largely depends on your pet's personality. If your cat drives every other feline from your yard, for example, he'll probably have a hard time adjusting to another cat's presence.

If you have serious doubts about how a newcomer would be received, you might even consider acquiring a new pet for a "trial run." Ask the original owner to agree that the animal can be returned to him or her if things don't work out after a reasonable time.

But, before bringing any new animal home, be sure to take him to a veterinarian for a checkup and vaccinations. Otherwise, you might expose your other pets to a disease or parasites the newcomer may be carrying.

Some basic guidelines

Unfortunately, there are few rules of thumb about what types of pets are compatible. Some animals that are supposed to be natural enemies become devoted friends (we've even seen a wonderful relationship between a rabbit and a parrot). Other animals that seem like logical companions never learn to get along. But keep in mind the following guidelines.

- Though animals of the same species or breed may have certain personality and physical traits in common, never assume they will behave exactly alike. A new poodle, for example, won't be a carbon copy of the one you already own; one Persian cat won't be just like another. Even litter mates of the same sex can differ greatly, and may dislike each other intensely.

But the breed of pet you choose sometimes can be important. For example, certain breeds of cats, like Siamese, tend to get along best with their own kind, rather than with other breeds of animals.

- Combining different kinds of animals can be difficult. Small rodents and birds especially may bring out the natural hunting instinct in dogs or cats (and perhaps quickly reduce your pet population). A guinea pig, for instance, may not look like prey to you, but he may to your cat. In fact, cats can be extremely patient and persistent in pursuing caged pets presumably housed safely out of reach.
- Adult pets—dogs and cats especially—usually adjust more easily to a new puppy or kitten than to another full-grown dog or cat. But note this exception: If your pet is an adult canine, you probably should choose an adult feline. A small kitten too often ends up the loser in a confrontation with a grown dog—even if the dog thinks he's only playing. On the other hand, most grown cats (unless they've been declawed) can fend off a canine. But particularly aggressive dogs, like those bred especially for hunting, may never accept another small animal of any kind, including an adult cat.

One popular misconception is that a new puppy or kitten will automatically give an old dog or cat a new lease on life. That's a possibility, but often an unsupervised "youngster" that insists on playing makes the old-timer exhausted, annoyed, even aggressive.

- Neutered animals are the best choices for a multi-pet family. If you combine two or more unfamiliar, unaltered males or females, you're inviting discord, even battles. And if, on the other hand, you combine an unaltered male and female of the same species, you'll inevitably get more pets than you'd counted on.

Small caged animals, with the exception of breeding pairs, can be particularly choosy about their companions. Two hamsters, for example, frequently fight, and male and female rabbits in the same hutch often do too, except at breeding time.

Important introductions

First impressions really are important, so try to help the newcomer and

continued on page 77

Photograph: Kuhn/Garmon

©Ralston Purina Company, 1980

Purina introduces

Hero™

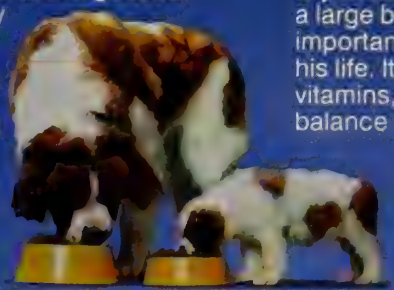


HERO ADULT FOOD
For the special nutritional needs of large breed dogs

HERO GROWTH FOOD
For the special nutritional needs of large breed puppies

The only dry dog foods made for large breed dogs.

HERO ADULT FOOD:
HERO Adult Food provides the optimum balance of vitamins, minerals, protein and energy, to satisfy the special nutritional needs of a large breed adult dog. It offers both a hearty flavor and a special balance of all forty-three vital nutrients. This complete and balanced Adult Food is formulated to follow HERO Growth Food. It also helps avoid the digestive problems occasionally caused by the change from puppy to adult food.

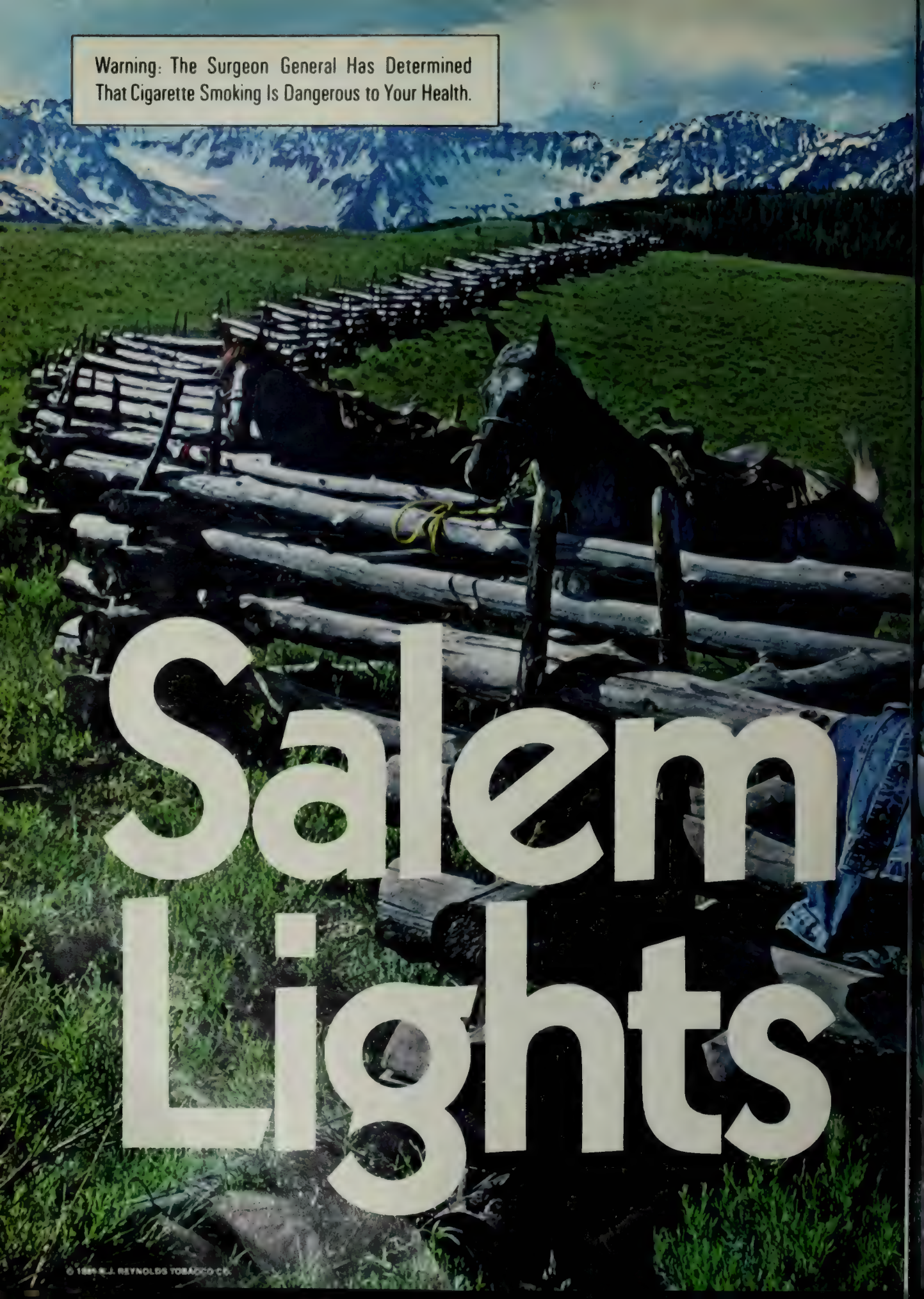


HERO GROWTH FOOD, FOR LARGE BREED PUPPIES:
HERO Growth Food is made to satisfy the special nutritional needs of a large breed puppy during the important first eighteen months of his life. It provides a full range of vitamins, along with an optimum balance of all forty-three vital nutrients (including calcium and phosphorous) to help a large breed puppy develop a strong bone structure.

HERO Adult Food is available in 5 lb., 10 lb., 25 lb. and 50 lb. bags.

HERO Growth Food is available in 5 lb., 10 lb. and 25 lb. bags.

PURINA


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Salem Lights
© 1991 R.J. REYNOLDS TOBACCO CO.


Salem
LIGHTS
MENTHOL FRESH
Salem
LIGHTS
MENTHOL FRESH
Salem
LIGHTS
100s
LOW TAR AND NICOTINE
Low tar. High country taste.
Above all in refreshment.

Lysol® Spray *eliminates smoky odors in the air... even takes them out of my curtains...*

Otherwise it would be curtains for me!

When good friends and bad cigars get together, it's time to get out the Lysol Disinfectant Spray. Lysol Spray gets rid of smoky odors...fast.



Lysol eliminates odors in the air fast!



Lysol Spray makes the garbage can smell fresh and clean because it kills household germs on surfaces, too.



Can't run a home without it.



ontinued

Getting another pet?

our present pet get off to a good start. f possible, let your pets get a look at nd/or smell of each other before they neet head on. Then try to choose neu- ral territory (away from sleeping reas, food dishes, etc.) for the actual neeting place. A school playground or ark makes a good spot to introduce wo canines.

Some interaction—sniffing, hissing, ail wagging, and such—is natural. This should be followed within a few inutes by play or a period during vhich the animals pretend to ignore ach other. Monitor the situation care- ully to prevent any serious confron- ations. If one of the animals does be- ome overly aggressive, separate your ets and reprimand the aggressor sharp- y. Then comfort both animals. Make t clear, however, that you're the boss nd that you intend for the pets to et along.

Take care, as well, that the new- omer doesn't flee in fright. If that hap- ens, your other pet will probably pur- ue him. Chasing something that moves s instinctive for many animals. If your ew pet does decide to hide out (under . sofa, chair, or whatever), be patient. ive him time to gain confidence enough o face his new home on his own.



The follow-up

When things have become relatively peaceful after that first meeting, point out the location of food dishes, sleeping areas, litter pans, and such to your new pet. Make sure he isn't forced to share with other animals in the household. Competition for food and attention is bound to be keen at the start, so try to allot equal time and attention to each of your pets.

It's also important to establish a mealtime schedule and stick to it. But in accommodating the newcomer, try to minimize any disruption of your old pet's routine (feeding times, location of food bowls, etc.). Each pet, however, must understand that any food bowl other than his own is definitely off limits. This is essential in most dog and cat households. Cats generally are slow, deliberate eaters, while dogs usually bolt their food and then start looking for more. (You may even need to move your cat's eating area to a high location out of your dog's reach.)

Adjustment steps

Don't be too alarmed by a bit of struggling for dominance. An adult cat that swats at a puppy or kitten, for example, isn't necessarily being hostile. He's just letting the newcomer know who's boss. Dogs and cats are particularly "rank" conscious, so it's best to allow your pets to establish their own pecking order—with your supervision, of course.

If the adjustment process takes a week or so, don't become discouraged. The exercise, entertainment, and companionship pets provide each other, along with the pleasure they'll give you, more than compensate for the commotion. You may discover as well that a pet whose behavior was a problem (barking, digging, chewing furniture, etc.) experiences an amazing change in personality when there's another pet in your home. On the other hand, there's also a chance that a well-behaved pet may pick up some undesirable tricks from a newcomer. Occasionally, too, you may even feel left out of the goings-on. If you're a parakeet owner, for example, you're likely to discover that training your bird to talk to you can be extremely difficult when he has another parakeet around the house for company.

What can you do if your pets fail to reach any accord after a couple of weeks or so of your best mediation efforts? It's probably a good idea to at least consider finding the newcomer a new home (which can be a major undertaking in its own right). Before making that final decision, however, be certain you've given the new relationship every chance to work out. That means diligently devoting all the extra time, energy, and attention needed to cope with whatever temporary complications may arise.



Gardener's log

"An ounce of prevention is worth a pound of cure."—*Wise Saws* by Sam Slick, 1843

Order some insects

When you're going through your garden catalogs and choosing plants, bulbs, and seeds from mail-order nurseries, consider some ladybugs and praying mantis egg cases. You'll be acquiring some valuable allies in your continual fight against the chewing, sucking pests that try to turn your garden into a banquet.

Just one ladybug can consume 50 aphids in a single day, as well as other soft-bodied villains like scale insects, leafhoppers, and mealybugs. A quart of ladybugs should be ample for even a large garden.

The bizarre-looking praying mantis has an equally voracious appetite, which it abates with grasshoppers, caterpillars, aphids, or any other soft-bodied insect that wanders within its reach. Tie the mantis egg cases to low shrubs. Each case contains about 200 eggs that will hatch when the weather warms up. Many of the mantis fledglings will be eaten themselves by other predators, but some should survive to become stately, and extremely hungry, hunters.

Other helpful garden allies include spiders, many birds, and toads. One toad can devour 15,000 insects in a single garden season. Provide a shallow container of water to encourage toads to remain in your garden.

Enjoy lilies-of-the-valley now

Treat yourself to an early spring indoors by forcing some lily-of-the-valley pips into bloom. Many mail-order nurseries sell pips, or you can order them through our special offer.



Lilies-of-the-valley

When your pips arrive, plant them in the sphagnum peat moss in which they were shipped. Wet the moss so it is easy to work with; then arrange the pips in your hand or on a table so that moss is around each root. Place the roots in a decorative container with the pips pointed upward and just above the growing medium.

Water the sphagnum peat moss thoroughly, then set the pot in filtered light. Now, simply check the water situation daily to be sure the growing medium stays moist, but not soggy. Your lily-of-the-valley pips should bloom in three weeks after planting.

IN THE NORTH

To prune, or not to prune?

Weather permitting, you can begin pruning fruit trees and ornamental plantings this month. But hold up on forsythia, bridal wreath, and other spring-flowering shrubs, or you'll lose a season of bloom. Prune these shrubs after flowers fade.

IN THE SOUTH

Grow a night-bloomer

Start seeds or buy established starts of oenothera, also called sundrops or evening primrose. The 12- to 18-inch plants thrive in full sun or light shade and aren't fussy about soil. They're great for rock gardens and areas with poor soil. The masses of three-inch, cup-shaped, golden yellow blooms open suddenly at dusk with a little popping sound. The flowers are intensely fragrant and will last until the sun is high the following day.

Transplant your sundrops in early spring, spacing new plants about eight inches apart. Apply a side-dressing of well-rotted manure each spring to encourage better growth.

IN THE WEST

Feed your gardenias now

In the warm, dry zones of California and Arizona, gardenias are easy to grow if you remember these tips:

1. Give them plenty of heat—in front of a warm southern wall is ideal. Don't attempt to grow gardenias if you live in a cool, foggy belt or if your soil isn't acid.
2. Supply plenty of moisture and good drainage to remove excess water.
3. Fertilize your gardenias once a month from February to September.
4. If the foliage yellows, apply iron chelates, iron sulfate, or sulfur.

To order lily-of-the-valley pips, see page 64.

Illustration: Steven Schindler


'L'eggs...for a beautiful fit right down to your toes!"
Juliet Prowse
"What makes L'eggs® pantyhose special? Memory Yarn.™ It stretches out and back to fit my legs, your legs, without wrinkles or sags. So no matter what you're doing, L'eggs are always fitting."
Nothing beats a great pair of L'eggs.
15¢ 15¢
SAVE 15¢
on the purchase of one pair of L'eggs® pantyhose
74200 10181
SHEER TOE
L'eggs®
PANTYHOSE
CONSUMER CAUTION! Your retailers may not redeem coupons unless you make the required purchase of the brands and quantities stated ANY OTHER USE CONSTITUTES FRAUD RETAILER. We will redeem this coupon for face value plus 7¢ for handling providing you and the consumer comply with the terms of this coupon offer. You must credit the face value of the coupon against the retail selling price. The consumer must pay applicable sales tax. Invoices proving sufficient purchases of the product to cover coupons presented must be available on request. Failure to do so will void all coupons submitted. Offer void where prohibited. Cash redemption value of 1/20 of 1¢. By submitting this coupon to Leggs Hosiery, Box 1002, Clinton, Iowa 52734, you represent that you have redeemed it pursuant to these terms. ANY OTHER USE CONSTITUTES FRAUD. LIMIT ONE COUPON PER PACKAGE PURCHASED
COUPON EXPIRES JUNE 30, 1982
LR-015-BHGN-0281
15¢ 15¢
STORE COUPON

Dan Kaercher

How to Cope With a Problem Drinker In the Family

It's time to take a fresh look at what used to be—and all too often still is—a deep, dark secret in many families: alcoholism.

Much light has been shed on the subject of alcoholism and its impact on families in recent years. The problem now is generally regarded as a treatable illness, not a moral issue. Successful treatment programs are being backed by the medical community, business, government, and private organizations.

Thanks to such efforts, well over half of all problem drinkers who seek treatment are able to regain control of their lives. The prognosis is brightest with early intervention, the right treatment, and strong support from friends, employers, and—most important—families.

An estimated ten million of the 100 million Americans who drink are unable to "take it or leave it." While most of us can control our intake of cocktails, wine, and beer, the problem drinker is incapable of stopping when he or she should.

There still are many unanswered questions about what causes alcoholism, why some drinkers become alcoholics while others don't, and what treatment is best. But there is consensus on basic, everyday guidelines for dealing with a problem drinker in the family.

How do you know when drinking is the problem?

In general, someone is considered a problem drinker (also termed an alcoholic or alcohol abuser) when alcohol repeatedly interferes with his or her family, work, social life, or health. The symptoms can include:

- frequently getting drunk at parties or being embarrassed because of the way one behaved when drinking
- drinking at inappropriate times and gulping drinks
- uncharacteristically breaking promises to do such things as go out with one's spouse or play with the children
- experiencing unpredictable mood swings
- being preoccupied with drinking and planning activities around drinking (such as calling in sick on Monday mornings, drinking during extended lunch hours, or rearranging the family routine to accommodate drinking)
- neglecting personal appearance, eating less, and having trouble sleeping
- being unable to stop drinking without having emotional and/or physical side effects

What can families do?

The theory that an alcoholic has to hit rock bottom before he or she can be helped has been discredited. There are many ways a family can help the problem drinker to seek help earlier—and early treatment is a key to successfully overcoming alcoholism.

- *Learn about alcoholism.* Contact some of the programs listed in the Yellow Pages under "alcoholism information and treatment facilities." Although it may be difficult the first time, attend an open meeting of Alcoholics Anonymous or Al-Anon Family Groups (the latter organization is for anyone who is affected by another's drinking). Read literature on the subject from AA, Al-Anon, the National Council on Alcoholism, or any of the organizations listed later in this article.
- *Get help for yourself.* Discuss the situation with someone you can trust—a trained alcoholism counselor, friend, clergyman, or someone else who has dealt with similar difficulties. One of the best sources of help is Al-Anon. It teaches family members what they can do to help themselves, how best to help the alcoholic face his or her drinking problem, and how to avoid inadvertently contributing to the problem.
- *Learn how to confront the problem drinker.* You can't cure your loved one's drinking problem, but you can be ready to guide him or her to competent help when the time comes. The best way to confront an alcohol abuser is to state calmly and factually what he or she did when drunk and how it

continued









Colgate protection doesn't fall asleep when she does.



Awake, asleep, at school or at play, Colgate® keeps fighting cavities. That's because, with regular brushing, Colgate's MFP® fluoride actually joins tooth enamel, to build up extra strength against cavities.

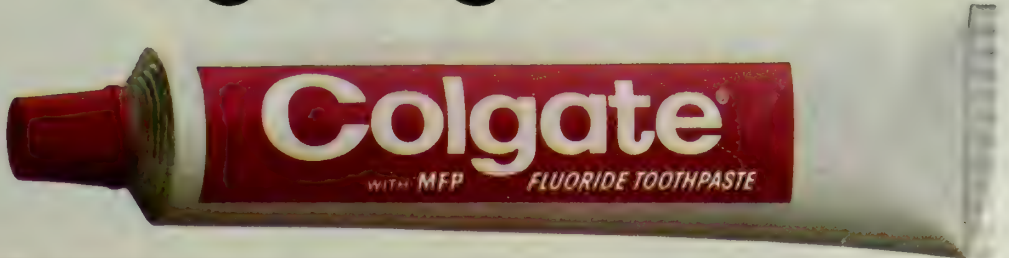


The Penetration Principle: Painting a piece of chalk with colored liquid illustrates how, with regular brushing, Colgate's fluoride joins the surface of tooth enamel to strengthen it against cavities.

And while Colgate gives kids the fluoride protection they need, it gives you a fresh, clean taste that's rated #1 among fluoride toothpastes by parents all over America. So for unbeaten fluoride protection and great taste, get Colgate today!

Colgate helps stop cavities before they start.

It stays wide awake fighting cavities.



Accepted Council on Dental Therapeutics American Dental Association

"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

See your dentist, limit sweet snacks, brush regularly with Colgate.

© 1980, Colgate-Palmolive Company.

(Advertisement)

The children are all in school. What next?



You've looked forward to having this time to yourself during the day. You've finally finished that macramé plant hanger and neatened your closet and read all those books stacked on your night table. You've even signed up for an exercise class. Now you're toying with the idea of getting your real estate license. Or going back to school part-time. Or working with the friend who opened a boutique. You just can't decide. And in your secret heart you wonder if others have noticed that as the children were growing you grew noticeably older looking.

It's not a moment too soon for you to discover the secret shared by millions of younger-looking women around the world, the secret of a mysterious beauty fluid that can help you look younger, too. Here in the United States, the beauty fluid is known as Oil of Olay.®

The unique blend of tropical oil and precious emollients is like the natural fluids abundant in younger skin. Oil of Olay disappears into your skin before your very eyes, going to work hand-in-hand with nature to help replenish those vital fluids and help maintain their delicate balance. Within moments those little lines that make you look older than you like begin to fade from sight. You'll actually see a fresh radiance return, a lustrous, healthy-looking glow. (Honestly, did you ever think you'd see that look again?) Your face feels smooth and satiny to the touch and, one of the remarkable things about Oil of Olay, there's never a hint of greasiness.

As you enjoy the younger-looking image reflected in your mirror, you may wonder whether the difference is apparent to other people. The answer is yes, though perhaps no one will mention specifically that you look younger. Your husband may attribute your new appearance to being rested and relaxed now that the children are out of the house so much.

Younger-looking women throughout the world build their daily beauty rituals around Oil of Olay. Once you've experienced the beauty fluid for yourself, you'll want to join them. Smoothed on in the morning after washing or cleansing, Oil of Olay penetrates quickly to help replenish the essential fluids cleansing can often take away. Your skin feels soft, smooth and comfortable as dryness is eased away.

When you choose to go without makeup during the day, the beauty fluid alone gives your face a dewy, luminous glow. And, because it disappears into your skin so readily, without looking or feeling greasy, Oil of Olay is marvelous under makeup. Foundation, blusher, highlighter all smooth on in seconds.

There'll be other times during the day when you'll want to help maintain the rich reservoir of fluids necessary for a younger look. Gentle on the light-textured fluid whenever your skin feels dry or tight and watch your thirsty skin drink it in. Many women find Oil of Olay ideal at bedtime too, to let their skin sleep in its own misty climate hour after hour. And remember, no greasy look or feel.

Now that the children are all in school, discover the secret of Oil of Olay for yourself and let it help you look younger for this important step in your life.

Beauty Secrets

- You deserve an entire afternoon to yourself now and then. A lazy, scented bath, then curled up in a quiet corner with a fat romantic novel and music playing in the background. And Oil of Olay® Beauty Fluid lavished on your face and throat, of course. That's an investment that pays off in a more relaxed feeling and a fresher, radiant look.
- When you've discovered the secret of Oil of Olay, you won't want to be without it for a single moment. Tuck a bottle into your purse or tote bag to soften and smooth skin any time, anywhere.



continued

Problem drinker

affected you. Make it clear that alcohol is the trigger of such irresponsible behavior.

• *Keep the lines of communication open.* "If tension is building in a family, it is important to talk about it. The worst thing that you can do is to withdraw," says Patricia O'Gorman, Ph.D., director of the Division of Prevention, the National Institute of Alcohol Abuse and Alcoholism. Dr. O'Gorman also recommends that you encourage your children to tell you how they feel about the situation. If the immediate family of the problem drinker are frank and open, other family members and friends will find it easier to deal with the problem.

• *Look for the right time to help.* Many alcoholics agree to seek help when they feel especially sick on the morning after a bout of drinking. It may seem heartless for you to bring up the subject at that time, but some authorities feel it's a particularly good opportunity to let the problem drinker know that he doesn't have to be sick again because of drinking.

• *Maintain social relationships.* It's tempting to stay at home to avoid being embarrassed by what an alcoholic might say or do. But Dr. O'Gorman urges the family to be "as normal as possible in a crazy environment." Keep up old friendships, don't be afraid to start new ones (especially in support groups like Al-Anon), and continue social activities.

What mistakes should families avoid?

• *Don't assume the problem will go away by itself.* Alcoholism is a progressive illness for the alcoholic and for the family. The earlier it is treated, the better the chances of success. According to Lance M. Dodes, M.D., director of the Appleton Treatment Center of McLean Hospital in Belmont, Massachusetts, repeatedly trying to handle the drinking problem without outside help usually is futile and indicates that the problem drinker has lost control.

• *Don't protect the alcoholic from the painful consequences of his or her drinking.* Calling in sick for an alcoholic who has a hangover, bailing a drunken driver out of jail, and making excuses only prolong the problem (and postpone the crisis that might force the alcoholic to seek help). Even though you may find it painful, allow the problem drinker to experience fully the unpleasant consequences of his or her drinking.

• *Don't succumb to guilt feelings.* Spouses often think that if only they were better wives or husbands, their mates would not drink. These feelings are usually reinforced by the alcoholic, who blames others for his or her problems. It's important to remember that alcoholism today is considered a disease. A wife or husband is no more responsible for the spouse's alcoholism than he or she would be for a spouse's having diabetes.

• *Don't be judgmental.* The alcoholic will automatically become defensive if addressed in a judgmental or superior manner. The best way to talk with an alcoholic about a drinking problem is to stick to the facts about his or her actions.

• *Don't subordinate your needs to those of the alcoholic.* As much as possible, family members should avoid letting their lives be controlled by someone's drinking problem.

Should the rest of the family alter their drinking habits? That depends, according to Joseph Liftik, Ph.D., chief psychologist at the Division of Alcoholism of the Boston City Hospital: "The person is probably going to be exposed to alcohol anyway in situations outside the home. The best approach (if the problem drinker is seeking to recover) is to discuss the issue with him or her and arrive at a solution mutually. If the alcoholic isn't yet undergoing treatment, get a trained counselor's advice on what to do in your situation."

• *Don't use children as pawns.* When arguments occur, do not force children to take sides. Explain alcoholism to them on a level they are able to understand, even if you feel guilty about having such a discussion (children often feel guilty themselves about a parent's drinking). Also, encourage children to continue their social life in spite of their possible embarrassment about the family situation.

• *Don't argue when the alcoholic is drunk.* It is useless to get into an argument with a person who is drunk because he or she may be experiencing a blackout. During a blackout, the alcoholic appears to be aware but later is unable to remember anything that happened. In addition, alcohol abuse often triggers episodes of physical violence in the family.

What treatment approaches involve family members?

There are many forms of treatment available to the alcoholic—such as family therapy, self-help, psychotherapy, and industrial alcoholism treatment programs. There also are a number of self-help resources for family members.

One family treatment approach that is receiving widespread attention is *intervention.* In this strategy, persons close to the alcoholic—family members or very close friends—join forces and confront the alcoholic with facts about how his or her drinking problem is affecting the family. All participants, adults and children, prepare for the confrontation by compiling a list of significant incidents that resulted from the alcoholic's drinking.

Because intervention is an emotionally charged encounter, family members must be prepared for it by a trained counselor. You can locate an intervention counselor by writing to one of the organizations that helped pioneer this approach: The Johnson Institute, 10700 Olson Memorial Highway, Minneapolis, MN 55441.

Where can a family find help?

You can get assistance at the many local medical clinics, hospitals, mental health centers, and social service agencies that offer alcoholism treatment programs. Your family doctor is a logical resource, provided he or she is trained in dealing with alcoholism and is not one of those doctors who "treat" the disorder with tranquilizers —a widespread practice.

Here are some of the national organizations that can help:

• *Alcoholics Anonymous* is a nonprofessional organization whose membership is open to anyone with a desire to stop drinking. Some AA groups are specifically for women and others are for men only, but the majority are open

continued

continued

Problem drinker

to both. More and more women alcoholics are joining AA; approximately one-third of members now are women. For further information, either write or call your local AA group, Box 459, Grand Central Station, New York, NY 10163. (Information will be sent in a plain envelope.)

• *Al-Anon Family Groups* is considered by many professionals to be the best source of support, encouragement, and information for persons close to alcoholics. Check the Yellow Pages for a group in your area, or write to Al-Anon Family Group Headquarters, Inc., P.O. Box 182, Madison Square Station, New York, NY 10159. Request a copy of the Al-Anon publications list (enclose a stamped, self-addressed envelope). One of the useful books available from Al-Anon is *Living with an Alcoholic* ($4.75).

• *Alateen* is an Al-Anon group for 12- to 19-year-old sons and daughters of alcoholics. Each Alateen group is sponsored by an Al-Anon member who is present during meetings. You can learn more about Alateen through your Al-Anon group.

• *Women for Sobriety,* with more than 300 chapters nationwide, is a self-help organization exclusively for women alcoholics. Much more attention is being focused on women alcoholics today than in the past. To learn more, write to: Women for Sobriety, P.O. Box 618, Quakertown, PA 18951. (Information will be returned in a plain envelope.)

• *The National Clearinghouse for Alcohol Information,* part of the National Institute of Alcohol Abuse and Alcoholism, offers literature on all aspects of alcoholism. NCALI also maintains a state-by-state listing of most public and private information, counseling, and treatment facilities. Write to the Clearinghouse at Box 2345, Rockville, MD 20852. (You can request that information be mailed to you in a plain envelope.)

• *The National Council on Alcoholism* offers a list of organizations in more than 100 cities that will refer clients to physicians, as well as public and private agencies, providing treatment for alcoholism. Some local NCA organizations also offer counseling and treatment services. Write or call your local affiliate of the council or write to the national headquarters at 733 Third Avenue, New York, NY 10017. (You can request that information be sent in a plain envelope.)

Is alcoholism inherited?

Today specialists in the field of alcoholism are avidly seeking the answer to that question. Scientists know that at least 50 percent of alcoholics have at least one alcoholic parent, but they do not know whether the offspring's alcoholism is the result of a genetic predisposition that is passed on to the child, or is encouraged by the environment in which the child grew up, or is a combination of both factors. Scientists who are studying this question urge children of alcoholics who do choose to drink at all to be on the lookout for early warning signs of alcoholism.

—Susan Gertman

Use the treatment hospitals use for hemorrhoidal irritation.

For problems such as hemorrhoidal irritation, where itching, burning and discomfort occur, 2,500 hospitals throughout the U.S. choose Tucks pre-moistened pads. With good reason.

Developed by a doctor to soothe, cool and help relieve itch and irritation in one of your most sensitive areas. Tucks pads are specifically designed for extra softness, to allow the gentlest possible application of a special soothing cooling solution. That's why they relieve discomfort so effectively, even for people who also use ointments or suppositories.



Hygienically cleansing. Inadequate hygiene can cause annoying hemorrhoidal irritation. But with the helpful cleansing action of Tucks, irritation can often be stopped *before* it starts.

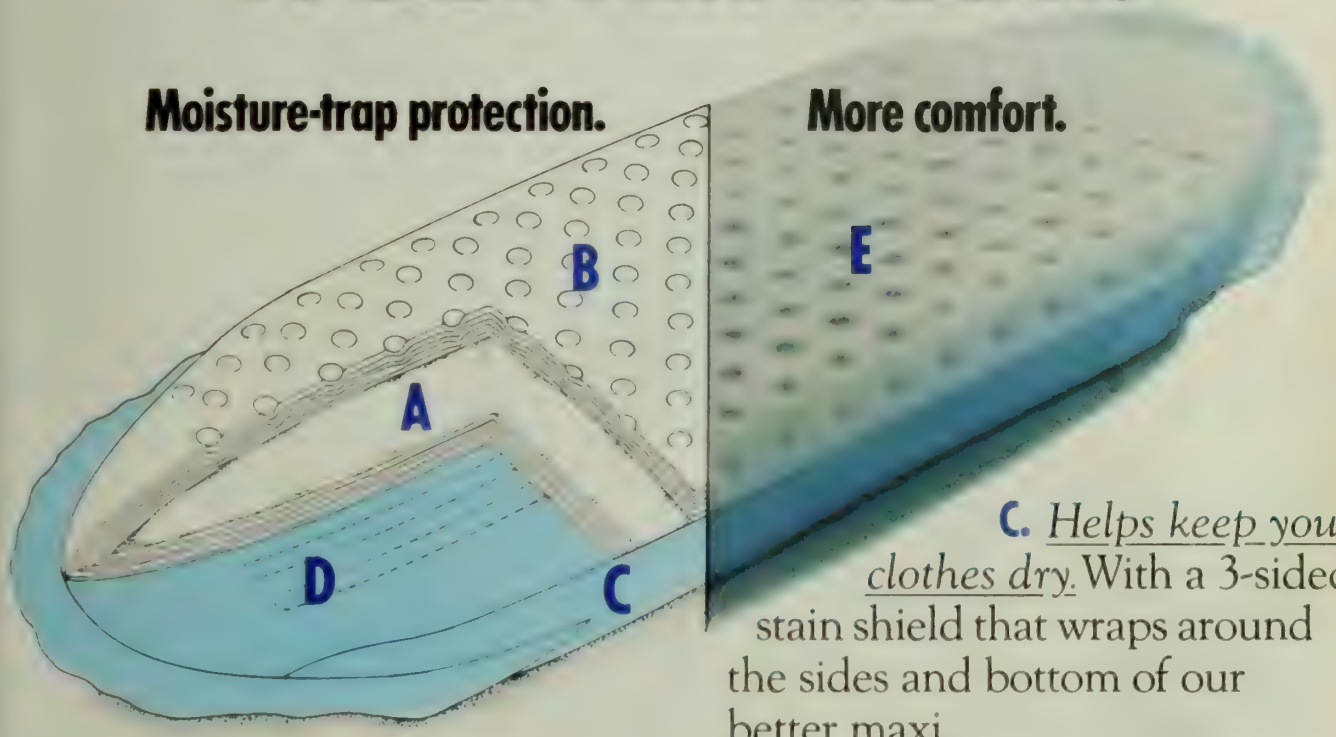
Tucks pads come in jars of 40 and 100, and in individually wrapped Take-Alongs. So you can always keep a supply handy.

Tucks, from Parke-Davis. The treatment used by 2,500 hospitals.



PARKE-DAVIS
Div. of Warner-Lambert Co., Morris Plains, N.J. 07950
PD-R-2346-1-C (12-78)

NEW FREEDOM® BUILDS A BETTER MAXI.



The New Freedom "Moisture Trap" Maxi Pad. Big-pad protection and greater comfort make it better than the leading pad.

A. *Helps keep moisture deep inside the pad.* With 15 extra-absorbent layers that *trap* wetness in millions of tiny pockets.

B. *Keeps you drier.* With a one-way stay-dry cover that won't let moisture back near your skin.

C. *Helps keep your clothes dry.* With a 3-sided stain shield that wraps around the sides and bottom of our better maxi.

D. *Keeps your protection in place.* With two strong adhesive strips that help prevent "bunching" and "slipping."

E. *Keeps you more comfortable.* With rounded corners and tapered ends. No other maxi has them. No other maxi pad is as comfortable.



THE NEW FREEDOM® PAD

It's not just beltless. It's better.

© Kimberly-Clark Corp 1980

Luvs® creates The Comfortable Diaper.



Luvs' Flexible Gathers and exclusive Hourglass Design fit your baby more comfortably than any other diaper.

Luvs has redesigned the diaper for your baby's comfort. Luvs snuggles up comfortably to the shape of your baby. Because Luvs has Flexible Gathers.
So there's no sagging. No gapping.
Only Luvs cradles your baby in comfort.
Because only Luvs has a tailored Hourglass Design.
So there's no uncomfortable bunching.
And Luvs is so absorbent, one size helps keep your baby comfortably dry, day or night.
Luvs. In three comfortable sizes.

Small (up to 14 lbs.) Medium (12 to 26 lbs.) Large (over 24 lbs.)

Your baby's comfort begins with Luvs.

© 1980 Procter & Gamble

UPDATE

GET IN STEP FOR FITNESS

Walk! It can help you get fit and lose weight—especially if you're out of shape and just starting an exercise program.

For persons who participated in a recent study, walking 30 minutes a day for one and a half miles, while carrying a seven-pound load, substantially improved physical fitness in just three weeks.

You probably can fit walking into your daily schedule fairly easily. And you can enhance the exercise value of walking by carrying a full briefcase or shopping bag, according to a report to the *Journal of the American Medical Association (JAMA)* by Dr. Yehude Shoenfeld of Tel Aviv University in Israel and his colleagues.

In another *JAMA* article, Drs. Barry Franklin and Melvyn Rubenfire of the Sinai Hospital of Detroit say a combination of dieting and regular exercise will help you trim excess pounds faster than simply cutting down on calories alone.

Walk the dog more often, take the steps instead of the elevator, and use fewer unnecessary gadgets that mean less exercise. You can lose weight even faster with vigorous exercise such as jogging or riding a stationary bicycle for at least 20 to 30 minutes three times a week. Whichever type of exercise you choose, you'll probably find it easier to eat less, the Michigan researchers say.

Active exercise also is much more effective than use of passive exercise devices; one study found 15 minutes of mechanical vibration burned the energy of only one-nineteenth of an ounce of fat. Heated belts, inflatable outfits, and rubberized sweat suits cause only temporary water loss.

LUNG CHECK

Spirometry, a test that assesses the basic functions of the lungs, may soon be as routine a part of your physical exam as a blood pressure reading.

The test is painless, quick, and inexpensive. You take a deep breath, then exhale as hard as you can into a tube connected to the spirometer, which records the maximum volume of air you can expel and the speed of the airflow. The results are compared with normal results for your age, sex, and height. Spirometry aids in early detection of cardiac and respiratory diseases, says Dr. Joseph Tomashefski, chairman of the pulmonary department at the Cleveland Clinic.

The device also is helpful in tracking the course of illness and evaluating the patient's response to treatment. The spirometer test may be given to a person with asthma, for example, to measure the effectiveness of bron-

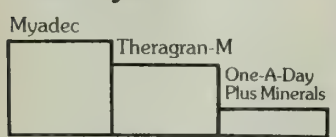
continued



Getting more.

Who are the people who get more out of life? They're the ones who turn chores into child's play, know how to do nothing, find strenuous exercise fun.

People who want more out of life want more out of their vitamins and minerals, too. Like Myadec.



Based on cumulative RDA %.

Myadec is the dietary supplement with 11 vitamins and 6 minerals–more potency than the other leading multi-vitamins with minerals.

Myadec from Parke-Davis. If you want more, you can't ask for less.



Myadec.
If you want more.



continued

Update

chodilating medication. About one-third of persons over age 35 have some degree of impaired lung function.

Spirometers have been used in laboratories for several years. However, lightweight, portable devices that are less costly are just now becoming available for physicians' offices.

PROJECT SLEEP

One-third of all adults—50 million Americans—say they have trouble sleeping at night. Some ten million Americans take their sleep problems to physicians; about half of these persons are given prescriptions for sleeping medications.

But sleeping pills seldom are the best answer, especially in the long run: The pills become ineffective for most people in as little as two weeks, and they don't get at the root of the problem.

A new federal program, known as Project Sleep, aims to educate both physicians and the general public about sleep disorders. Project Sleep is a joint effort involving the Department of Health and Human Services and medical, nursing, drug, and insurance groups.

If you have difficulty in falling asleep, staying asleep, or even keeping awake, the Project Sleep staff can help you find a sleep disorders center near you. Write them at Room 17-60, Parklawn Bldg., 5600 Fishers Lane, Rockville, MD 20857.

THE OTHER E.R.A.

The estrogen receptor assay is a test every woman should know about.

It is used to tell whether women who have breast cancer will benefit from the female hormone estrogen to slow the cancer's growth. The results help doctors decide which type of treatment is most likely to be helpful—an improvement over the former "trial and error" approach.

Estrogen receptors are proteins found in breast cancers that allow the female sex hormone estrogen to stimulate tumor cell growth. Women whose breast cancers are high in estrogen receptors are considered likely to benefit from medical or surgical alteration of the hormone system—alone, or in addition to anticancer drugs. But women who lack estrogen receptors are unlikely to benefit from attempts to change the body's hormone balance and can be spared unnecessary treatment.

The test requires a sample of the suspected tumor to be frozen within 15 minutes after being removed from the body. That means arrangements for the E.R.A. must be made before a woman undergoes a biopsy (surgical removal of tissue) to determine whether a suspicious lump is malignant or harmless.

Some 600,000 American women have breast biopsies every year. About 108,000 are found to have cancer.

BABY TEETH NEED CARE, TOO

Three-quarters of the nation's five-year-olds are estimated to have one or more dental cavities. If your reaction is "so what—they're only baby teeth," read on.

continued



DRY, ROUGH SKIN. IT COULD INVADE YOUR FAMILY.

INTRODUCING ALL-FAMILY ROSE MILK® WITH EXTRA MOISTURIZERS.

Now there's a new line of defense for the skin. All-Family Rose Milk.

This all-new skin care lotion has extra moisturizers to smooth and soften the roughest skin.

Greaseless, stainless, All-Family Rose Milk absorbs fast and has a fresh outdoor fragrance everyone can enjoy.



20¢ SAVE 20¢ 20¢

ON NEW ALL-FAMILY ROSE MILK SKIN CARE LOTION

TO THE DEALER: You are authorized to redeem this coupon for 20¢ when presented by the consumer as partial payment on one All-Family Skin Care Lotion package and no other brand. You will be paid the face value plus 7¢ handling, providing coupon is redeemed in accordance with terms of the offer. Invoices proving sufficient purchases of Rose Milk to cover coupons submitted must be shown on request. Coupons accepted from retail distributors only. Any sales tax must be paid by consumer. Cash value 1/20 of 1¢. Offer void where prohibited, taxed, license required or otherwise restricted by law. Mail to: Rose Milk, The J. B. Williams Co., Inc. PO Box 1754, Clinton, Iowa 52734. Expires September 30, 1982.

STORE COUPON BHG/81

OFFER LIMITED TO ONE COUPON PER PACKAGE.

22170 100055



With today's Ecotrin® you don't have to suffer all the pain of arthritis. Ecotrin is pure aspirin but more gentle to the stomach than plain or buffered aspirin. Because Ecotrin has stomach protection you can see—a Duentric® coating that lets it pass safely through the stomach before dissolving.

And Ecotrin provides anti-inflammatory action to reduce swelling, not possible from aspirin substitutes.

For effective relief, try Ecotrin.



Ecotrin®
Arthritis can be a serious condition. Read and follow label directions and be sure to see your physician.
Today's Arthritis Aspirin.

©Merrell & James Laboratories 1980
Professional Products Division
a SmithKline company

continued

Update

According to the American Society of Dentistry for Children, baby teeth perform several critical functions. Your child needs baby teeth as he or she learns to speak properly. Baby teeth also "reserve" space for permanent teeth and help prevent your child from developing an improper bite or overcrowding of permanent teeth.

You can help prevent dental decay in your children by cleaning their teeth when they first appear. Position the child so that his or her head rests comfortably on your lap. Wipe the teeth with a gauze-wrapped finger or use a small, soft-bristled toothbrush. Skip the toothpaste—the foaming action is uncomfortable for infants. By age three, most children can manage a toothbrush, although they still may need parental help.

One particularly devastating form of dental decay in young children is known as "nursing caries." Its primary cause: use of a bottle as a pacifier at bed or nap time. Bacteria in the child's mouth transform the sugars in milk, formula, and juice into enamel-destroying acid. Frequent and prolonged breast feeding, or use of the breast as an easily accessible pacifier, can produce similar results.

UNRAVELING ALS

Medical researchers are trying to unlock the mysteries of ALS (amyotrophic lateral sclerosis), a devastating neuromuscular disease. ALS also is commonly known as Lou Gehrig's disease after the famous baseball player who died of the disorder.

Estimates of the number of Americans who are affected range from 10,000 to over 40,000—partly because the disease often is misdiagnosed as stroke, palsy, or other disorders. However, *any* estimate of the current incidence of ALS does not tell the whole story since victims have an average life expectancy of only three to four years (some victims do remain active for 15 years or longer).

ALS is characterized by progressive degeneration of motor cells in the spinal cord and brain; positive diagnosis requires an examination by a neurologist. Initial symptoms may include a slight weakness and twitches in the hands and feet. Eventually, patients lose all use of limbs and become unable to swallow. Although they remain mentally alert, patients lose the ability to speak. Most victims are between the ages of 40 and 70. Two-thirds of ALS victims are males.

Among the possible causes being investigated (there may be several) are a slow-acting virus, a weakness in the body's immune system, genetic susceptibility, and a toxic or metabolic change in nerve cells.

ALS clinics to aid victims and their families have been opened in several cities. But the public at large and health care professionals in particular still need to become better informed about this disorder. To learn more about ALS, contact two research groups: the National ALS Foundation, 185 Madison Ave., New York, NY 10016 (call 212-679-4016) and the ALS Society of America, 15300 Ventura Blvd., Suite 315, Sherman Oaks, CA 91403 (call 213-990-2151). ■

—Lynne Lamberg

"Are you kidding? Switch toothpastes? Lover boy here needs his fluoride paste."



"He can still get cavities. So he still needs a fluoride."



"Ah, Mom, I want a gel for fresh breath."



"We switched to Aqua-fresh. Now we fight cavities and freshen breath."



HERE'S HOW IT WORKS: Aqua-fresh gives you all the cavity-fighting fluoride of the leading paste...



And all the breath freshener of the leading gel...



Concentrated in one tooth-paste. That's double protection.

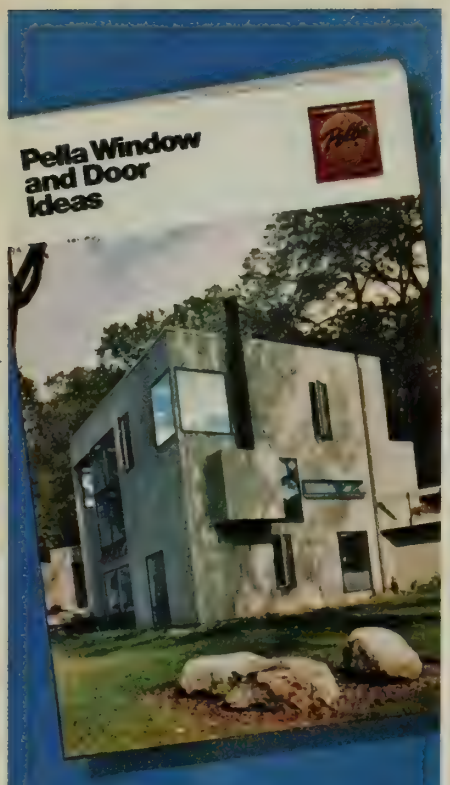


Double-protection Aqua-fresh® fights cavities and freshens breath.

Accepted COUNCIL ON DENTAL THERAPEUTICS AMERICAN DENTAL ASSOCIATION

"Aqua-fresh has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics — American Dental Association.

© 1980, Beecham Inc.



New Offer from Pella.

A free book filled with ideas and information about wood windows and doors

Lots of handy facts and colorful photographs to help you make the right window choices. Everything you need to know about window styles and placement, plus information on how Pella windows conserve energy and reduce maintenance. Information on different styles of sliding glass doors and wood folding doors too. Send for this free 16-page brochure today.

Please send me a free copy of *Pella Window and Door Ideas*. I plan to
☐ build ☐ remodel ☐ replace windows.

Name_____

Address_____

City_____

State_____ Zip_____

Telephone_____

Mail to: Pella Windows & Doors, Dept.C01B1, 100 Main St., Pella, Iowa 50219

Also available throughout Canada

This coupon answered within 24 hours.



© 1980 Rolscreen Co.

Only Pella offers it all.

Hand-Painted Fabric Accessories



Photograph: Bob Calmer. Design: Libby Momberg

Even if your previous painting experience is limited to bedroom walls and garage doors, you can create hand-painted accessories like the wall hanging on page 110 and the projects shown here. Here's how:

1. Gather your materials

You'll need artist's acrylic paint (available at paint stores), cotton duck fabric (preshrunk), newspapers, paintbrushes, masking tape, and stencil paper. To achieve the hues you want, you may have to mix several paints. Ask the store salesperson for help. Thin the paints by adding water to them. Test them for color and consistency on a small fabric piece. The paints shouldn't run or spread when applied on the fabric, nor should they build up on the surface. The colors will darken as the paint dries.

2. Paint your design

Lay your fabric on newpapers and anchor the fabric in place with tape or pins. Then begin painting.

To make a straight line, first press a strip of masking tape onto the fabric where you want the line to be. Then paint along one side of the tape, overlapping the edge slightly. When the paint is dry, remove the tape.

To create irregular lines, tear stencil paper so its edge is approximately the needed shape. Lay the paper flat against the fabric and tape the paper into place. After the paint dries, remove the paper.

If you want two colors to bleed together, apply the first color, then before it is dry, apply the second. To prevent bleeding, allow the paint to dry thoroughly between applications.

3. Finish

When the design is finished, and the paint is dry, rinse the fabric in cool water. Let it dry, then place a damp cloth on top of it and iron.

To make the wall hanging, staple the painted fabric to a wood frame. For the pillows, stitch the painted fronts to cut-to-fit fabric backs and stuff.

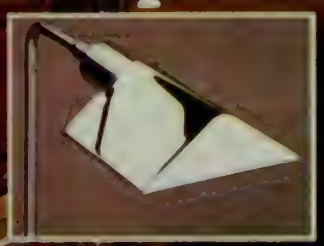
Complete cleans and polishes...



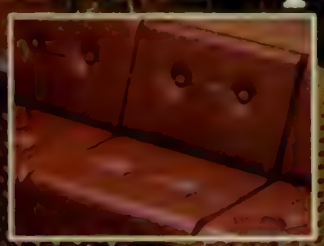
wood tables



plastic planters



chrome lamps



vinyl sofas



omplete is the revolutionary product that cleans and pol-
hes all kinds of furniture. From wood to vinyl.

With Complete, you don't get a greasy film to streak or
near. What you *do* get is just really clean, natural beauty.
very time.

For all your furniture, all you need is Complete.
rom Johnson Wax.

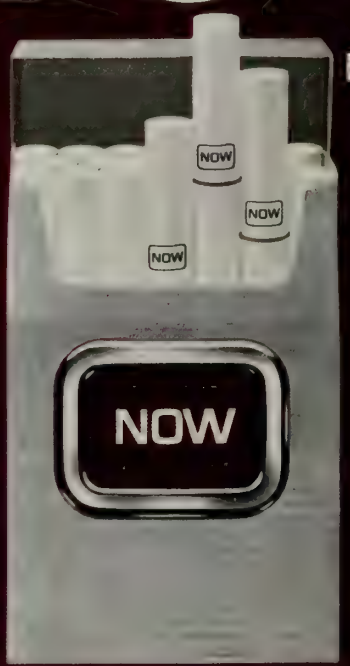
Complete™

All you need for all your furniture.

...S. C. Johnson & Son, Inc.

NOW

The Lowest



Box

Now–"closest to tar-free"™
Less than 0.01 mg tar

Also available:
Soft Pack 85's
and 100's

Regular or Menthol



BOX: Less than 0.01 mg. "tar", 0.005 mg. nicotine,
100's FILTER, MENTHOL: 2 mg. "tar", .2 mg. nicotine,
av. per cigarette by FTC method. SOFT PACK FILTER, MENTHOL
2 mg. "tar", .2 mg. nicotine, av. per cigarette,
FTC Report DEC. '79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

I·D·E·A K·I·T·C·H·E·N



T·H·E B·E·S·T O·F OLD & NEW

By Linda Joan Smith

As our editors look at kitchens all across the country, one thing becomes increasingly clear—kitchens today are much more than the traditional triangle of sink, stove, refrigerator. More and more kitchens provide a welcoming place to work, include a cozy family dining spot, possess timeless good looks, and incorporate hardworking materials that will endure for many years to come. Take a look at the kitchen shown here and on the following pages and you'll see what we mean. All the kitchen basics are included: an efficient working triangle, good lighting, abundant storage, and plenty of counter space. But there's also a special feeling of openness as well as a number of ingenious design details that you can adapt. The kitchen was designed by *Better Homes and Gardens* and Hotpoint in cooperation with the Women's Auxiliary of the National Association of Home Builders.



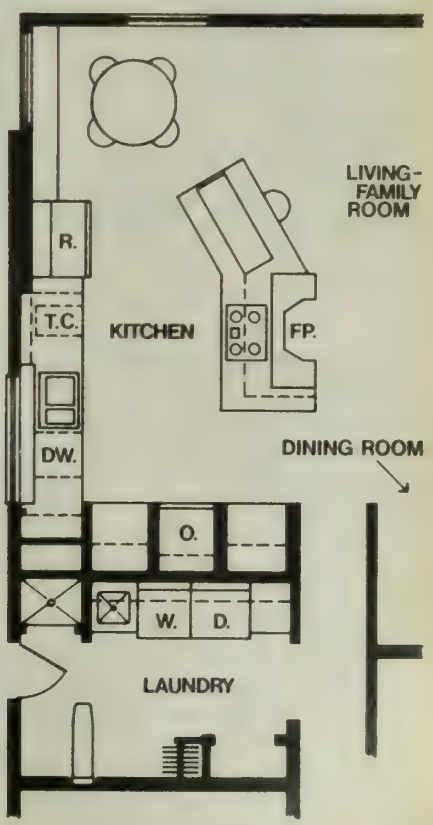


THE BEST OF OLD & NEW

Although this kitchen is thoroughly up-to-date, its style was inspired by the farmhouse kitchens of old—warm, welcoming rooms where the entire family could gather for a hearty midday meal or a quiet evening supper. This room caters to contemporary folk, but the old-fashioned feeling remains.

The kitchen is airy and spacious, and includes a small dining area that opens into an adjoining living/family room (see plan). And the formal dining room is just a few steps away, so entertaining is hassle-free.

The major appliances—sink, cooktop, and refrigerator—are arranged in a convenient working triangle. A dishwasher and trash compactor flank the sink. With the dishwasher, a conventional double bowl sink is unnecessary. The large sink is used mostly for soaking pans and washing lugs of tomatoes from the garden. The small disposer bowl, however, is in frequent use.



T·H·E B·E·S·T O·F

OLD & NEW

Because of its generous size (11 by 16 feet), the kitchen work area is divided into separate centers for cooking, cleanup, baking, and storage —an especially nice feature if there's more than one cook working in the kitchen.

The counter top along the sink wall, *opposite,* is extra deep—30 inches instead of 25 inches—so there's plenty of room for stacking dinner dishes sinkside. Ample counter space separates the sink and refrigerator, so unloading and stashing perishable groceries can be done in next to no time.

Compact baking center

This in-between area also serves as a baking center. All baking supplies are stored in the small cupboard above or the drawers down below. A swing-up mixer shelf in the lower cabinet keeps the mixer out of sight and leaves room on the laminate counter top for rolling out piecrust or kneading bread dough on baking day.

A greenhouse window behind the sink overflows with plants that thrive in the natural light. The window is a purchasable unit that can add personality to any kitchen without the hassle or cost of a major remodeling.

An open and shut case

At the far end of the room, a pair of unique storage units flanks the built-in wall ovens. The storage units are a successful marriage of open shelving and closed storage. The tambour doors can be pulled down to conceal kitchen clutter or rolled up to show off a colorful collection of crocks and casseroles. The ceramic-tiled counter tops inside the storage units are conveniently located for setting down dishes straight from the broiler or ovens.

A small microwave oven installed in the upper cabinets above the cooktop includes a venting system to exhaust odors and steam from whatever's cooking down below (see photo, page 95). With the microwave built into the upper cabinets, the counter top remains free for food preparation. Sturdy pullout



Photographs: Hedrich-Blessing. Design: Bill Ketcham, General Electric Co.







trays tucked in the lower cabinets keep heavy skillets within easy reach.

Overhead, translucent panels filter the light from a multitude of energy-efficient fluorescent fixtures. The beams separating the panels are sheathed in oak veneer to match the finely crafted kitchen cabinetry. Although the floor in the kitchen appears to be solid hardwood, it's actually vinyl. A thin layer of wood beneath the vinyl surface gives the flooring its natural look.

Casual family dining

In the cozy dining area, *above left,* a calico tablecloth and matching curtain enliven the predominately wood and white room with vibrant splashes of color. The small table, set here for a quiet adults-only lunch, can be expanded when the entire family sits down for supper.

The angled peninsula, *bottom left,* could easily be adapted to any number of uses. We've turned the peninsula into a desk and storage area complete with a home computer. The computer (which hooks up to a regular television set) helps keep track of family finances and tax matters, teaches French and other languages, computes the nutritional value of the dinner menu, plays a seemingly infinite number of games, and more—all with the insertion of the appropriate tapes. (For more about home computers, see page 54.)

If you like, you can eliminate the open framework above the desk and adjoining counter and use the counter top as a buffet or as extra work space.

A separate laundry

Just down the hall from the kitchen is the full-sized laundry room, *bottom right.* It houses the washer and dryer, storage for laundry supplies, a sink for presoaking and hand washing, and a drip-dry closet with its own drain.

The opposite side of the laundry, (see plan) boasts a linen closet, a rack for hanging freshly pressed garments, and a fold-down ironing board.

Buying information, page 64

Plans for this kitchen are available for $3.50 from NAHB Auxiliary, 15th & M Street N.W., Washington, DC 20005.

SCRAP CRAFTS

By Deborah Dugan
and
Ann Levine







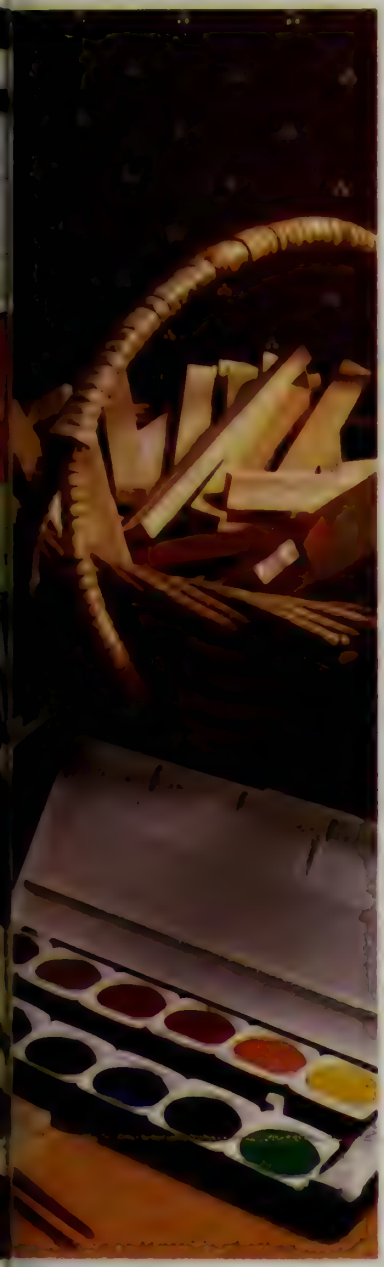


< Fanciful vest and collar. Pieces of antique lace, delicate ribbon trims, old-fashioned fabrics, and fancy buttons look just as lovely the second time around when you star them in this one-of-a-kind vest and collar. To make the vest, simply piece your favorite snippets of fabric together, using a commercial pattern. Add a special touch of embroidery, if desired. Use pretty buttons and edgings from your sewing basket to adorn the homespun collar.

^ Wood scrap farmyard. Your basement workshop provides everything you need to make this rustic wooden mosaic. All it takes is a few scraps of lumber.

> Thrifty china face-lift. Here's a smashing way to use broken, chipped, or cracked pieces of china. Just break the china into "tiles" and use them to cover a ginger-jar lamp base.

Even if you're pinched for pennies, you can make dozens of great rags-to-riches craft items. All it takes is a bit of Yankee ingenuity plus some leftover yarns, fabrics, what have you. To inspire you, we've assembled a choice selection of scrap-bag projects. You can use them as is or adapt them to suit your raw materials and your taste.







^ Crayon-bright afghan. You can create a cozy crocheted throw like the one shown here by mixing neutral winter white with colorful scraps of yarn. Work the entire afghan in easy-does-it single crochet stitches and add a picot-edge border.

> Flashy foot warmers. Show off your knitting virtuosity with a pair of handmade striped socks. The color combination depends on what you fancy and what you find in your cache of yarn.

How-to begins on page 144.
Designer Credits: page 155.
Buying information, page 64.

Photographs: Mike Dieter, Perry Struse



SCRAP CRAFTS





< **Work-of-art stitch sampler.** This unique darning stitch sampler lets you practice basic stitchery skills while using up bits and pieces of embroidery floss.



^ **Stunning scrap-bag quilt.** Quilt lovers everywhere will appreciate this low-cost, big-impact Amish-look quilt made from old wool clothing. To achieve the brilliant effect, use plain black fabric between the pieced diamond shapes.

> **Jaunty wool patch scarf.** Even a novice sewer can whip up a scarf project like this one. Patches of wool and flannel give the scarf a handsome, rugged look.

Are you ready to try your hand at some more scrap crafts? If you have the makings and the time, we have the projects—ranging from an impressive quilt that's yours for a song to a patchwork scarf you can stitch together pronto.







^ Tricolor sweater and floral coil rug. These two projects are perfect examples of scrap-bag savvy—they're both made from scraps that are too good to toss. The easy-knit sweater combines three unusual yarn colors. The rug is made of jumbo upholstery cord that's wrapped with floral fabrics.



> Quilt block tablecloth. To turn cast-off fabrics into a charming tablecloth, stitch them into individual log cabin squares.

How-to begins on page 144.





Photographs: William N. Hopkins. Design: Robert E. Dittmer

HOW TO CHANGE THE SCENE WITH COLOR

By Shirley Van Zante, Laurel Lund, and Robert E. Dittmer

Color, in all its myriad hues, delights the eye. And in a decorating scheme, color can do much more. It can pull together a mix of furnishings . . . change mood with the light level . . . create illusion that diverts the eye . . . and cover up less than perfect proportions.

Not only is color the most effective decorating tool there is, it's also the least expensive. And since a beautiful hue costs no more than a nondescript one, there's no need to settle for less.

To show you just how versatile color can be, we've taken a simply furnished 15x18-foot family room and given it four different looks just by changing the color scheme. As you'll see, we did it by injecting color through our choice of fabrics, in interesting accent notes, and with deft strokes of paint. We'll not only show you how to capitalize on today's great new color palette, but also how to turn random hues into a cohesive scheme.

To prove the power of color, we first put together a neutral scheme that's as low-key and livable as a room can be. Because all the furnishings hues are on the quiet side, there are no strident notes to jar the eye or the psyche. But don't be fooled into thinking of the neutrals as no-colors. Brown, beige, gray, black, white—and all the tints and shades in between—can create pleasing schemes in their own right, or help to calm more vibrant hues.

But to keep a room like this from becoming too quiescent, it's necessary to call on an interplay of textures. Applying the old rule about including surfaces that are rough and smooth, shiny and dull works to perfection here. Matte finishes like the almond-colored walls play up the sleek shine of the lacquer coffee table, the polished drum table, and the ceramic and brass lamps. Slubbed upholstery fabrics and the nubby area rug contrast nicely with the plank floor.

This carefully controlled mix of textures adds sparkle and vitality to what might have been merely a bland blend of furnishings.

Buying information, page 64





HOW TO CHANGE COLOR WITH FABRIC

Instead of just saying it's easy to change the character of a room with color, we decided to actually show you how it can be done. We retained the neutral-tone walls, flooring, and furniture from the previous setting as a background. Then, using these furnishings as a base, we gave the room a quick change with a few yards of inexpensive fabric.

To pull off this color coup, we selected a fabric that packed a real pattern wallop and used it to slipcover the once-white chaise. Taking our cue from the floral print, we chose a handsome dhurrie rug in melon tones to replace the nubby neutral one. The new rug adds subtle texture and color underfoot in the seating area, yet blends tranquilly with the mellow wood floor.

The almond-hued bamboo window shades, holdovers from the first scheme, were softened with shirred drapery side panels and fabric-covered rods in a blue-green mini print. The flowing panels add a touch of traditional styling to the room.

Even though it's not so quiet as the preceding neutral scheme, this melt of sherbet tints creates a soothing, restful atmosphere. But decorating with understated hues like these can be tricky. When used with too heavy a hand, these toned-down versions of pure color can give a room a pallid, tuned-out look. What a pastel palette needs is an enlivener, a pure punch of color.

To add that impact to this scheme, we simply sorted out the predominate colors in the floral print and repeated them in the sofa pillows and draperies. A simple fabric switch like this is an easy way to change the scene.

Buying information, page 64





HOW TO CHANGE COLOR WITH ACCENTS

Today's accessories come in a glorious grab bag of hues. There's hardly a color imaginable that can't be found in everything from bed linens to bibelots. And since by their very nature most accents come in small packages, they are easy to change or move about to help effect an uncomplicated color change. These accents can be used to spice up your old scheme, or to inspire a colorful new one.

This not-for-the-faint-hearted decor was inspired by the framed print and small paintings over the sofa. First, a watermelon pink tone was picked up from the serendipitous mix of artist's colors and repeated on the ceiling. This bright accent, in an unexpected place, not only gives the room a lively new look; it also visually alters the room's dimensions by making the ceiling appear lower and the room cozier.

To carry the bold color down onto the walls, the windows were framed with lambrequins trimmed in pink and banded in orange. Roman shades are in matching chintz.

A colorful collection of artwork and accessories underscores this lighthearted new scheme. The handwoven blue and pink rag rug anchors the neutral-color furnishings we retained from the other two settings. Cooling blue from the opposite side of the color spectrum helps balance the impact of the vibrant hot pink ceiling. A freestanding abstract flower sculpture on the window wall and decorative sofa pillows in a potpourri of hues also contrast nicely with the bold pink accents, as do the abundant green plants.

Buying information, page 64





HOW TO CHANGE COLOR WITH PAINT

Paint is the best color buy around. It's the lowest priced of all decorating tools, yet it's an open sesame to new room schemes. When you're selecting paint, don't drift into the same old "safe" color choices. Dare to create a dramatic effect by painting the walls a decisive color. For visual relief, keep furniture in soothing neutral tones.

In this handsome setting we did just that. We painted the walls a rich brown, which helps give the room its sleek sophistication.

To prevent the authoritative color from overpowering the room, the ceiling is painted white. This time the random-plank pine flooring is brushed with high-gloss polyurethane. The wet-look sealer accents the beauty of the wood and makes a striking contrast to the matte-finish walls.

But walls aren't the only place paint can work its decorating magic. This once-white lacquer coffee table was given a new look with several coats of cotton-candy-pink paint. Even the distinctive floral designs on the sofa pillows were created with spray paint and cardboard stencils. And the abstract artwork that wraps around one corner of the room is actually painted fabric stretched over simple wood frames. Although this particular fabric was done by an artist, you can fashion designs to suit your own decor. (For fabric painting how-to, see page 92.)

And no safari is necessary to bag this "zebra" rug. All it takes is a piece of canvas and a can of paint. We cut standard artist's canvas to shape and added stripes with brown acrylic paint. To protect our handiwork, we sealed the surface with polyurethane.

Buying information, page 64

CALORIE-TRIMMED RECIPES

FAVORITE MAIN DISHES AND DESSERTS

By Rosemary C. Hutchinson

If you've vowed to trim off a few pounds, but you dread those celery stick-and-cottage cheese diets, cheer up! Here are 15 winter-hearty dishes that will satisfy your appetite while helping to keep you svelte. They're all slim-line versions of goodies you never dreamed you could enjoy on a diet—everything from pizza to pie. And with each recipe, there's a nutritional breakdown (see page 118). Of course calorie-watching requires taking stock of all the foods you prepare, so we've added an assortment of calorie-cutting tips (see page 118).



POT ROAST CARBONNADE
235 CALORIES

SHRIMP THERMIDOR BAKE
257 CALORIES



Postponing those low-calorie meals just one more day or week is one of the calorie-counter's biggest pitfalls. But with this quintet of calorie-shy recipes, you should have no trouble starting and sticking to your diet. If you serve **Pot Roast Carbonnade** *(back left)* in place of regular beef stew, you'll cut the calories by over 40 percent. Eliminating the fat for browning the meat and using brussels sprouts as the vegetable make this recipe truly slim-line. What's more, the rich-flavored gravy made with beer and thyme will appeal to even the nondieters in the family. **Cassoulet Soup** *(back center)* has all the makings of the traditional French cassoulet but it's calorie-trimmed by 40 percent. We saved 288 calories per serving by switching from pork sausage to lamb and by cutting down on the navy beans and ham. In **Crustless Zucchini Quiche** *(right)* you'll find a zesty blend of zucchini, Monterey Jack cheese, mushrooms, tomatoes, and oregano. What you won't find is the rich pastry crust and over half of the calories of classic quiche Lorraine. If you're an enchilada fan, you can cut 276 calories (50 percent) from each serving by preparing **Cheesy Beef Burros** *(center)*. They taste so good you'll feel guilty, but you needn't because they're slimmed down with Neufchâtel cheese, lean ground beef, and plain yogurt. The classic lobster thermidor inspired our **Shrimp Thermidor Bake** *(front left)*, made with canned cheddar cheese soup and spiked with sherry. Our version tastes almost as rich as the original, but it has 40 percent fewer calories.

Recipes begin on page 122.
Buying Information, page 64.



CASSOULET SOUP
299 CALORIES

CRUSTLESS ZUCCHINI QUICHE
255 CALORIES

CHEESY BEEF BURROS
266 CALORIES

CALORIE-TRIMMED RECIPES

Who says dieting has to be dull? With some clever calorie counting, you can even indulge in robust ethnic favorites such as these. Hearty Italian chicken saltimbocca was the inspiration for **Chicken Rolls Jubilee** *(back left)*. By replacing cheese with crushed pineapple and switching from ham slices to a smaller quantity of diced ham, we've cut the calories by a third. Team these crisp chicken rolls with broccoli or asparagus spears for a



CHICKEN ROLLS JUBILEE
286 CALORIES

PORK PAPRIKASH
291 CALORIES

PARED-DOWN PIZZA
242 CALORIES

light and attractive company meal. If you enjoy the Oriental cuisine, try **Pepper-Beef Stew** *(back right)*. We've shaved over 35 percent of the calories from traditional pepper steak by substituting a mixture of Oriental noodles and low-calorie bean sprouts for the rice. Our **Prudent Pastitsio** *(center right)* would make any Greek proud. And it has 40 percent fewer calories than the classic version because it's made with lean ground lamb, skim milk, tomato sauce, and a little grated Parmesan cheese. Serve warm squares of pastitsio with a tossed salad and calorie-reduced dressing. Pizza lovers rejoice! Here's a low-calorie pizza that doesn't skimp on taste. Our **Pared-Down Pizza** *(front right)* is lavished with tomatoes, garlic, oregano, and mozzarella cheese, but it's missing over two-thirds of the calories of regular pizza, thanks in part to a crispy low-calorie crust. **Pork Paprikash** *(front left)* features a blend of lean pork tenderloin strips, plain yogurt, and paprika. This creamy stew is similar to beef stroganoff but has 60 percent fewer calories—that means you save a whopping 444 calories per serving!

Recipes begin on page 122
Buying Information, page 64

PEPPER-BEEF STEW
243 CALORIES

PRUDENT PASTITSIO
218 CALORIES

CALORIE-TRIMMED RECIPES

Somehow sweets always seem more tempting when you're trying to watch your weight. With these five desserts, you can indulge your sweet tooth with a clear conscience. Using some culinary sleight-of-hand, we were able to reduce the calories of this show-stopping **Orange Torte** *(left)* by 35 percent. We replaced the shortening cake, heavy fruit filling, and whipping cream of traditional tortes with a reduced-sugar sponge cake that



WAIST-WATCHER'S ZABAGLIONE
132 CALORIES

ORANGE TORTE
139 CALORIES

PEACH-RICE PUDDING
129 CALORIES

sports a delicate orange filling and a wreath of whipped topping. **Waist-Watcher's Zabaglione** *(back center)* eliminates a colossal 70 percent of the calories from the rich wine-laced custard it's patterned after. Spoon this smooth sauce over chunks of fresh apple, pear, or any fresh fruit of the season. A piece of warm **Gingerbread with Lemon Sauce** *(back right)* needn't be a calorie splurge reserved for special occasions. This tender molasses spice cake has over 70 percent fewer calories than a standard gingerbread. And you can save even more calories by skipping the lemon sauce. If you can't say no to pie, treat yourself to **Pineapple-Yogurt Pie** *(front right).* This mixture of fruit yogurt and crushed pineapple in a coconut crust is not only delicious, it's a real calorie bargain, totting up 70 percent fewer calories than ordinary fruit pie with a pastry crust. **Peach-Rice Pudding** *(front center)* is an irresistible combination of cooked long grain rice, orange juice, and chopped peaches. By lightening the pudding with fluffy beaten egg white, we were able to cut the calories of regular rice pudding by 35 percent.

Recipes begin on page 122.
Buying information, page 64.



CALORIE-TRIMMED RECIPES

HOW TO CUT CALORIES THE EASY WAY

Just because you're counting calories doesn't mean you have to make dramatic changes in your cooking style or buy more expensive diet foods. By making a few minor changes in your cooking habits, you can eliminate hundreds of calories from your family's meals. Here are some handy tips to get you started:

Low-calorie substitutes

- Many foods have lower calorie equivalents that work just as well. Keep the chart below posted in your kitchen for reference and substitute whenever you can.

Meat, fish, poultry, and eggs

- Plan to use poultry and fish more often since they are considerably lower in calories than beef, pork, and lamb.
- Just like meats, some fish contain more fat than others. Serve lean perch, cod, flounder, sole, or red snapper rather than the fattier lake trout, white fish, mackerel, salmon, or tuna.
- When using ground meats, keep in mind that ground raw lamb (482 calories per pound) and ground raw beef (523 calories per pound) are lower in calories than ground raw pork (595 calories per pound) and sausage (1,014 calories per pound).
- It pays to trim away or drain off as much fat as possible from meats and poultry. Each tablespoon of fat adds over 100 calories to a recipe. To reduce the fat in soups and stews, cook them ahead. Then chill them and skim off the solidified fat before you reheat and serve them. To brown meats or poultry, use vegetable spray coating rather than butter, margarine, or shortening. Or, skip the browning step altogether.
- Serve poultry without the skin and save 20 calories a serving.
- Eliminate 10 calories per serving by using chicken or turkey white meat rather than dark meat.
- Rather than serving whole steaks, chops, or slices of roast, make a little meat go a long way by preparing dishes calling for sliced or cubed pieces and low-calorie ingredients like vegetables.
- "Fry" meats in the oven by roasting them on a pan sprayed with vegetable coating, rather than cooking them in shallow fat in a skillet.
- For meat, fish, or poultry dishes that have a coating, decrease the bread or cracker crumbs by a fourth and replace them with low-calorie items such as snipped parsley.
- When making two- or three-egg omelets or soufflés, substitute two egg

continued on page 122.

LOW-CALORIE SUBSTITUTES

Amount	Ingredient	Calories	Substitute	Calories
1 cup	sweetened applesauce	232	unsweetened applesauce	100
3 oz.	beef bologna	237	turkey bologna	193
1 cup	beef consommé	31	instant beef bouillon granules	2
1 oz.	natural Swiss or cheddar cheese	110	part-skim milk mozzarella	90
1 cup	cream-style cottage cheese	223	dry-curd cottage cheese	125
1 oz.	cream cheese	106	1 oz. Neufchatel cheese	70
½ cup	syrup-pack fruit cocktail	97	water-pack fruit cocktail	45
1 cup	vanilla ice cream	257	vanilla ice milk	199
1 cup	whole milk	159	skim milk	88
½ cup	syrup-pack peaches	100	water-pack peaches	38
½ cup	syrup-pack pears	87	water-pack pears	36
½ cup	syrup-pack pineapple	86	water-pack pineapple	48
3 oz.	dry salami	384	turkey salami	176
1 cup	sour cream	454	low-fat yogurt	123
½ cup	frozen sweetened strawberries	139	frozen unsweetened strawberries	118
½ cup	oil-pack tuna	158	water-pack tuna	126
½ cup	whipping cream	424	evaporated skim milk	90

NUTRITIONAL INFORMATION:

A HANDY TOOL FOR PLANNING HEALTHFUL MEALS

Americans today are actively concerned about the foods they eat. While some of us are forced to watch our diets because of illness, most of us simply want to eat the right foods to keep feeling good. Because of this concern, nutrition information has been added to the labels of many canned and packaged foods.

This month you'll also find this same type of information at the end of each low-calorie recipe beginning on page 122. Besides the total number of calories per serving, the number of grams per serving of protein, carbohydrate, and fat are listed. If your doctor recommends that you record the nutrients in your diet, these figures will help you keep track of what you eat and will simplify planning each day's meals.

To help you get the most out of our low-calorie recipes, here are some of the basic guidelines we used to compute each nutritional breakdown:

1) If a recipe includes a sauce or filling as a sub-recipe, the figures for the sub-recipe are included in the totals for the main recipe.

2) Garnishes and ingredients listed as "optional" or "if desired" are not included in the breakdown.

3) If two ingredient options are given for an ingredient, the nutritional breakdown was computed using the first option.

4) If a recipe calls for cooked ingredients, the nutritional breakdown for these ingredients was calculated using measurements from the raw state.

5) If a recipe calls for draining meat, the figures for the juices drained away are still included in the recipe totals.

Chicken tastes better when you remember the Campbell's



"mm

Santa
Rye b
MIRA
KRAF
Ch
Alfalfa
shr
Toma
Crispl
Califo
Monte

For ea
with s
sprou
Serve

Mont
1 cup
¼ cup
can (10
Tomato Soup
cup Chianti or other dry red wine
cup sliced onion
up sliced, fresh mushrooms (about ¼ lb.)
sp. basil leaves, crushed
sp. oregano leaves, crushed

Chicken

2 lb. chicken parts
⅓ cup flour
2 cups finely crushed, taco-fla vored corn chips
2 tbsp. melted butter or margar ine

Mix soup, water and hot pepper sauce. Dust chicken with flour; dip in ½ cup soup mixture. Roll in ch ps.

Place on rack in shallow baking pan. Drizzle with butter. Bake at 350°F. for 1 hr. or until done. Heat remaining sauce; serve with chicken. Makes 4 servings.

FREE MICROWAVE INSTRUCTIONS are available for these recipes. Send requests to: Microwave Ad Recipes, Box C 11106, Philadelphia, PA 19136

Campbell Cookbook Offer

Please indicate the number of hard-cover cookbooks you'd like to order in the space provided below

"Cooking with Confidence in your Microwave" @ $7.95 ea. _____

"The International Cook" Cookbook @ $4.00 ea. _____

"The Creative Cook" Cookbook @ $3.95 ea. _____

THEY MAKE IDEAL GIFTS.

Send check or money order with your name, address and zip code to Cookbook, Box 1305, Maple Plain, MN 55348. Offer good only in U.S.A. Void if taxed, restricted or forbidden by law. Offer expires 12/31/81. Campbell Soup. Co., Camden, NJ 08101.

They always eat better when you remember the soup.

HE COOKS

So-Good Health Bars





Photographs: Williams/Dietz

Most people buy snack foods at the supermarket, but not Russell Haymen. He invented his own snack because he wanted something packed with energy and portable, too. "When I'm not studying for school or working as a paramedic, I spend a lot of time skiing and backpacking. I needed a snack that would stand up to being knocked around," Russell explains. "I started experimenting with nutritious ingredients that I liked. What evolved was this recipe." Besides tasting good, the bars are remarkably versatile. "They're great anytime—not just when I'm traveling," Russell says. "I enjoy them with milk for breakfast, in brown bag lunches, and as a midnight snack. And if I want to serve them to company," he adds, "I just top each bar with vanilla ice cream and cashews."

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. If you have a favorite original recipe, we'd like to hear about it. And if yours is selected for the "He Cooks" feature, we'll pay you $100 for it. Additional outstanding recipes will be purchased for other use for $10 each. There are no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7, Des Moines, IA 50336. No recipes will be returned. We reserve the right to edit selected recipes. If your recipe is purchased, you give Meredith Corp. the right to use it in any manner as long as we wish.

"The Bread Spread" puts the extra *OH!* in the California Avocado.



he cool, mellow temptation of the alifornia Avocado. Plus the little xtra *zip* that comes with the ouch of Miracle Whip salad ressing from Kraft. And uddenly, the Santa Barbara andwich is in the making. erve it at your next athering, and you'll be in r lots of "oh's"—not to ention several nmm's"!

anta Barbara Sandwiches

ye bread slices
IRACLE WHIP Salad Dressing
RAFT Monterey Jack Cheese Slices
falfa sprouts or finely shredded lettuce
mato slices
risply cooked bacon slices
alifornia avocado slices, peeled
onterey Mustard Sauce

r each sandwich, spread one slice of bread th salad dressing; top with cheese, alfalfa routs, tomato, bacon and avocado slices. erve with:

onterey Mustard Sauce

cup MIRACLE WHIP Salad Dressing
cup green onion slices
tablespoons KRAFT Pure Prepared Mustard
ombine salad dressing, green onions and ustard; mix well. Chill. 1⅓ cups



KRAFT

© 1981 Kraft, Inc.

ove Food from California
1981 California Avocado Commission

begins on page 112

Calorie-trimmed recipes

whites for one of the whole eggs and eliminate the 59 calories from the extra yolk.

- Spoon meat sauces over bean sprouts, sliced or shredded cooked zucchini, or cooked spaghetti squash rather than pasta.
- Use tomato, summer squash, or green pepper shells instead of biscuits or patty shells as containers for creamed mixtures.
- Use yogurt or cream-style cottage cheese as the salad dressing base for chicken, tuna, or egg salad.

Sauces and seasonings

- Use wines and spirits to flavor sauces since the alcohol (and some of the calories) evaporate when you heat the sauce.
- Use pureed cooked vegetables rather than thickened gravies as sauces for meat, fish, or poultry.

Breads

- Use extra-thin bread and save about half the calories. Serve sandwiches open face to eliminate one slice of bread (65 to 70 calories).
- Cut calories by using a tortilla, pita bread half, or English muffin half in place of two slices of white bread.
- For coatings, crumb toppers, and snacks, use saltine or soda crackers (12 calories for a 2-inch square) rather than butter crackers (17 calories each) or shredded wheat crackers (22 calories each).

Desserts

- For pies, cut the shortening in pastry crusts and the sugar in graham cracker crusts to conserve calories.
- To boost the sweetness of fruit desserts without adding sugar, increase the amount of vanilla or other flavoring.
- Make fruit-flavored yogurt by adding 2 or 3 teaspoons of sugar and ⅓ cup fruit to a cup of plain yogurt.

POT ROAST CARBONNADE

1 3-pound beef chuck pot roast
Nonstick vegetable spray coating
1 12-ounce can (1½ cups) beer
2 tablespoons catsup
1 clove garlic, minced
½ teaspoon dried thyme, crushed
1 8-ounce package frozen brussels sprouts
6 medium carrots, bias-sliced into 1-inch pieces (1 pound)
2 medium onions, cut in wedges
1 tablespoon cornstarch
2 tablespoons water

Trim excess fat from meat; sprinkle with *salt* and *pepper*. Spray bottom of a 4½-quart Dutch oven with vegetable coating. Place pan over medium heat. Add meat; brown on both sides. Combine beer, catsup, garlic, and thyme; pour over meat. Cover and bake in a 325° oven for 1¼ hours. Rinse brussels sprouts with warm water just to separate. Add to Dutch oven along with carrots and onions. Cover and bake 40 to 50 minutes more or till vegetables and meat are tender. Remove meat and vegetables to serving platter. Keep warm. Skim fat from pan juices. Boil pan juices till reduced to 1¼ cups. Combine cornstarch and



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOODS

water; add to pan juices. Cook and stir till thickened and bubbly; cook 1 to 2 minutes more. Season to taste with *salt* and *pepper*. Spoon some gravy over meat; pass remainder. Garnish platter with celery leaves, if desired. Makes 8 servings.

Per serving: 235 calories, 21 g protein, 13 g carbohydrate, 9 g fat

CASSOULET SOUP

- 1 cup dry navy beans
- ½ cup chopped onion
- ½ cup chopped celery
- ½ cup chopped carrot
- 2 teaspoons instant chicken bouillon granules
- 4 ounces boneless lamb, fat trimmed and cut in ½-inch cubes
- ½ cup diced fully cooked ham
- 1 bay leaf
- 3 tablespoons dry white wine
- 1 teaspoon Worcestershire sauce
- ½ teaspoon dried basil, crushed
- ½ teaspoon dried oregano, crushed

Rinse beans. In a large saucepan combine beans and 4 cups *water*. Bring to boiling; reduce heat. Cover and simmer 2 minutes. Remove from heat. Cover and let stand 1 hour. *(Or,* combine beans and water; let beans soak overnight.) Drain; add 4 cups fresh water. Add onion, celery, carrot, and bouillon granules. Cover and simmer 30 minutes. Add lamb, ham, and bay leaf. Simmer, covered, 30 minutes longer. Remove bay leaf. Stir in remaining ingredients. Turn mixture into a 2-quart casserole. Cover and bake in a 350° oven for 45 minutes. Uncover; bake 40 to 45 minutes more, stirring occasionally. Serve in bowls. Makes 4 (1 cup) servings.

Per serving: 299 calories, 20 g protein, 36 g carbohydrate, 8 g fat

CRUSTLESS ZUCCHINI QUICHE

- 2 cups coarsely shredded zucchini (2 medium)
- ½ cup chopped onion
- 4 beaten eggs
- 1½ cups skim milk
- 1 tablespoon all-purpose flour
- ⅛ teaspoon ground nutmeg
- 1½ cups shredded Monterey Jack cheese (6 ounces)
- 1 4-ounce can sliced mushrooms, drained
- 1 teaspoon cornstarch
- ¼ teaspoon dried oregano, crushed
- 1 8-ounce can stewed tomatoes, finely cut up

In a covered saucepan cook zucchini and onion in a small amount of boiling salted water for 5 minutes; drain well. Press out excess liquid. In a bowl combine eggs, milk, flour, ¼ teaspoon *salt*, ⅛ teaspoon *pepper*, and nutmeg. Stir in cheese, mushrooms, and the zucchini mixture. Pour into an ungreased 10x6x2-inch baking dish. On oven rack place baking dish in a larger baking pan. Pour hot water into larger pan to a depth of 1 inch. Bake in a 325° oven for 1 hour or till knife inserted just off-center comes out clean. Let stand 10 minutes before serving. Meanwhile, in a small saucepan combine cornstarch, oregano, and dash *salt*. Stir in stewed tomatoes. Cook and stir till mixture thickens and bubbles. Cook sauce 1 to 2 minutes more. Garnish top of quiche with zucchini slices, if

continued



Coconut Dream Pie...as simple as a, b, c.

- 2 envelopes DREAM WHIP® Whipped Topping Mix
- 2¾ cups cold milk
- 1 teaspoon vanilla
- 2 packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
- 1½ cups (about) BAKER'S® ANGEL FLAKE® Coconut
- 1 baked 9-inch pie shell, cooled

a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining 1¾ cups milk and the pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.

c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.



© General Foods Corporation 1980. Dream Whip, Jell-O, Baker's and Angel Flake are registered trademarks of General Foods Corporation.

continued

Calorie-trimmed recipes

desired. Spoon some of the sauce down the center of the quiche. Pass remaining sauce. Makes 5 servings.

Per serving: 255 calories, 18 g protein, 12 g carbohydrate, 15 g fat

CHEESY BEEF BURROS

You can save about 20 more calories if you substitute corn tortillas for the flour tortillas—

½ pound lean ground beef
3 ounces Neufchâtel cheese
¼ cup finely chopped onion
¼ teaspoon salt
5 7-inch flour tortillas
1 16-ounce can tomatoes
1 4-ounce can green chili peppers, rinsed and seeded
1 teaspoon cornstarch
1 teaspoon sugar
1 teaspoon dried coriander, crushed
½ teaspoon salt
3 cups shredded lettuce
½ cup plain yogurt
Green chili peppers (optional)

In a skillet cook ground beef till browned; drain well. Combine beef, Neufchâtel cheese, onion, and the ¼ teaspoon salt. Spoon beef mixture onto tortillas; roll up. Place, seam side down, in a 12x7½x2-inch baking dish. Cover with foil; bake in a 350° oven for about 30 minutes.

Meanwhile, in blender container or food processor bowl combine *undrained* tomatoes, chili peppers, cornstarch, sugar, coriander, and remaining salt. Cover; process till smooth. Turn into saucepan; heat to boiling, stirring occasionally. Reduce heat; simmer for 2 minutes.

To serve, divide lettuce among 5 individual au gratin dishes or plates. Place a hot burro atop each. Spoon some of the tomato sauce over each burro and top with a dollop of yogurt. Garnish with green chili peppers, if desired. Makes 5 servings.

Per serving: 266 calories, 16 g protein, 27 g carbohydrate, 10 g fat

SHRIMP THERMIDOR BAKE

¼ cup chopped onion
¼ cup chopped celery
1 10¾-ounce can condensed cheddar cheese soup
½ cup skim milk
2 tablespoons dry sherry
¾ pound fresh *or* frozen shelled shrimp, cooked
2 tablespoons snipped parsley
Dash bottled hot pepper sauce
¾ cup soft bread crumbs
1 tablespoon butter *or* margarine, melted
Dash paprika

In a covered saucepan cook onion and celery in a small amount of water for 5 minutes; drain. Stir soup, milk, and sherry into saucepan with vegetables. Stir in shrimp, parsley, and hot pepper sauce. Spoon mixture into four individual baking shells. Toss together the bread crumbs, melted butter or margarine, and paprika. Sprinkle atop each shell. Bake in a 375° oven for 15 to 20 minutes. Makes 4 servings.

Per serving: 257 calories, 25 g protein, 14 g carbohydrate, 10 g fat

Microwave method: In a glass bowl



combine onion and celery in 2 tablespoons *water;* cover with waxed paper. Micro-cook on HIGH power for 3 to 4 minutes or till tender; drain. Stir in soup, *⅓ cup milk,* and sherry. Stir in shrimp, parsley, and hot pepper sauce. Spoon mixture into four individual baking shells on nonmetal pizza plate. Toss together the crumbs, butter, and paprika; sprinkle around edge of each shell. Micro-cook 4 to 6 minutes or till hot, rearranging shells halfway through.

CHICKEN ROLLS JUBILEE

2 whole medium chicken breasts, skinned, boned, and halved lengthwise
1 8-ounce can crushed pineapple (juice or water pack)
½ cup diced fully cooked ham
Dash ground ginger

• • •

1 tablespoon butter *or* margarine, melted
9 stone-ground wheat crackers, finely crushed
½ teaspoon paprika
2 teaspoons cornstarch
½ teaspoon instant chicken bouillon granules
1 tablespoon dry white wine

Place each piece of chicken between two layers of clear plastic wrap; pound with meat mallet to ⅛-inch thickness. Remove wrap; season chicken lightly with *salt* and *pepper.* Drain pineapple, reserving juice. Combine *half* of the drained pineapple, all the ham, and ginger. Spoon some of the mixture onto center of each piece of chicken. Fold in sides; roll up jelly-roll fashion, enclosing filling. Secure with wooden picks. Brush each roll lightly with butter or margarine. Combine crushed crackers and paprika; roll chicken bundles in mixture to coat. Place in an 11x7x1½-inch baking pan. Bake in a 350° oven 40 to 45 minutes.

Meanwhile, add water to reserved pineapple juice to equal ½ cup liquid. In saucepan combine cornstarch and bouillon granules; stir in pineapple juice mixture. Cook and stir till mixture is bubbly; cook 1 to 2 minutes more. Stir in remaining pineapple and wine; heat through. To serve, spoon sauce over chicken rolls. Serves 4.

Per serving: 286 calories, 32 g protein, 11 g carbohydrate, 12 g fat

PEPPER-BEEF STEW

Nonstick vegetable spray coating
1 pound beef stew meat, fat trimmed and cut in 1-inch cubes
1 16-ounce can tomatoes, cut up
½ cup chopped onion
1 clove garlic, minced
1 teaspoon instant beef bouillon granules
2 small green peppers, cut into ¾-inch cubes
1 cup pork-flavored Oriental noodles
2 tablespoons cornstarch
1 tablespoon soy sauce
1 cup fresh bean sprouts

Spray a medium saucepan with nonstick vegetable spray coating. In prepared pan brown meat. Add *undrained* tomatoes, onion, garlic, and beef bouillon granules. Bring to boiling; reduce heat. Cover and simmer 1¼ to 1½ hours or till meat is nearly tender. Add green peppers. Simmer, covered, 10 to

continued

o make soup super.



an make Super Birds Eye® Soups.

Count on Birds Eye for fresh ideas that are simply delicious to taste and deliciously simple to make.

Here are the easy directions:

1. Combine: 1 package *Birds Eye 5-Minute Chopped Spinach;* 1 can (10¾ oz.) condensed *cream of celery soup;* ½ soup can *each* water and milk.
2. Bring to a full boil over medium heat, stirring frequently to separate vegetable. Add a dash of pepper, if desired. Cover and simmer 5 minutes.
3. Top with crumbled bacon before serving. Makes 3 servings.

FOR MORE SUPER SOUP IDEAS AND A FREE OFFER, SEE COUPON BELOW.

TO: SUPER SOUPS BOOKLET, General Foods Corp., P.O. Box 5047, East Court St., Kankakee, IL 60901

For the first time ever, Birds Eye offers you the *BIRDS EYE® SUPER SOUPS BOOKLET.* It features many delectable ways to make soups super with our vegetables. And the recipes are accompanied by brilliant color photography. More good news: it's free with just 25¢ for postage and handling. Send to:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Allow 6 to 8 weeks for handling. Offer expires March 31, 1982. Offer void where prohibited, taxed or otherwise restricted.

NABISCO

Have a Nabisco Get-Together



...with swiss cheese!

When you put Triscuit Wafers and Chicken in a Biskit snack crackers together in a bowl, you've got a crisp, chickeny wheat treat. Add Swiss Cheese and you have a mild blend of nutty, chicken flavor with a whole wheat crunch.

TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!

the Parmesan cheese, ½ teaspoon *salt,* the thyme, and the ¼ teaspoon cinnamon. Spread meat mixture into a 10x6x2-inch baking dish. In a screw-top jar shake together *½ cup* of the milk, the flour, and ½ teaspoon *salt.* Add to a small saucepan with remaining milk. Cook and stir till mixture thickens and bubbles. Cook and stir 1 to 2 minutes more. Gradually stir about *½ cup* of the sauce into the beaten eggs. Return to remaining hot mixture in saucepan, stirring rapidly to combine. Stir in the remaining Parmesan cheese. Pour atop meat mixture in baking dish. Sprinkle with cinnamon. Bake in a 375° oven 30 to 35 minutes or till a knife inserted just off-center comes out clean. Let stand 10 minutes before serving. Makes 6 servings.

Per serving: 217 calories, 18 g protein, 23 g carbohydrate, 5 g fat

PARED-DOWN PIZZA

1¾ to 2 cups all-purpose flour
1 package active dry yeast
1 tablespoon cooking oil
Nonstick vegetable spray coating
½ pound lean ground beef
1 clove garlic, minced
1 16-ounce can tomatoes, finely cut up
½ cup coarsely chopped onion
1 teaspoon dried oregano, crushed
½ teaspoon fennel seed
1 green pepper, cut in rings
1 cup shredded mozzarella cheese (4 ounces)

continued

Calorie-trimmed recipes

15 minutes more. Meanwhile, prepare pork-flavored noodles according to package directions. Drain well. Combine cornstarch, soy sauce, and 1 tablespoon *water;* add to stew. Cook and stir till mixture is thickened and bubbly; cook 1 to 2 minutes more. Toss together noodles and bean sprouts. Serve meat mixture over noodle mixture. Makes 4 servings.

Per serving: 243 calories, 25 g protein, 24 g carbohydrate, 6 g fat

PRUDENT PASTITSIO

12 ounces lean ground lamb
½ cup chopped onion
1 cup elbow macaroni, cooked and drained (3½ ounces)
1 8-ounce can tomato sauce
¼ cup grated Parmesan cheese
½ teaspoon dried thyme, crushed
¼ teaspoon ground cinnamon
1½ cups skim milk
3 tablespoons all-purpose flour
2 slightly beaten eggs
Ground cinnamon

In a saucepan cook lamb and onion till meat is browned; drain well. Stir in macaroni, tomato sauce, 2 *tablespoons* of

NABISCO

Have a Nabisco Get-Together



...with cheddar cheese!

Mmmm...Bacon Thins and Sociables snack crackers together give you one great crisp, bacony taste. Add Cheddar Cheese and you have a great bacon and cheese flavor with a savory crunch.

TWO NABISCO SNACK CRACKERS TASTE EVEN BETTER THAN ONE!



2 teaspoons paprika
1 teaspoon instant chicken bouillon granules
1 tablespoon cornstarch
¾ cup plain yogurt
¼ cup snipped parsley
2½ cups hot cooked spaetzle *or* noodles

Trim fat from pork. Slice pork diagonally into ¼-inch-thick slices. Spray a medium skillet with nonstick vegetable spray coating; heat skillet. In prepared skillet cook meat, half at a time, over medium-high heat about 4 minutes or till browned. Return all the *meat* to skillet. Add onion, ¾ cup *water*, paprika, and bouillon granules. Cover and simmer 15 minutes or till pork is tender. Stir cornstarch into yogurt; stir some of the pan juices into yogurt mixture. Return all to skillet; cook and stir till bubbly. Cook 1 to 2 minutes. Stir in parsley. Serve over spaetzle. Garnish with lemon and parsley, if desired. Serves 5.

Per serving: 291 calories, 21 g protein, 28 g carbohydrate, 9 g fat

ORANGE TORTE

In small mixer bowl combine ¾ *cup* ot
and ½ teaspoon *salt*. Add ⅔ cup *water*
speed of electric mixer 1 minute, scra
constantly. Beat 3 minutes at high speed
the remaining flour as you can mix in wit
onto a lightly floured surface. Knead in
flour to make a moderately stiff dough
Cover dough; let rest 10 minutes. Divide
floured surface roll each half of dough
Transfer circles to 12-inch pizza pans
sprayed with nonstick vegetable coatin
slightly. Bake in a 425° oven 12 minutes
cool. Later, wrap one crust in moisture-v
Label and freeze up to 2 months. (To u
stand at room temperature 10 minutes.)

In a saucepan cook ground beef and
browned; drain well. Stir in *undrained*
oregano, fennel, and ½ teaspoon *salt*
reduce heat. Boil gently, uncovered, fo
desired consistency. Spread remaining
sauce mixture. Top with green pep
mozzarella cheese. Bake 12 to 15 minutes. Makes 6 servings.

Per serving: 242 calories, 17 g protein, 24 g carbohydrate, 9 g fat

PORK PAPRIKASH

1 pound boneless pork tenderloin, partially frozen
Nonstick vegetable spray coating
1 cup chopped onion

Hillshire Farm makes delicious meals as easy as 1, 2, 3...



continued

3 medium pears, cored and cut in chunks
3 medium apples, cored and cut in chunks

In top of a double boiler beat egg yolks and sherry till combined; blend in sugar and salt. Place over boiling water (water should not touch upper pan). Beat at high speed of electric mixer for 6 to 8 minutes or till mixture thickens and mounds. When thick, place pan over ice water (if using a glass pan, transfer contents to metal bowl). Continue beating for 2 to 3 minutes or till cool. Fold in whipped dessert topping. Serve zabaglione at once over fruit chunks. Garnish each serving with a pear or apple slice, if desired. Makes 8 servings.

Per serving: 132 calories, 2 g protein, 22 g carbohydrate, 4 g fat

Microwave method: In a 1-cup glass measure micro-cook the sherry at HIGH power for 1 minute. In a glass bowl beat egg yolks, sugar, and salt together till sugar is dissolved. Beating constantly, slowly add the hot sherry. Cook, uncovered, at MEDIUM power for 2 minutes, beating with rotary beater or wire whip after one minute. Chill mixture. Fold in whipped dessert topping. Serve as above.

ER'S ZABAGLIONE

erry
sugar

pped dessert
d

GINGERBREAD WITH LEMON SAUCE

Nonstick vegetable spray coating
1 cup all-purpose flour
1 teaspoon baking soda
¼ teaspoon ground ginger
¼ teaspoon ground cinnamon



Sweet & Sour Sausage

Cut in pieces and sauté 5 minutes: 1 green pepper, 1 onion, 3 tomatoes, 1 lb. Smoked Sausage. Combine 1 Tb. cornstarch, ½ tsp ground ginger, 1 Tb. vinegar, 1 Tb. soy sauce, ½ cup apricot preserves. Stir into sausage mixture. Heat to thicken. Add 2 cups drained pineapple chunks. Heat. Serve over rice. 4-6 Servings

¼ teaspoon ground nutmeg
¼ cup packed brown sugar
¼ cup light molasses
¼ cup water
2 tablespoons lemon juice

• • •

¼ cup granulated sugar
1 tablespoon cornstarch
½ teaspoon finely shredded lemon peel
⅛ teaspoon salt
¾ cup water
⅛ teaspoon ground nutmeg
2 tablespoons lemon juice

Spray three 2½-inch-diameter soup cans with nonstick vegetable spray coating. Set aside. In medium mixing bowl stir together the flour, baking soda, ginger, cinnamon, and the ¼ teaspoon nutmeg. In a small bowl combine brown sugar, molasses, the water, and the first 2 tablespoons lemon juice. Stir into flour mixture just till blended. Quickly pour batter into prepared cans. Cover with foil. Bake in a 350° oven for 20 to 25 minutes. Cool 10 minutes in cans; remove to wire rack.

In a saucepan combine granulated sugar, cornstarch, lemon peel, ⅛ teaspoon *salt*, and the ⅛ teaspoon nutmeg. Add ¾ cup water. Cook and stir till mixture is bubbly. Stir in remaining lemon juice. Serve over warm gingerbread. Makes 12 servings.

Per serving: 95 calories, 1 g protein, 23 g carbohydrate, no fat

PINEAPPLE-YOGURT PIE

1⅓ cups flaked coconut
1 tablespoon butter *or* margarine, melted
1 20-ounce can crushed pineapple (juice pack)
1 envelope unflavored gelatin
2 8-ounce cartons fruit-flavored yogurt

In a bowl toss coconut with melted butter or margarine; press on the bottom and up sides of a 9-inch pie plate. Bake in a 325° oven for 15 minutes or till golden. Cool on wire rack.

Drain pineapple, reserving juice. Set fruit aside. Add water, if necessary, to reserved juice to make ¾ cup. In a saucepan soften gelatin in juice mixture. Heat and stir till gelatin dissolves. Chill till partially set (the consistency of unbeaten egg whites). Whip partially set gelatin with electric mixer till fluffy. Set aside ⅓ cup drained pineapple. Fold yogurt and the remaining pineapple into gelatin mixture. Pile into cooled crust. Chill till firm. Top with reserved pineapple just before serving. Makes 8 servings.

Per serving: 149 calories, 4 g protein, 20 g carbohydrate, 7 g fat



Sausage Smorgasbord

Heat 4" lengths of Hillshire Farm Smoked Sausage or Polska Kielbasa according to package directions. Split and (a) top with sautéed green peppers, onions, (b) fill with prepared stuffing mix, (c) sprinkle with grated cheddar cheese, (d) stuff with seasoned mashed potatoes. Serve with dark rye or French bread and condiments.

PEACH RICE PUDDING

Depending on the season, replace the peaches with mandarin oranges, chopped apple or pear, or berries—

2 cups skim milk
⅓ cup long grain rice
1 beaten egg yolk
2 tablespoons orange juice
2 tablespoons sugar
1 teaspoon vanilla
¼ teaspoon finely shredded orange peel
3 egg whites
¼ teaspoon cream of tartar
2 tablespoons sugar
1 8-ounce can peach slices, chilled, drained, and cut up (juice or water pack)

In medium saucepan combine milk and rice. Bring to boiling. Reduce heat; cook, covered, over low heat for 20 minutes, stirring occasionally. Uncover; cook 5 minutes more. In a small bowl combine egg yolk, orange juice, the 2 tablespoons sugar, and ¼ teaspoon *salt*. Stir about *1 cup* of the hot mixture into yolk mixture; return all to saucepan. Bring mixture to a gentle boil. Cook and stir over low heat about 2 minutes or till slightly thickened. Remove from heat; stir in vanilla and orange peel. Cover surface with plastic wrap. Chill 1 hour.

In a small bowl beat egg whites and cream of tartar on high speed of electric mixer till soft peaks form (tips curl over). Gradually add the remaining sugar, beating till stiff peaks form (tips stand straight). Fold egg whites into chilled pudding. Cover and chill. Just before serving, coarsely chop peaches. Set aside 6 peach pieces; fold remaining peaches into the pudding. Spoon into individual dishes and garnish with reserved peach pieces and mint, if desired. Makes 6 servings.

Per serving: 129 calories, 6 g protein, 24 g carbohydrate, 1 g fat



Sausage Lasagna Wraps

Cook and drain 6 lasagna noodles. Divide 1 lb. Hillshire Farm Smoked Sausage into 6 pieces. Split lengthwise and stuff with ½ slice mozzarella cheese. Wrap each piece in a noodle. Place in baking dish and cover with 1-16 oz. jar Italian cooking sauce. Bake at 350° for 30 minutes. Serve with grated Parmesan cheese. 4-6 Servings.



Create a new dessert and win Hong Kong.

Enter Baskin-Robbins Ice Cream Show-Off Recipe Contest.

You're one dessert away from winning one of 131 fabulous prizes, including a 10-day vacation for two to Hong Kong.

Baskin-Robbins presents the Ice Cream Recipe Show-Off Contest.

To win, create a unique ice cream recipe using our unique ice cream flavors in one of four categories: Ice Cream Drinks, Ice Cream Sundaes, Individual Ice Cream Treats or Ice Cream Spectaculars.

Top food editors and celebrity culinary experts will judge the final winners.

Contest entry blanks are available at participating Baskin-Robbins stores during January and February of 1981.

Get all the details where you enter.

Your dessert could win you Hong Kong!

WIN ONE OF 131 FABULOUS PRIZES!

GRAND PRIZE
10 days for two at the Hong Kong Hilton via Singapore Airlines. Plus Kodak Colorburst 250 Instant Camera and film.

4 FIRST PRIZES
Kelvinator "Foodarama" no-frost refrigerator/freezer.

4 SECOND PRIZES
White electronic sewing machines with computer stitch selection.

4 THIRD PRIZES
Gibson portable dishwasher with "Pre-Rinse" cycle.

4 FOURTH PRIZES
Mattel Electronics® Intellivision™ entertainment center.

4 FIFTH PRIZES
2-Speed Hamilton Beach food processor.

4 SIXTH PRIZES
Kodak Colorburst 250 Instant Camera.

31 SPECIAL AWARDS
10 quarts of ice cream plus Baskin-Robbins recipe book.

75 HONORABLE MENTIONS
Baskin-Robbins recipe book.

BASKIN-ROBBINS ICE CREAM STORES 31

© 1980 BASKIN-ROBBINS ICE CREAM COMPANY

Multiple-Choice Pizza



Photograph: Dieter

ALL-PURPOSE PIZZA CRUSTS

4 to 4½ cups all-purpose flour
1 package active dry yeast
½ cup grated Parmesan cheese
1 egg
2 tablespoons cooking oil

Combine *2 cups* flour, the yeast, and cheese. Stir in 1½ cups *warm water* (115° to 120°), the egg, and oil. Beat at low speed of electric mixer for ½ minute, scraping bowl. Beat 3 minutes at high. Stir in as much remaining flour as you can mix in with a spoon. On floured surface knead in enough of remaining flour to make moderately stiff dough (5 minutes). Place in greased bowl; turn once. Cover; let rise till double. Punch down; divide in half. Sprinkle two greased 9x9x2-inch baking pans (for thick crust) *or* two greased 12-inch pizza pans (for thin crust) with *cornmeal.* Pat dough into pans, making ½-inch rim. Cover; let rise 30 minutes. Bake in 425° oven 10 minutes. Use one of the toppings below and bake as directed. Makes 2 crusts.

Mexican Pizza: Brown 1 pound *mild chorizo* or *Italian sausage* with ½ cup *chopped onion;* drain. Stir in one 15-ounce can *tomato sauce;* 1 cup *sliced pitted ripe olives,* one 4-ounce can *green chili peppers, rinsed, seeded, and chopped;* and 1 teaspoon dried *cilantro* or *parsley flakes, crushed.* Simmer, covered, 10 minutes. Spread 2 Pizza Crusts with meat mixture. Bake in 425° oven 15 minutes. Top with 2 cups *shredded cheddar cheese* and 2 medium *tomatoes, sliced.* Bake 5 to 10 minutes. Top with *shredded lettuce.*

Italian Pizza: Cook ½ cup *chopped onion* in 2 tablespoons *cooking oil.* Stir in one 15-ounce can *tomato sauce* and 1½ teaspoons *dried basil,* crushed. Simmer, covered, 10 minutes. Spread tomato mixture on 2 Pizza Crusts. Top with 8 ounces *sliced pepperoni.* Bake in 425° oven 15 minutes. Top with 2 cups *shredded mozzarella cheese.* Add 2 medium *tomatoes, sliced* and ½ cup *grated Parmesan cheese.* Bake 5 to 10 minutes. Top with ⅓ cup *snipped parsley.*



The incredible edible egg™ supper in two shakes.

This appetizing egg supper is a super easy dish made with The incredible edible egg, fresh vegetables, bacon and Lawry's special blends of seasonings. It's nutritious. Economical. Delicious. And hearty enough for the whole family. Sound good? Then get shakin'.

The Incredible Lawry's Skillet Supper

4 servings

- 2 tablespoons butter
- ½ cup chopped onion
- ½ cup chopped green pepper
- 8 eggs
- ¼ cup milk
- 1 teaspoon Lawry's Seasoned Salt
- ½ teaspoon crushed basil
- ¼ teaspoon Lawry's Seasoned Pepper
- 1 package (3 oz.) cream cheese, cubed
- 1 medium tomato, chopped
- 2 to 4 slices bacon, cooked and crumbled

In large skillet over medium heat, cook onion and green pepper in butter until tender. Mix eggs, milk and seasonings and pour over onions and green pepper. Add cheese and tomato. Gently push pancake turner completely across bottom and sides of skillet, forming large soft curds. Cook until eggs are thickened throughout but still moist. Sprinkle with bacon.

The incredible edible egg
American Egg Board

Streusel Swirl.® The 6-meal cake.



We call Streusel Swirl the 6-meal cake because it's ideal for any meal. It's perfect with a simple breakfast, a sandwich lunch or even a sumptuous dinner. Not to mention those coffee breaks, after-school snacks and midnight raids. And it's no wonder—with that scrumptious swirl of flavor inside and luscious light glaze outside. Streusel Swirl cake mix from Pillsbury. It's perfect for any meal.

Pillsbury

© 1980 The Pillsbury Co.

RICH,

This stack of pancakes is topped with the leading brand of syrup.



THIS MONTH'S WINNERS

(See recipes on pages 135 and 136.)

Cooks-of-the-Month

F. Hill, Long Beach, Calif.
Maile Locke, San Rafael, Calif.

Runners-Up

Margaret T. Anderson, Jamestown, N.Y.
Nancy Jones, Forestville, Calif.
Mrs. Barbara Keenan, Ft. Morgan, Colo.
Mrs. Judith Stainbrook, Linesville, Pa.

Honor Roll

Mrs. Vincent Dowling, Tacoma, Wash.
Mrs. C. T. Fitzgereld, Lubbock, Tex.
Mrs. Valerie Ingoldsby, Kent, Ohio
Mrs. Joan Jenkins, Jackson, Mich.
Nancy Kasprzyk, Dolton, Ill.
Mrs. H. R. Metz, Bellvue, Colo.
Henry Schwede, Buffalo, N.Y.
Marie S. Westbury, St. George, S.C.
Mrs. Richard Wilder, San Mateo, Calif.
Helen Zagurski, Boonville, N.Y.

CONTEST RULES

1. Write your name, address, and recipe clearly. Mark it "September Low-Cal Desserts" or "September Brunch Main Dishes."
2. Specify brand names of food products you use.
3. Include 50 to 100 words about the origin of the recipe.
4. If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.
5. Entries must be postmarked by midnight, February 28. Where duplicate recipes are submitted, the earliest postmarked will be judged.
6. We reserve the right to adjust and edit winning recipes.
7. Address the recipes you enter to 8102 Food Department. Better Homes and Gardens, Des Moines, IA 50336.

FOOD



Low-Cal Desserts

Brunch Main Dishes

Are you adept at making desserts that dieters can enjoy? Do you have a favorite main dish recipe that's ideal for brunch? Send us your recipes—you could be a winner next September. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next September. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Low-Cal Desserts

Enter your calorie-trimmed dessert idea, such as an ice or frozen yogurt, a marinated fruit mixture, dessert soufflé, or cheesecake. Tips: **yogurt parfaits, lightweight chocolate torte, blueberry snow.**

Brunch Main Dishes

Any main dish idea appropriate for brunch is eligible. Yours might be a quiche, strata, frittata, or an idea for breakfast sausage. Hints: **scrambled egg lasagna, sausage-apple cassoulet, shrimp waffle torte.**

RICHER!

But this stack is topped with Golden Griddle.* It's richer-tasting than the leading brand, and it's naturally thick.

One squeeze, and the Golden Griddle no-drip spout puts the flavor where you want it. And what flavor! Actually richer-tasting than the leading brand.



Add it up.



- ✓No Sugar Added
- ✓No Additives
- ✓Natural
- ✓Fiber
- ✓Low Sodium
- ✓No Cholesterol
- ✓Wholegrain
- ✓Protein
- ✓5¢ a Serving

There are a lot of good reasons why Quaker Oats is

One of Nature's most perfect foods.



File under Soups and sauces

Photographs: Dieter

Quick Soups and Stews

Stuffed Cabbage and Beet Stew

Top prize goes to this hearty stew that starts with convenient frozen stuffed cabbage rolls. Put it together in less than half an hour—

- 1 14-ounce package frozen stuffed cabbage rolls in tomato sauce
- 1 large onion, thinly sliced
- 2 tablespoons butter *or* margarine
- 1 16-ounce can julienne beets
- 1 8-ounce can stewed tomatoes
- Dairy sour cream
- Whole wheat, rye, *or* pumpernickel bread slices (optional)

Let cabbage rolls stand at room temperature about 10 minutes to thaw; cut into 1-inch slices. Meanwhile, in a large saucepan cook onion in butter or margarine till tender but not brown. Add the ***undrained*** beets, stewed tomatoes, and cabbage rolls with tomato sauce. Cover; cook about 15 minutes or till heated through, stirring occasionally. Top each serving with a dollop of sour cream. Pass bread with stew, if desired. Makes 4 servings.

F. Hill, Long Beach, Calif.



File under Desserts

Buying information, page 64

Pear Desserts

Macaroon-Almond Baked Pears

First place honors go to this scrumptious dessert. Here's proof that an elegant dessert needn't take hours to make—

- 1 29-ounce can pear halves, drained
- ⅓ cup apricot preserves
- 1 cup crumbled soft macaroon cookies
- ¼ cup sliced almonds
- • • •
- Whipped cream
- ¼ cup orange liqueur

Arrange pear halves, cut side up, in a 10x6x2-inch or 12x7½x2-inch baking dish. Combine preserves and orange liqueur; pour over pear halves in dish. Sprinkle macaroon crumbs and almonds atop. Bake in a 350° oven for 20 to 25 minutes or till hot. Serve warm with whipped cream. Makes 6 to 8 servings.

Maile Locke, San Rafael, Calif.



PRIZE TESTED RECIPES®
ADD TO YOUR COOK BOOK

Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $11.95 + $1.45 postage to Better Homes and Gardens, Dept. 22A, P.O. Box 374, Des Moines, IA 50336.



Pear Clafouti

3 medium pears, peeled, cored, and chopped, *or* one 29-ounce can pears, drained and chopped
3 eggs
1¼ cups milk
½ cup all-purpose flour
⅓ cup sugar
2 teaspoons vanilla
¼ teaspoon rum extract
⅛ teaspoon salt
⅛ teaspoon ground nutmeg
Whipped cream
Poached pear slices (optional)

If using canned pears, place on paper toweling to drain thoroughly. In small mixer bowl beat eggs with electric mixer till foamy. Add milk, flour, sugar, vanilla, rum extract, salt, and nutmeg; beat at low speed till smooth. Spread pears in greased 10-inch quiche dish or pie plate. Pour batter over pears. Bake in 350° oven for 50 to 60 minutes or till knife inserted off center comes out clean. Let stand 15 minutes. Garnish with whipped cream and poached pears if desired. Serves 8.

Margaret T. Anderson, Jamestown, N.Y.



Spicy Poached Pears

You can make this fresh pear dessert with chocolate ice cream, too—

¾ cup dry white wine
⅓ cup orange juice
¼ cup packed brown sugar
2½ inches stick cinnamon *or* 1 teaspoon ground cinnamon
6 large fresh pears, peeled, cored, and halved
Shredded orange peel (optional)
Vanilla ice cream

In a 3-quart saucepan combine the wine, orange juice, brown sugar, and cinnamon. Cook and stir over medium-low heat till sugar is dissolved. Add pear halves; cover and cook 8 to 10 minutes or till pears are barely tender. Uncover; cook about 20 minutes more or till pears are translucent. Remove cinnamon stick; cool. Garnish with shredded orange peel, if desired. Serve warm with vanilla ice cream. Makes 6 to 8 servings.

Mrs. Barbara Keenan, Ft. Morgan, Colo.



Taco Beef Soup

This chunky soup is like a taco in a bowl—

½ pound ground beef
¼ cup chopped onion
1½ cups water
1 16-ounce can stewed tomatoes, cut up
1 16-ounce can kidney beans
1 8-ounce can tomato sauce
½ envelope (2 tablespoons) taco seasoning mix
1 small avocado, peeled, seeded, and chopped
Shredded cheddar cheese
Corn chips
Dairy sour cream

In large saucepan cook ground beef and onion till meat is browned; drain off excess fat. Add water, ***undrained*** tomatoes, ***undrained*** kidney beans, tomato sauce, and taco seasoning mix. Simmer, covered, 15 minutes. Add avocado. Pass cheese, corn chips, and sour cream to top each serving. Makes 6 servings.

Nancy Jones, Forestville, Calif.



Kielbasa Bean Soup

You'd never guess that this robust potage is based on canned soup—

1 medium potato, peeled and diced
2 carrots, sliced
1 medium onion, chopped
⅓ cup chopped celery
3 cups water
8 ounces kielbasa, thinly sliced (1½ cups)
1 10¾-ounce can bean with bacon soup

In large saucepan or Dutch oven bring vegetables and water to boiling; reduce heat and simmer about 10 minutes or till vegetables are tender. Add kielbasa and bean soup. Heat thoroughly. Makes 6 servings.

Mrs. Judith Stainbrook, Linesville, Pa.

In Hamlin, Kentucky, you bet they know what tastes best with fried chicken.



In places like Hamlin, everybody knows you don't serve fried chicken without black-eyed peas, corn bread and a Jell-O® gelatin salad called the Peachy Orange Ring.

And the same way this salad goes with fried chicken, there's a Jell-O® gelatin salad that goes with your other main dishes, too. From breaded pork chops to baked ham.

The recipes for 33 of these salads are collected for the first time in the Jell-O® Gelatin Salad Selector. To get yours, follow the directions at right.

GF GENERAL FOODS

© General Foods Corporation 1981.

Peachy Orange Ring

1 can (16 oz.) sliced cling peaches, drained
2 packages (3 oz. each) or 1 package (6 oz.) JELL-O® Brand Orange Flavor Gelatin
2 cups boiling water
1½ cups cold water or ginger ale
½ cup chopped celery
¼ cup chopped pecans

Set aside 7 peach slices; dice remaining peaches. Dissolve gelatin in boiling water. Add cold water. Measure 1¼ cups and pour into 6-cup fluted tube pan. Chill until set but not firm. Chill remaining gelatin until thickened. Arrange the peach slices on set gelatin in pan, pressing down gently almost to bottom of pan; chill. Add diced peaches, celery and nuts to thickened gelatin. Spoon into pan. Chill until firm, about 4 hours. Unmold. Garnish as desired. Makes about 5½ cups or 10 servings.

To get your Jell-O® Gelatin Salad Selector, please send your name and address along with $1.50 to: Salad Selector, P.O. Box 3007, E. Court St., Kankakee, Ill. 60901



The great Jell-O® gelatin salads. One of them's right with what you're making tonight.

The Regular Range: 1 hour and 25 minutes.



The TimeMaker Range: 25 minutes.



This is a tale of two chickens. One was the slowest of chickens because it was cooked in an ordinary oven. But the other was the fastest because it was cooked in the new TimeMaker range from General Electric.

The TimeMaker range uses a combination of regular heat for golden brown results *and* microwaves for fast cooking. So, while the chicken in the TimeMaker range cooks to perfection in only 25 minutes, the slow bird takes almost three times longer. And because man does not

A Tale of Two Chickens

Or How the TimeMaker™ Range from GE Gives You the Same Good Cooking in Less Time.

live by chicken alone, the TimeMaker range can cook a beef noodle casserole in 20 minutes, about one-third the time of a regular oven. Or bake an apple pie in about 20 minutes—25 minutes less than it would take a conventional range.

And General Electric will show you how to cook everything from a 16-minute quiche to an 18-minute meat loaf quickly and easily. It's all in the special cookbook, included with the TimeMaker range, that comes with hundreds of appetizing recipes.

The TimeMaker range also lets you cook with regular heat only or microwaves only, so you can use it as a full-sized regular oven, or a full-sized microwave oven. And as if that weren't enough, the TimeMaker range even cleans itself automatically. Shut the door, set the switch, and the oven cleans itself.

The same good cooking in less time is the happy ending to this "Tale." Because when you cook a chicken in the TimeMaker range from GE, it's a far, far faster bird than you've ever cooked before.

For your nearest TimeMaker dealer, call toll-free **(800) 447-4700.** In Illinois only, call **(800) 322-4400.**



We bring good things to life.

GENERAL ELECTRIC

Petite Pasta Ideas

When you want to spark an everyday meal with something special, call on one of the small pastas. You can use them as you would elbow macaroni, rice, or barley for casseroles, skillet dishes, salads, soups, and stews. Besides adding a new twist to familiar dishes, these little pastas save time—they cook in from five to seven minutes. You can buy any of these small pastas in large supermarkets or speciality food shops. For starters try one of our three delicious recipes.



Clockwise from bottom left are: ditali (thimbles), rosamarina (rice-shaped), tripoli (little bows), acini de pepe (peppercorns), spezziello (tiny tubes), and ditalini (tiny thimbles).

CLAM DITALI BAKE

- 4 ounces ditali *or* tripoli
- 2 tablespoons chopped onion
- 2 tablespoons butter *or* margarine
- 2 7-ounce cans minced clams
- 1 10½-ounce can condensed cream of mushroom soup
- 1 4-ounce can sliced mushrooms, drained
- ½ cup dairy sour cream
- 1 tablespoon dried parsley flakes
- 1 teaspoon curry powder
- 1 teaspoon Worcestershire sauce

• • •

- 1½ cups soft bread crumbs (2 slices bread)
- 1 tablespoon butter *or* margarine, melted
- Paprika

In saucepan cook pasta according to package directions; drain. Meanwhile, in large saucepan cook the onion in the 2 tablespoons butter or margarine till tender. Drain liquid from *one* of the cans of clams and discard. Add drained clams, *undrained* clams, soup, drained mushrooms, sour cream, parsley, curry powder, and Worcestershire sauce to onion mixture. Stir in drained pasta. Turn into a 10x6x2-inch baking dish or a 1½-quart casserole. Combine the bread crumbs with the remaining butter or margarine. Sprinkle crumb mixture and paprika atop casserole. Bake in a 350° oven for 25 to 30 minutes or till hot. Makes 6 servings.



Photographs: Dieter

ROSAMARINA CHICKEN STIR-FRY

If you like, top the chicken mixture with shredded mozzarella or *Monterey Jack cheese in place of the cheddar—*

- 1 cup rosamarina *or* ditalini

• • •

- 2 medium chicken breasts, skinned, boned, and cut into ½-inch cubes
- 2 tablespoons cooking oil
- 2 small green peppers, cut in strips
- 1 medium onion, sliced
- ½ teaspoon ground cumin
- ½ teaspoon ground red pepper
- 1 8-ounce can whole kernel corn, drained
- ¼ cup chopped green chili peppers
- ¾ teaspoon salt
- 2 medium tomatoes, peeled and chopped
- 1 cup grated cheddar cheese

Cook rosamarina according to package directions; drain. Meanwhile, in a skillet or wok stir-fry chicken in hot oil about 3 minutes or till lightly browned. Add green pepper, onion, cumin, and red pepper. Cook and stir 3 minutes longer, adding additional oil, if necessary. Stir in drained pasta, corn, chili peppers, and salt. Cover and cook 2 minutes more or till hot. Stir in tomatoes; sprinkle edge of skillet with cheese. Cover; heat 2 minutes or till cheese melts. Makes 4 servings.

MINESTRONE WITH ACINI DE PEPE

Serve this soup with muffins or garlic bread for lunch—

- 1 pound ground beef *or* bulk pork sausage
- ½ cup chopped onion
- 1 clove garlic, minced
- 4 cups water
- 1 16-ounce can tomatoes, cut up
- 1 tablespoon instant beef bouillon granules
- ½ cup chopped carrot
- 1 teaspoon sugar
- 1 teaspoon dried basil, crushed
- ½ teaspoon ground nutmeg

• • •

- 2 cups sliced, halved zucchini
- 2 cups torn fresh spinach
- ½ cup acini de pepe *or* spezziello

In a Dutch oven cook ground beef or sausage, onion, and garlic till meat is browned; drain off fat. Stir in water, *undrained* tomatoes, and beef bouillon granules. Bring to boiling. Add carrot, sugar, basil, and nutmeg. Reduce heat; cover and simmer 5 to 7 minutes or till vegetables are almost tender. Stir in zucchini, spinach, and pasta. Cover and simmer 10 minutes more or till pasta is tender. Season with salt and pepper. Serve with grated Parmesan cheese, if desired. Makes 8 servings.



"Feast your eyes on my wife's latest creation—Three Flour Braided Bread!"

Baking for your family can be so gratifying. Can make you feel so pleased with what you created out of a little flour, yeast and love. And besides, you can be sure that your home-baked bread is deliciously wholesome and nutritious.

With all the short-cut baking methods Fleischmann's has developed for their fast-acting yeast, doing your own baking today can be quick and easy and fun. Thrifty too; home-baked bread costs about half as much as bakery bread—and these days, that's important.

Fleischmann's is always discovering good new things to bake, and new ways to bake them. Send for the latest recipe book from Fleischmann's and bake someone happy.

Nobody bakes it better than you and Fleischmann's® Yeast.

Three Flour Braided Bread **(Makes 2 loaves)**

Combine 2-1/4 cups white flour, 2 tablespoons sugar, 1 tablespoon salt and 2 packages Fleischmann's® Active Dry Yeast. Add 1/4 cup margarine, softened. Add 2-1/4 cups very warm water (120°F.—130°F.) and beat 2 minutes at medium speed. Add 1 cup white flour. Beat at high speed 2 minutes. Divide batter into 3 bowls.

Make whole wheat dough by beating 2 tablespoons molasses and 1-1/4 cups whole wheat flour into 1/3 of batter. Make rye dough by adding 2 tablespoons molasses, 1 teaspoon caraway seed, 1 tablespoon cocoa, and 1-1/4 cups rye flour to 1/3 of batter. Make white dough by beating 1-1/4 cups white flour into remaining batter.

Knead each dough until smooth and elastic, about 5 minutes. Cover. Let rise in warm place until doubled, about 1 hour. Punch down; on floured board, divide each dough in half. Roll each piece into a 15-inch rope. On a greased baking sheet, braid together a white, whole wheat, and rye rope. Pinch ends to seal. Repeat with remaining dough. Cover, let rise until doubled, about 1 hour.

Bake at 350°F. for 30-40 minutes or until done. Cool.

For your "Bake-It-Easy" recipe book send $1 to: Fleischmann's, Box 337, Dept. D2, Teaneck, N.J. 07666. Offer good only in U.S. Allow 4-6 weeks for delivery.



Another fine product of

Standard Brands INCORPORATED

Guide to Specialty Olives

In addition to the more familiar types of olives, there's a wide variety of specialty olives, produced both here and abroad. We've compiled this handy guide to acquaint you with some of the tastiest. Look for the more uncommon types in ethnic food shops, delis, and the gourmet food section of larger supermarkets.

What's available

Black olives include:

Black ripe—Green when picked, these domestic olives turn black during processing. They range in size from *select* (smallest) to the *supercolossal* size. Purchase them pitted or unpitted, sliced, or chopped.

Calamatas—These smooth, oval Greek olives are purplish black. They are usually cured in oil and vinegar which gives them their unique flavor.

Greek black—Curing in brine gives these firm olives a pungent flavor.

Royals or Victorias—These Greek olives are large, meaty, and full-flavored; they're cured like the Calamatas.

Moroccan—These tiny, piquant, wrinkled olives are sun-dried, salt-cured, then oiled.

Green olives include:

Green ripe—These firm, smooth-skinned olives from California have a sweet, pickled flavor. They are available in the same range of sizes as black ripe olives.

Spanish green—These olives have a more pungent flavor and less oil than green ripe olives. They may be stuffed with pimientos, capers, almonds, anchovies, or onions.

Spanish Greek queen—These large, bright green olives resemble pickles and are cured in lye.

Sicilian—Hot red pepper, fennel, and sometimes garlic spike these bitter, salt-cured Italian olives.



Lasagna. As easy as pie.

Now Bisquick® can help you make a delicious lasagna dinner, layered with old world Italian flavor. And you can do it in just 60 minutes from start to finish. All you need is our recipe, some everyday ingredients, and the fifty years of quality and experience that go into every box of Bisquick.

Try it. It's as easy as pie.



Bisquick. Something good always comes of it.®

IMPOSSIBLE LASAGNA PIE

© General Mills

½ cup small curd creamed cottage cheese
¼ cup grated Parmesan cheese
1 pound ground beef, cooked and drained
1 teaspoon dried oregano leaves
½ teaspoon dried basil leaves
1 can (6 ounces) tomato paste
1 cup shredded mozzarella cheese
1 cup milk
⅔ cup Bisquick® baking mix
2 eggs
1 teaspoon salt
¼ teaspoon pepper

Heat oven to 400°. Lightly grease pie plate, 10x1½ inches. Layer cottage cheese and Parmesan cheese in plate. Mix cooked beef, oregano, basil, tomato paste and ½ cup of the mozzarella cheese; spoon evenly over top. Beat milk, baking mix, eggs, salt and pepper until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean, 30 to 35 minutes. Sprinkle with remaining cheese. Let stand five minutes before cutting. 6 to 8 servings.

HIGH ALTITUDE DIRECTIONS (3500 to 6500 feet): No adjustments are necessary.

Join the Bisquick Recipe Club. See package for details. Send $3.00 to: General Mills Inc., Box 948, Minneapolis, MN 55460

Custom homes you can finish yourself.



A Capp Home Has Quality, Savings and a Unique Building Concept.

Are you interested in saving money on a custom-built home? Do ou like to take charge to be sure things are done right? Then you hould consider a Capp Home as the best way to custom build the ome you want. It's a home building program that lets you get as nvolved as you want. And the more you get involved the more ou save.

USTOM HOMES IN EVERY PRICE RANGE

We'll work with *your* budget. Chances are it will go further with app than other custom builders. We'll build from your plans and leas. Or you can modify any one of our large collection of home esigns to get the exact custom home you want.

ERE'S WHAT WE DO

Capp Homes' expert carpenters will custom-build your home on ne lot and foundation you provide, using only quality lumber. hen they leave, your home is fully enclosed and ready for the nishing tasks. That's where you take over. And Capp provides ou with a full complement of finishing touches—from fixtures nd floor coverings to kitchen cabinets and heating systems. All re included in the Capp price.

OW YOU TAKE CHARGE

By finishing it yourself you can save thousands compared to an rdinary builder putting up the same house on your lot. You decide hich finishing jobs you want to do yourself, to save as much as ossible. The rest you supervise by hiring local tradesmen, and you ocket the markup a general contractor would normally charge.

RAND NAME QUALITY THROUGHOUT

From the framing lumber to the kitchen sink, there's a list of uality brand names that will make you proud. You select the in- erior and exterior features you want—in roofing, siding, windows nd doors, plus carpeting, lighting fixtures, bathroom fixtures, ppliances and much more. It's quality you'll be proud to live with.

APP FINANCING—THE PERFECT PARTNER

Capp Homes has a complete array of financing programs that re tailored to fit qualified customers' needs. *A large down pay-*



ment is not required—just a small deposit and your lot gets you started. Our construction loan features a delayed payment feature and our permanent mortgages are at competitive rates. Capp has the financing versatility to match our qualified customers' needs.

NEW CAPP HOME PLANNING GUIDE

Send the coupon below for your 106-page Capp Home Planning Guide. Read the entire Capp story, study the home plans and find out how to get started on your custom-built home.

Note: Capp Homes are not sold in Alabama, Alaska, Arkansas, Florida, Georgia, Hawaii, Louisiana and Mississippi.

CAPP HOMES
EVANS PRODUCTS COMPANY
CUSTOM BUILDERS SINCE 1946

TO: CAPP HOMES PRHG 02
1300 Ethan Way, Suite 100
Sacramento, CA 95825

106-PAGE CAPP HOME PLANNING GUIDE

☐ I want to receive additional information. Please send me my *FREE*, 106-page Home Planning Guide.
☐ I own a building site. Location _____

NAME _____

ADDRESS _____

CITY _____

COUNTY _____ STATE _____

ZIP _____ PHONE _____



The Director.™
It points the way to lower heating bills.

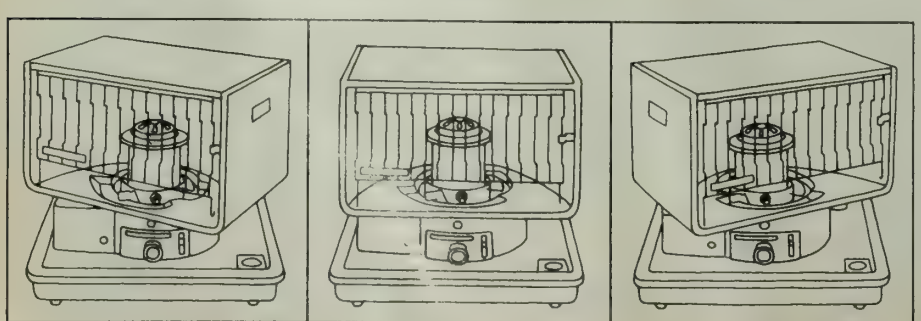
Kero-Sun® never stops improving the kerosene heater.

Our latest technological breakthrough: The Director.™ Not only is it portable, like all our heaters, but it swivels 60° to beam heat where you want it.

Like all our Kero-Sun Portable Heaters, The Director also lets you set your central heating system low and heat only the room you're in to cut your fuel bills.

The Director has a stunning contemporary design. High output (rated at 11,700 BTU's per hour)—enough to keep a 24′ × 18′ living room cozy and warm. With up to 32 hours of burning time for just a few cents worth of kerosene an hour. And no smoke or odor during operation.

There are now 7 U.L.-listed Kero-Sun models to choose from. Any of the stores on the facing page will direct you to the model that's best for you.



KERO-SUN®

The good news in home heating.

© 1981 Kero-Sun, Inc.

See the complete line of Kero-Sun® Portable Heaters at these dealers in California:

CALIFORNIA

Anaheim
Home Craft
1540 N. State College Blvd.
Pacific Energy Products
2296 Via Burton
Universal Energy Savers
9332 W. Katella

Bakersfield
Kern Turf Supply Inc.
711 Lake St.

Big Bear Lake
T & T Supply Company
41871 Garstin Road

Bishop
Bishop Feed
1674 N. Sierra Highway

Buellton
Todd Pipe & Supply
820 McMurray Road

Burbank
Glick Bros.
914 N. Victory Blvd.

Canoga Park
Green Thumb Nursery
21812 Sherman Way

Carpinteria
Bud's Equipment Rentals
4745 Carpinteria Ave.

Carson
S.I. Outdoor Food & Equipment
16809 S. Central Ave.

Chula Vista
Al's Books & Supplies
194 Landis Ave.

Colton
Wright's Hardware
401 East Valley Blvd.

Corona Del Mar
Roger's Gardens
2301 San Joaquin Hills Rd.

Covina
The Grainery
534 No. Howard

Downey
Ferndale Garden Center
9920 Paramount Blvd.

El Cajon
Dick Cepek, Inc.
502 E. Main St.
Hayseed
375 N. Second St.

El Toro
Green Thumb International
23782 Bridger Rd.
Rental City/Mobile Rent-A-Tool
22600 Lambert, Suite 1203
Saddleback Patio & Fireside
23635 El Toro Rd.

Encinitas
Fireplace Plus
949 Second St.

Encino
Pony Express Sport Shop
17460 Venture Blvd.

Escondido
Curtis Equipment
2091 E. Valley Pkwy

Fallbrook
Fallbrook Hardware
102 S. Main

Garden Grove
Dick Cepek, Inc.
13691 Harbour Blvd.

Glendale
Virgil's Glendale Hardware Center
520 N. Glendale Ave.

Gover City
Maysel's Camper Hardware & Supply
13th & Grand

Hemet
Coast to Coast Hardware
2007 E. Florida

Hesperia
Cal Herbold's Nursery
16934 Main St.

Hollywood
Rompage Hardware
5916 Hollywood Blvd.

Homeland
Tuts True Value Hardware
31251 Hwy. 74

Imperial Beach
C & M True Value Hardware
1351 Palm Ave.

Inglewood
National Trailer Sales & Service
610 W. Florence Ave.

Jamul
Dale's Equipment
Hwy. 94 & Jefferson Rd.

Julina
Julian General Store
2111 Main St.

Kernville
Kernville Lumber Co.
11312 Kernville Rd.

La Canada
Hot Water Company
931 Foothill Blvd.

La Habra
Lou's Feed & Tack
2501 W. Whittier Blvd.

Lake Elsinore
Morrow Plumbing
212 West Graham Ave.

Leona Valley
Leona Valley Country Store
9000 W. Elizabeth Lake Rd.

Long Beach
Pacific Coast Hardware
2485 Long Beach Blvd.

Los Angeles
Kawaguchi Lawnmower
3532 East 3rd St.
Sunset Builders Supply
1029 Sunset Blvd.

Malibu
The Feed Bin
3931 So. Topanga Canyon Blvd.
Keene's Hardware Co.
29211 Heathercliff Rd.

Montebello
Stevenson Hardware Co.
718 Whittier Blvd.

National City
Aspen Lumber Co.
1411 Coolidge St.

Oceanside
Oceanside Lumber and Hardware
260 Third St.

Ojai
Carson Farm Supply Inc.
111 W. Topa Topa St.

Ontario
Ace Hardware
1339 East 4th St.

Oxnard
Thompson Lumber Co.
1205 S. Oxnard Blvd.

Palm Springs
Haidet Hardware Inc.
66-396 Pierson Blvd.

Pasadena
Lawn Mower Corner
1657 E. Walnut St.

Perris
Dan's Feed & Seed
240 E. Fourth

Pine Valley
Pine Valley General Store
28820 Old Hwy 80

Pomona
C & E Lumber Company
2692 N. Towne Avenue

Poway
EJK and Sons
13309 Roland Glen

Redondo Beach
Grosso's
321 Torrance Blvd.
Village Blacksmith
350 N. Pacific Coast Hwy.

San Bernardino
George's Home Center
328 East Base Line

San Clemente
Rick's Trailer Supply
1530 N. El Camino Real

San Diego
Gardener's Aid
1050 Sebastopol Road
Marine Warehouse
3388 Channel Way
Thermo-Cal, Inc.
8746 Complex Drive

San Luis Obispo
Forden's Fireplace Shop
857 Monterey

San Marcos
Bestway Distribution Co.
772 No. Twin Oaks Valley Pkwy.

Santa Barbara
Holiday Hardware
55 S. La Cumbre Rd.
J.E. Smith Co.
417 Rose Ave.

Santa Maria
Central R. Recreational Vehicles
1911 N. Broadway

Santa Monica
Lincoln Hardware
1609 Lincoln Blvd.

Sepulveda
Green Arrow Nurseries
8845 Sepulveda Blvd.
Jacobs Bros.
8928 Sepulveda Boulevard

Simi Valley
Fairway Gardens
4845 Los Angeles Ave.

Southgate
Dick Cepek, Inc.
9201 California Ave.

Spring Valley
Accurate Television
9920 Campo Road

Sun Valley
Grosso & Grosso
7502 Wheatland Ave.

Thousand Oaks
Zender's Patio & Fireplace Shop
1250 E. Thousand Oaks Blvd.

Topanga
Topanga Lumber & Hardware
506 S. Topanga Blvd.

Torrance
Marty's Foreign Motors
1730 W. Carson St.

Valley Center
Double B Survival Systems
28335 Cole Grade Rd.

Ventura
Barber Recreation Center
3650 E. Main St.
Green Thumb International
1899 Victoria Ave.
The Fireside Mart Inc.
120 N. Ashwood Ave.

Visalia
Continuous Aluminum Gutters
2761 East Goshen Ave.
The Finishing Touch
26644 So. Mooney Blvd.

Vista
Ames Home Energy Center
2111 E. Vista Way
Thompson Fireplace
1112 S. Santa Fe Ave.

West Covina
United Rent-All
555 S. Glendora Ave.

Whittier
Quality Installers
7902 Greenleaf Ave.

Wrightwood
Cal Herbold's Nursery
1453 Hwy. 2

Yucaipa
Coaches Corner
33189 Yucaipa Blvd.

Yucca Valley
Yucca Valley Hardware & Lumber
7054 Old Woman Spring Rd.

KERO-SUN®

The good news in home heating.

CHECK LOCAL CODES FOR PERMITTED USES.



Model K™ cookstove | The Director™ | Radiant 10™ | Radiant 8™ | Moonlighter™ | Omni 105™ | Omni 85™ | Omni 15™

Appliance Cooking:

Surprising Pressure Cooker Entrées

You probably already know that pressure cooking short-cuts homemade soups and stews. But you'll be amazed at how the same technique speeds up hearty main dishes such as a crustless quiche, veal rolls, and Cornish hens.



Photograph: Mike Dieter

CRUSTLESS PIZZA QUICHE FOR TWO

2 beaten eggs
¾ cup milk
1 tablespoon all-purpose flour
¼ teaspoon salt
¼ teaspoon dried oregano, crushed
¾ cup shredded mozzarella cheese (3 ounces)
¼ cup chopped pepperoni
2 tablespoons sliced green onion

In a bowl thoroughly beat together the eggs, milk, flour, salt, and oregano. Stir in cheese, pepperoni, and green onion. Pour into a 5x5x2-inch baking dish. Cover with foil. Place ½ cup *water* in the bottom of a 4-quart pressure saucepan. Add rack and baking dish. Cover and seal; bring to 10 pounds pressure according to manufacturer's directions. Reduce heat; cook over medium heat 5 minutes, adjusting heat as needed to maintain pressure. Remove from heat; run cold water over saucepan to reduce pressure. Remove quiche from cooker and let stand 5 minutes. Trim with parsley, if desired. Serves 2.

GRANOLA-STUFFED CORNISH GAME HENS

¼ cup chopped onion
1 tablespoon butter *or* margarine
½ cup cooked rice
½ cup granola
¼ cup raisins
1 tablespoon orange juice
¼ teaspoon curry powder
2 1¼-pound Cornish game hens
All-purpose flour
2 tablespoons butter *or* margarine, softened
1 teaspoon paprika
4 teaspoons orange juice

In a saucepan cook onion in the 1 tablespoon butter or margarine till tender but not brown. Stir in rice, granola, raisins, the 1 tablespoon orange juice, ¼ teaspoon *salt*, and the curry powder. Toss lightly to mix. Season cavities of hens with *salt*. Lightly stuff birds with rice mixture. Pull neck skin to back of each bird and fasten securely with a small skewer. Tie legs to tail; twist wings under back. Place each bird, breast side up, on a 15x12-inch piece of foil. Dust with flour. Combine the remaining butter or margarine, paprika, ¼ teaspoon *salt*, and enough orange juice to make a paste. Spread birds with mixture. Form foil into packets around birds, leaving partially open for steam to escape. Place 1 cup of *water* in the bottom of a 4-quart pressure saucepan. Place birds on rack in pan. Cover and seal; bring to 10 pounds pressure according to manufacturer's directions. Reduce heat and cook over medium heat 20 minutes, adjusting heat as necessary to maintain pressure. Remove from heat and let stand 5 minutes. Run cold water over saucepan to reduce pressure. Remove birds from foil packets to broiler pan. Broil 4 inches from heat for 3 to 4 minutes. Arrange on platter with endive and orange twists, if desired. Serves 2 to 4.

SPINACH-VEAL ROLLS

1 to 1¼ pounds boneless veal *or* beef sirloin
1 10-ounce package frozen chopped spinach, thawed
¼ cup grated Parmesan cheese
½ teaspoon dried basil, crushed
2 tablespoons butter *or* margarine
¾ cup chicken broth
1 cup sliced fresh mushrooms
3 tablespoons butter *or* margarine
¼ cup all-purpose flour
¼ cup snipped parsley
Hot cooked noodles

Cut sirloin into 4 serving-size pieces. Pound each piece to a 5-inch square. Sprinkle with *salt* and *pepper*. Squeeze as much water as possible from spinach. Stir in the ¼ cup Parmesan cheese and the basil. Divide spinach mixture among meat squares. Roll up, securing with wooden picks. In a 4-quart pressure saucepan brown meat rolls in the first 2 tablespoons butter or margarine. Remove rolls. Place chicken broth in pressure saucepan. Add rack and meat rolls. Cover and seal; bring to 15 pounds pressure according to manufacturer's directions. Reduce heat; cook over medium heat 5 minutes, adjusting heat as necessary to maintain pressure. Remove from heat; let stand 5 minutes. Run cold water over saucepan to reduce pressure. Remove rolls; keep warm. Measure broth in pan, reserving 1½ cups. In pressure saucepan cook mushrooms in the remaining butter or margarine. Blend in flour. Stir in reserved broth. Cook and stir till thickened and bubbly. Stir in parsley. Serve sauce with rolls over noodles. Makes 4 servings.





Every cup of Yuban® tastes so rich...

...it's worth a second cup.



Rich, rich Yuban® coffee. Yuban ground coffee is made from a special blend of 100% Colombian beans. The first cup is so enjoyable, you'll love seconds. That pleasure also goes for Yuban instant with its rich special blend. You'll have another cup? Mmm, of course.

Yuban. Richness worth a second cup.

Yuban is a registered trademark of General Foods Corporation ©General Foods Corporation 1980

EVERYTHING YOU EVER BELIEVED ABOUT THE GOODNESS OF SOUP HAS JUST BEEN CONFIRMED.



If you're like most people, you may have always suspected that there was something especially wholesome about a hot bowl of soup. Now your instincts have just been proven to be a fact: soup really is one of the most thoroughly nourishing, easily digestible foods you can eat.

FOOD FOR THOUGHT.

Using data from one of the largest studies ever made on nutrition (conducted by Government health agencies), experts from leading universities identified differences in people's diets.* It was found that soup can be a significant part of a balanced, healthful diet.

And when compared with other foods in a Nutrient Density Rating System** used by nutritionists, many of the most popular soups score very high. In fact, some soups have more nutrients per calorie than other good foods. Like green beans, lettuce and corn.

SOMETHING TO SLEEP ON.

Let's say you've come home from work too late to sit down to a big, heavy dinner. (A lot to digest isn't the best thing to go to sleep on.) A bowl of soup before bed might just be what your body needs. And it's so digestible.

And if, for example, that bowl of soup were Campbell's Vegetable Beef, you'd be giving yourself more vitamin A in one serving than you'd get from nine eggs.

And calorie for calorie, as much protein as peanut butter. If it were Campbell's Tomato Soup, you'd be getting the vitamin C equivalent of half a grapefruit.

WE ARE WHAT WE EAT.

Everywhere, people are walking when they used to drive. We've learned the value of exercise and grown more selective about the foods we eat. It all points to a new awareness of health. And soup has an important part to play in a nutritionally balanced diet.

So if you've had the feeling that soup is good for you, now you know why.

Campbell's

SOUP IS GOOD FOOD.

*As published in the summaries of papers of the 146th National Meeting of the American Association for Advancement of Science, January 6, 1980.

**Source: Hansen, R. G., Wyse, B.W., Sorenson, A.W., The Nutritional Quality Index of Foods, AVI Publishing Co., Inc., Westport, Conn. 1979

Note—Mean value sources for nutrient comparison: USDA Handbooks No. 8 and 456 and Campbell Soup Co.

"Introducing New Seven Seas® Buttermilk Recipe."™

Alice, owner Alice's Galley





No more...

dry mixes, measuring, or leftovers.

Just pour

At last, the delicious flavor of buttermilk dressing comes in a bottle. Tastes great . . . delicately seasoned, creamy smooth. Because there's real buttermilk in the bottle. Enjoy it soon.

©1981 Anderson, Clayton & Co

Ice Cream Special

You can redeem even a humdrum meal when you serve *Marbled Eggnog Ice Cream* for dessert. This delectable blend of eggnog and cranberry is easy to make. If your grocer carries dairy eggnog only during the holidays, substitute canned eggnog or make your own.



Photograph Dieter

MARBLED EGGNOG ICE CREAM

- **1 2¼- or 3-ounce package no-bake custard mix**
- **¼ cup sugar**
- **4 cups dairy eggnog**
- **1 cup whipping cream**
- **1 16-ounce can jellied cranberry sauce**

In medium saucepan combine the *dry* custard mix and the sugar. Gradually stir in eggnog. Cook and stir over medium heat till mixture boils. Cover surface with clear plastic wrap; cool slightly. Pour mixture into 13x9x2-inch pan; cover and freeze about 2 hours or till almost firm. Whip cream just to soft peaks (tips curl). Break up eggnog mixture in chilled mixer bowl; beat till fluffy. Fold in whipped cream. Break up cranberry sauce with fork; gently fold into eggnog mixture just till slightly marbled. Return mixture to pan, retaining marbled effect. Cover and freeze firm. Let stand at room temperature 10 minutes before serving. Makes 9 cups ice cream.

MOST PEOPLE SPEND MORE TIME SHOPPING FOR A $50 LAMP THAN A $50,000 LOAN.

Let's say you need a new lamp.

You go to a few stores. Check out different styles. Compare all the prices. And after that, you make a decision.

A well thought-out decision.

The funny thing is, a lot of people don't take the same time and care when they shop for a homeowner loan. They go to one lender and learn about one loan. Which is why a lot of people end up paying more than they should.

The fact is, the cost of the same loan can vary greatly from lender to lender.

That's why at HFC, we feel you owe it to yourself to shop around. It's the only way to be really sure you're getting the best deal. And it's the best way to really see what HFC can offer you.

Start with a little arithmetic.

First sit down with a pencil and paper and work out a rough estimate of how much equity you have in your home. Equity is the amount of money you get when you sell a home, after paying off your mortgage.

Just subtract the amount you still owe on your home (your last mortgage statement should have this information) from what you could sell it for today. Check newspaper real estate ads or ask neighbors what similar homes in the area have sold for.

The amount you get is your equity. And most homeowner loans could be as high as $50,000,* depending on your equity.

How to shop.

Now make some calls. You can check with consumer finance companies, banks, and savings and loans. Call at least three places.

And find out exactly how much of a loan you could get. How much your monthly costs would be. And what the actual cost would be.

A few pluses about an HFC Equity + Loan

Naturally, if we've been encouraging you to shop around, we must feel rather good about our HFC homeowner loan.

We do. It's called the HFC Equity + Loan.

The + is because you get the use of your money plus all the financial expertise HFC has built up for over 100 years.

Every HFC manager goes through special Equity + training to answer all your questions clearly and completely.

If an Equity + Loan is the best loan to suit your needs, you'll know it. And you'll see why so many people have made a tradition of counting on HFC.

You can even shop at home.

Of course some people prefer to shop at home. And at HFC, we even make it possible for you to do that.

Just fill out the coupon and we'll send you the basic information you'll need about your loan. You'll also get a fact-filled homeowner loan book.

The way we figure it, the more you know, the more you'll know to come to HFC.

**In most states the Equity + loan is available up to $50,000, subject to state law restrictions.*
In California, loans over $5,000 may be secured by a combination of real and personal property.

HFC®

I'd like to find out more about your Equity + homeowner loan.

My equity is approximately: $_____

I'm thinking about borrowing $_____

Name_____

Street_____

City_____

State_____ Zip_____

In addition to the information you'll send me, I'd like to discuss Equity + with you. My phone number is

( )_____.

Mail to:
Household Finance
Box 3900
Peoria, Ill. 61614

BH3

Or call toll-free:
800-447-4700
In Illinois
800-322-4400



THE HFC EQUITY + LOAN

Put our experience to work

The Bran'nola® Bran'wich

Delicious Bran'nola® Original bread makes all your family's favorite sandwiches taste even better. It's bread baked with wholesome ingredients, sweetened with honey and tangy raisin syrup —no artificial preservatives, ever.



And every extra-large slice is rich in unprocessed miller's bran. For bran'wich variety, also try Bran'nola Hearty Wheat, Country Oat and Old Style White — delicious breads, all baked with bran!



What a delicious way to give your whole family the blessing of bran!

©1991 Arnold Bakers, Inc. and Oroweat Foods Company

OROWEAT

Nachos: *(Notch'ohs)* Tostitos® topped with melted cheese and jalapeño pepper. The perfect anytime snack.



For heartier nachos, spread Tostitos® tortilla chips thickly with bean dip and a dab of taco sauce. Top with mild cheese and pepper slice, and broil.



For elegant nachos, spread Tostitos® tortilla chips thickly with guacamole. Top with chopped green onion and cheese strips. Then broil.



Tostitos.® Made with stone-ground corn for an authentic tortilla taste. They're light and crispy that they make tender and delicious nachos with all your favorite toppings.

FRITO LAY®

TOSTITOS is a registered trademark of Frito-Lay, Inc

Caring For Pewter

Although once called the "poor man's silver," pewter pieces today are prized in their own right. You can keep your pewter ware looking its best by protecting its fragile, soft finish with regular care. To help you choose the right care for your pewter, here are some basic cleaning tips:

General cleaning

To retain its beauty, pewter must be cleaned regularly. In addition to dusting it periodically, you should wash a pewter piece in hot soapy water every month or so to remove dirt and grime. Rinse the piece with clear water, and then dry it thoroughly with a soft cloth.

The age of a pewter piece partly determines how often you should polish it. Antique pewter usually contains lead which tends to turn the finish dark, so frequent polishing is needed.

"New" pewter manufactured in recent years is usually lead-free and thus doesn't darken or tarnish as quickly as antique pewter does. If a piece is marked "pewter" on the bottom or base, it probably is of present-day vintage.

Wear gloves when handling pewter because body oils may cause it to tarnish. Never dip pewter into a chemical solvent to remove tarnish. And resist the temptation to clean even blackened pewter with an abrasive household cleanser. You might cut deeply into the soft metal.

When pewter, whether old or new, looses its soft sheen, you can restore it by using a foaming pewter-and-silver polish, available in jewelry stores. Apply the polish, then rub the pewter piece gently with a soft cloth so you don't harm the patina (a sheen produced by natural oxidation and/or age). If the pewter piece is engraved, shine only the high points. But remember that pewter, unlike silver, shouldn't be polished to a high gloss.

Removing stains and spots

To remove minor stains, gently rub the area with jeweler's rouge or rottenstone applied on an oily cloth. Or, carefully brush the stain with fine steel wool dipped into a little olive oil.

Antique pewter may have small spots or "warts" on the surface. Unless these spots are actively corroding the pewter, leave them alone. Removing the spots would only expose a fresh surface to corrosion. However, if the spots are active, have a professional remove them completely.

Corrosion can sometimes be corrected by soaking the pewter piece in paraffin for a long time.

Repairing broken parts or dents in antique pewter should always be done by a professional.

Handle with care

Don't use pewter for cooking or even for warming up food in the oven. The heat can harm the metal.

And don't store your antique pewter in a drawer or cabinet made of oak. The wood releases a volatile tannic acid which can damage pewter that contains lead.





Your redwood dream deck. Now it can be different from anyone else's redwood dream deck.

A deck that's all your own begins with a design that's all your own. Design your own redwood deck with the Redwood "Design-a-Deck" Plans Kit.

- Adaptable patterns for an endless variety of decks to suit your home and landscaping
- Plans for steps, benches, and railings
- An illustrated instruction manual
- Working drawings
- And more!

Then you can build your deck yourself with natural, low-cost garden grades of redwood.
Or recommend redwood when you consult your contractor.

It all starts with the Redwood "Design-a-Deck" Plans Kit.
Make your redwood dream deck exactly what it should be.
All your own.



$4 gets you the new Redwood "Design-A-Deck" Plans Kit.

Each plans kit contains five large sheets of working drawings; a complete list of required materials; a 20-page, illustrated step-by-step manual; graph paper and unique punch-out patterns to help you decide exactly where to place your deck; information on hillside installations; plus detailed plans on steps, benches and railings.

CALIFORNIA REDWOOD ASSOCIATION A
One Lombard St., San Francisco, CA 94111

I'm enclosing a ☐ check ☐ money order for $4.00.
Please send my deck plans kit.

Name _____

Address _____

City _____

State _____ Zip _____

CALIFORNIA
REDWOOD
ASSOCIATION
One Lombard Street
San Francisco, CA 94111

Redwood – a renewable resource

MJB. The only 15 minute brown rice.



Now MJB Quick Brown Rice gives you the delicious natural goodness of brown rice. In fifteen minutes. From start to finish. MJB Quick Brown Rice is a light brown rice that cooks up to a sweet nut-like flavor your whole family will enjoy. Perfect as a side-dish. Delightful as a savory casserole maker. MJB Quick Brown Rice. There's no other rice quite like it.



Try ...se other fine MJB Rices.

When should you update your wills?

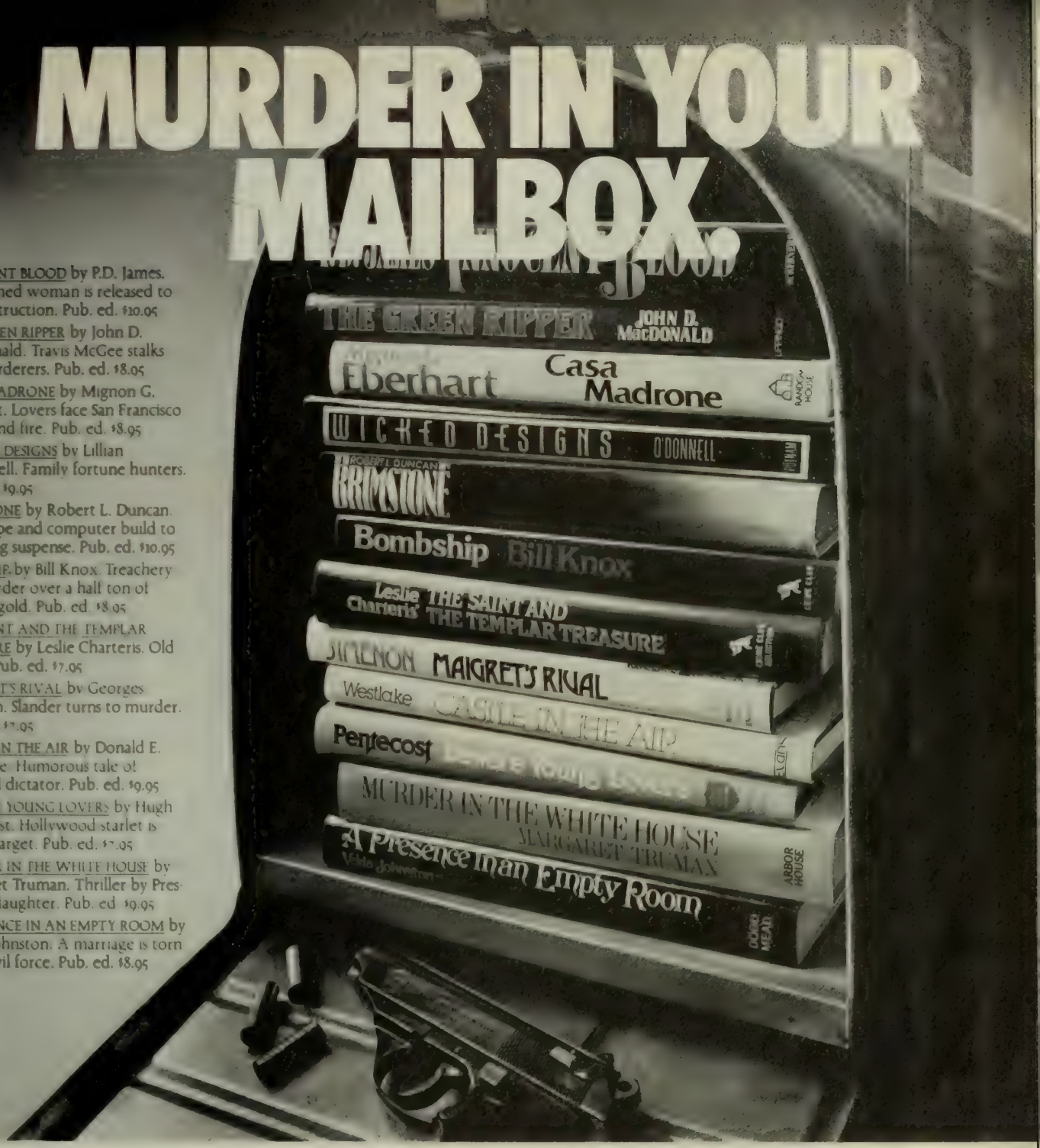
Even if you and your spouse don't have large estates, a periodic review of your wills makes sense. After all, the main purpose of a will is to see that your family's interests are protected in an orderly fashion. Since family circumstances change, the details of wills often must change, too.

Here are some key situations that may warrant a review and possibly a revision of your will. If either you or your spouse does not have a will, make sure you draw one up right away. Also, remember that laws vary from one state to the next, so look further into the particulars where you live.

- Birth of a child. (Wills in your state may or may not cover this as an automatic procedure.)
- Birth of a grandchild.
- Adoption of a child.
- Child's college graduation.
- Marriage of a child.
- Your own marriage or remarriage.
- Separation or divorce.
- Death of an heir.
- Purchase or sale of significant property, like real estate.
- Sizable gain or loss in property value.
- Maturation of a trust fund.
- Severe illness of a dependent who must be looked after indefinitely.
- Change of heart about heirs.
- Death or disinvolvement of the guardian you had specified for your children.
- Death or disinvolvement of the executor named in your will.
- A move to a new state. (Remember, the laws vary.)
- Recognition of a favorite new charity.

Note: The Tax Law of 1976 suggests significant changes for some families' estate planning. There are larger estate tax exemptions, for example, plus new rules about appraising property values and giving gifts. The details can get sticky, however. If you own property that is worth a lot—over $100,000 or so net—it would be wise to check with a lawyer about the most beneficial way to average your estate.

MURDER IN YOUR MAILBOX.



INNOCENT BLOOD by P.D. James. Imprisoned woman is released to face destruction. Pub. ed. $10.95

THE GREEN RIPPER by John D. MacDonald. Travis McGee stalks cult murderers. Pub. ed. $8.95

CASA MADRONE by Mignon G. Eberhart. Lovers face San Francisco quake and fire. Pub. ed. $8.95

WICKED DESIGNS by Lillian O'Donnell. Family fortune hunters. Pub. ed. $9.95

BRIMSTONE by Robert L. Duncan. Map, tape and computer build to terrifying suspense. Pub. ed. $10.95

BOMBSHIP by Bill Knox. Treachery and murder over a half ton of sunken gold. Pub. ed. $8.95

THE SAINT AND THE TEMPLAR TREASURE by Leslie Charteris. Old curses. Pub. ed. $7.95

MAIGRET'S RIVAL by Georges Simenon. Slander turns to murder. Pub. ed. $7.95

CASTLE IN THE AIR by Donald E. Westlake. Humorous tale of deposed dictator. Pub. ed. $9.95

BEWARE YOUNG LOVERS by Hugh Pentecost. Hollywood starlet is killer's target. Pub. ed. $7.95

MURDER IN THE WHITE HOUSE by Margaret Truman. Thriller by President's daughter. Pub. ed. $9.95

A PRESENCE IN AN EMPTY ROOM by Velda Johnston. A marriage is torn by an evil force. Pub. ed. $8.95

$1 GETS YOU ALL 12.

These 12 best-selling tales of mystery and murder are yours for only $1. They're worth $111.40 in original publisher's editions—but to introduce you to The Detective Book Club, we'll send you all these superb mysteries in four handsome triple volumes (shown in coupon) for only $1.00 plus shipping.

SAVE $5 OR MORE ON EVERY MYSTERY

Monthly club selections include three full-length detective novels in one hardcover triple volume for only $6.39. That's $2.13 per mystery—at least $5 (and sometimes $7 or $8) less than *just one* costs in the publisher's original edition.

As described in the coupon, you're under no obligation to accept any offered selection. You may preview selections, reject or return any you don't want and cancel at any time—even after taking our terrific 12-for-$1 offer!

Please enroll me as a member and send me my four triple-volumes shown here, containing twelve mysteries. I enclose no money now. I'll examine them for one week, then will either accept all four volumes for $1 plus shipping, or return them and owe nothing.

As a member, I will receive free the club's monthly Preview which describes my next selections but I am not obliged to accept them. I will always have at least 10 days to reject any volume by returning the form provided. I may return any book for full credit within 21 days. For each volume I keep, I'll send you $6.39 plus shipping. I understand I may cancel my membership at any time.



THE DETECTIVE BOOK CLUB, Roslyn, N.Y. 11576

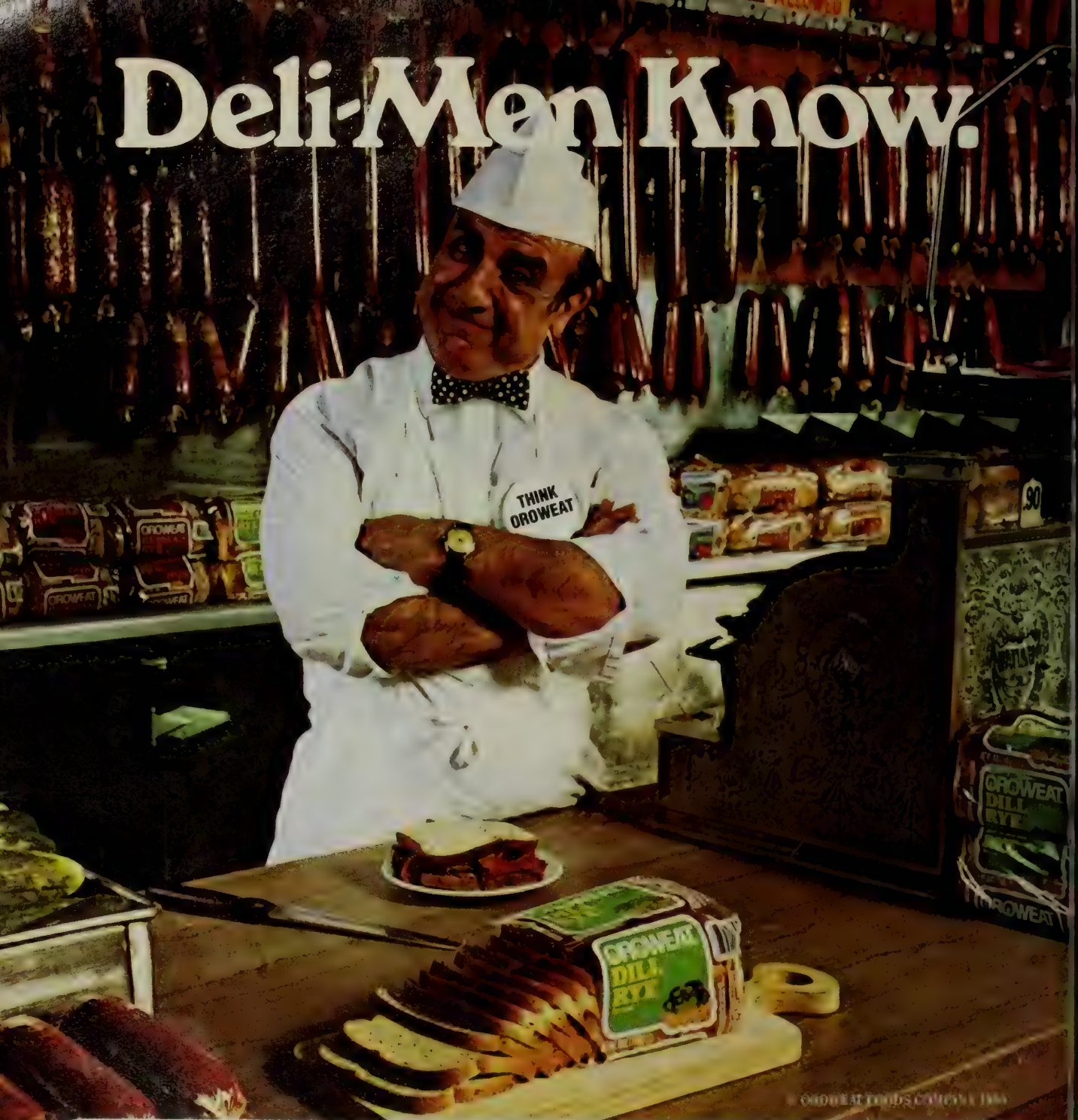
Mr./Mrs./Ms. _____

Street _____ Apt. No.

City _____

State _____ Zip _____

Note: Members accepted in USA and Canada only. Offer slightly different in Canada.



What does it take to make a sandwich great? Talk to your deli-man. He'll give you some answers. A delicious 3-decker, for example. Lean corned beef, hot pastrami and swiss cheese – with a dab of creamy cole slaw and russian dressing – piled high on a real deli rye. Oroweat® Dill Rye. A traditional Old World loaf – slow baked with whole dill seeds and a touch of sourdough – for deli flavor that's downright irresistible.

Oroweat Dill Rye. Now *you* know what deli-men know.

When you think deli, THINK OROWEAT®

Try Oroweat® Russian Rye and Schwarzwälder Dark Rye....just two of the many delicious Oroweat Rye varieties.

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., NY, NY 10022 (212) 751-2253



BONZ® brand dog snack is a great way to say "love" to your dog this Valentine's Day. BONZ is so much like a real steakbone that dogs like BONZ like dogs like bones. And you'll like the 15¢ you can save now on any size box of BONZ.



Give your dog a taste of Fit & Trim. It has fewer calories, less fat and a real beef flavor that satisfies. Plus, all the vitamins and minerals that an adult dog needs, and that helps a dog stay in shape. Fit & Trim. Try it.

25¢ CTCP 81 33912 15¢
15¢ SMC 2 81 CS BHO 15¢
15¢ SMC 2 81 II BHO 15¢
15¢ SMC 2 81 BP BHO
Homes And Gardens R I

15¢ STORE COUPON 15¢

Save 15¢

on any size when you
"SAY IT WITH BONZ®"
brand dog snack



WINTER HOUSEHOLD SAVINGS

® © R.P. Co. 1981

117 BZ 117

Coupon expires February 28, 1982.

15¢ 15¢

10¢ 97486 10¢

STORE COUPON

Save 10¢

on any size of
StaPuf® Concentrated Fabric Softener



WINTER HOUSEHOLD SAVINGS

Cuddle up to StaPuf®

Coupon expires December 31, 1981. 97486

10¢ 10¢

10¢ 97873 10¢

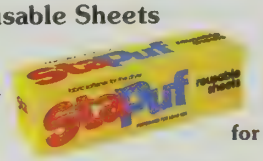
STORE COUPON

Save 10¢

on any size of StaPuf®
Reusable Sheets

WINTER HOUSEHOLD SAVINGS

fabric softener for the dryer.



Perforated for load size.

Coupon expires December 31, 1981 97873

10¢ 10¢

25¢ 25¢

STORE COUPON

Save 25¢

off any size
MEOW MIX®
brand cat food



® © R.P. Co. 1981

WINTER HOUSEHOLD SAVINGS

193 MM 193

Coupon expires January 31, 1982.

25¢ 25¢

50¢ 50¢

STORE COUPON

Save 50¢

on purchase of any size
FIT&TRIM®
brand dog food



® © R.P. Co. 1981

WINTER HOUSEHOLD SAVINGS

77 FT 77

Coupon expires February 28, 1982

50¢ 50¢

---

aPuf®
ss and
ling.



S.
f.®

L MEOW-OFF
N A T.V. COMMERCIAL

AUDITIONS NOW BEING HELD



ALK HIS WAY
TV COMMERCIAL

g. Grand Prize is $25,000 and a Starring Role in a
details, or mail a self-addressed, stamped enve-
). Box 923, Westport, Connecticut 06881. No

take the first step toward making your cat a star.



Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETIN

Get Into co
It'll Leave Your Hair





You need Clairol
to get your hair

1 condition* shampo
Massage the protein e
fuller, shinier, healthier,
Treated formulas.

2 condition* II—Use p
Instant After Shampoo
each hair strand to sm
easier to comb and m

3 condition* Beauty
It is the serious 99% oil
working on hair's probl
deep into damaged ar

25¢ STORE COUPON **Save 25¢** 25¢

Kotex® LIGHTDAYS® PantiLiners (any size)

Coupon expires November 30, 1981.

15¢ STORE COUPON **Save 15¢** 15¢

CTCP 81 339 T2

ON ANY SIZE

Children's CoTylenol · CoTylenol Cold Formula · CoTylenol Cold Formula

CTCP 81 339 T2

15¢ STORE COUPON **Save 15¢** 15¢

SMC 2 81 CS BHO

condition* shampoo
99% Oil Free
Protein Enriched
The Beauty Prescription* for Your Hair
Good on all sizes except 2 oz. or 8 oz.

SMC 2 81 CS BHO

15¢ STORE COUPON **Save 15¢** 15¢

SMC 2 81 II BHO

condition* II
Instant After-Shampoo Treatment
Good on all sizes except 2 oz. or 8 oz.

SMC 2 81 II BHO

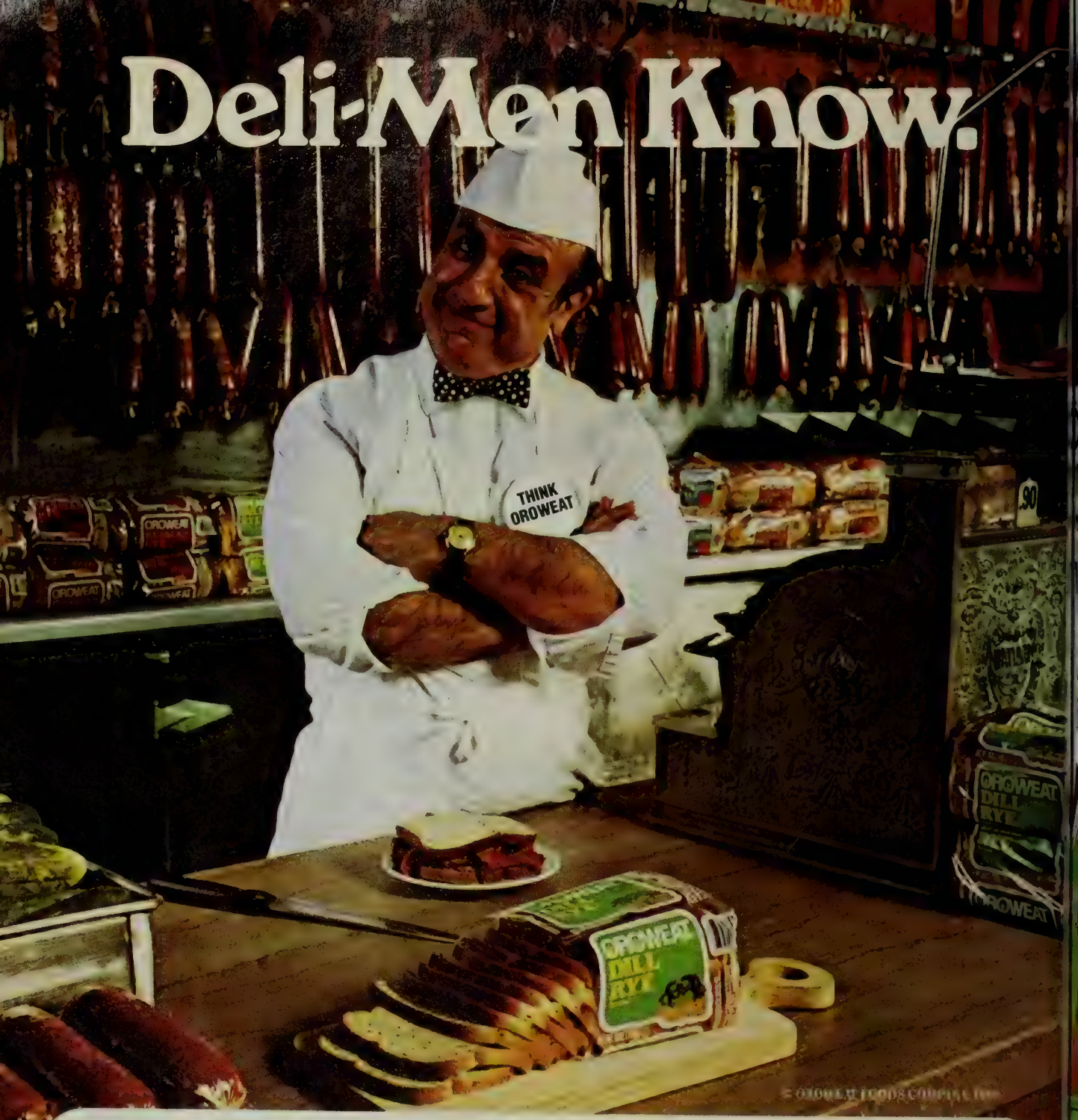
15¢ STORE COUPON **Save 15¢** 15¢

SMC 2 81 BP BHO

condition* Beauty Pack
The Beauty Prescription* for Troubled Hair®
Good on all sizes except 1 oz. packette.

SMC 2 81 BP BHO

Deli-Men Know.



What does it take to make a sandwich great? Talk to your deli-man. He'll give you some answers. A delicious 3-decker, for example. Lean corned beef, hot pastrami and swiss cheese – with a dab of creamy cole slaw and russian dressing – piled high on a real deli rye. Oroweat® Dill Rye. A traditional Old World loaf – slow baked with whole dill seeds and a touch of sourdough – for deli flavor that's downright irresistible.

Oroweat Dill Rye. Now *you* know what deli-men know.

When you think deli, THINK OROWEAT®

Try Oroweat® Russian Rye and Schwarzwälder Dark Rye....just two of the many delicious Oroweat Rye varieties.

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETIN





BONZ® brand dog
to your dog this Valent
real steakbone that do
And you'll like the 15¢
of BONZ.





Give your dog a taste o
calories, less fat and a
Plus, all the vitamins an
dog needs, and that hel
Fit & Trim. Try it.

STORE COUPON

SAVE 15¢

on any size when you "SAY IT WITH BONZ®" brand dog snack

CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase.

RETAILER: For payment of face value plus 7¢ handling, send to Ralston Purina Company P.O. Box PL1 Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. This coupon is nontransferable, nonassignable and non reproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s & F.P.O.'s. Void where prohibited, taxed or otherwise restricted. Cash redemption value of 1/20 of 1¢.

LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

Coupon expires February 28, 1982

® © R P Co 1981

117 / 117
BZ

25¢ 25¢

STORE COUPON

98726

SAVE 10¢

on any size of StaPuf® Concentrated Fabric Softener. Cuddle up to StaPuf®

MR RETAILER: for redemption of coupons received on the sale of the specified brand and size mail to A.E. Staley Mfg. Co. Redemption Center P.O. Box 1242 Clinton, Iowa 52734. We will reimburse you for the face value of this coupon plus 7 cents for handling. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request and failure to do so may at our option void all coupons submitted for redemption for which no proof of products purchased is shown. **OFFER VOID IF THIS PLAN OF MERCHANDISING IS TAXED OR RESTRICTED. LIMIT—ONE COUPON PER PURCHASE.**

Coupon expires December 31, 1981.

97486

15¢ 15¢

CTCP 81 33912

STORE COUPON

SAVE 10¢

on any size of StaPuf® Reusable Sheets fabric softener for the dryer. Perforated for load size.

MR RETAILER: for redemption of coupons received on the sale of the specified brand and size mail to A.E. Staley Mfg. Co. Redemption Center P.O. Box 1242 Clinton, Iowa 52734. We will reimburse you for the face value of this coupon plus 7 cents for handling. Invoices proving purchase of sufficient stock to cover coupons presented must be shown upon request and failure to do so may at our option void all coupons submitted for redemption for which no proof of products purchased is shown. **OFFER VOID IF THIS PLAN OF MERCHANDISING IS TAXED OR RESTRICTED. LIMIT—ONE COUPON PER PURCHASE.**

Coupon expires December 31, 1981.

97873

15¢ 15¢

SMC 2 81 CS BHO

STORE COUPON

SAVE 25¢

off any size MEOW MIX® brand cat food.

CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase.

RETAILER: For payment of face value plus 7¢ handling, send to Ralston Purina Company P.O. Box PL1 Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. This coupon is nontransferable, nonassignable and non reproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s & F.P.O.'s. Void where prohibited, taxed or otherwise restricted. Cash redemption value of 1/20 of 1¢.

LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

Coupon expires January 31, 1982

® © R P Co 1981

193 / 193
MM

15¢ 15¢

SMC 2 81 II BHO

STORE COUPON

SAVE 50¢

on purchase of any size

FIT&TRIM®

brand dog food

CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase.

RETAILER: For payment of face value plus 7¢ handling, send to Ralston Purina Company P.O. Box PL1 Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. This coupon is nontransferable, nonassignable and non reproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s & F.P.O.'s. Void where prohibited, taxed or otherwise restricted. Cash redemption value of 1/20 of 1¢.

LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

Coupon expires February 28, 1982.

® © R P Co 1981

77 / 77
FT

15¢ 15¢

SMC 2 81 BP BHO

Thematics® Stand-Out Insert™ is a trademark of **SYNERGISTIC MARKETING, INC.**, 477 Madison Ave., NY, NY 10022 (212) 751-2253

Cuddle up to StaPuf® for extra softness and reduced static cling.



Baby yourself...feel the softness. Smell the freshness. That's StaPuf.®
Look for the special "Puffy the Panda" stuffed toy offer at participating stores.

THE BIGGEST EVER ANNUAL MEOW-OFF

GRAND PRIZE $25,000 AND A STARRING ROLE IN A T.V. COMMERCIAL

AUDITIONS NOW BEING HELD



LET YOUR CAT TALK HIS WAY INTO A MEOW MIX TV COMMERCIAL

The Fourth Annual Meow Mix® Meow Off™ is off and running. Grand Prize is $25,000 and a Starring Role in a T.V. commercial. Stop by your local grocer and see package for details, or mail a self-addressed, stamped envelope to Meow Mix Meow Off, Game Piece Request, c/o PMC, P.O. Box 923, Westport, Connecticut 06881. No purchase necessary. Contest ends June 1, 1981

But don't pussyfoot around. Clip this 25¢ coupon now, and take the first step toward making your cat a star.

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., NY, NY 10022 (212) 751-2253

Get Into condition*

It'll Leave Your Hair Physically Fit.





You need Clairol's three step physical fitness plan to get your hair into shape.

1 **condition* shampoo**—First, wash your hair with **condition* shampoo**. Massage the protein enriched lather in. Rinse and your hair will be cleaner, fuller, shinier, healthier, lovelier. Available in Normal, Oily, Dry and Color-Treated formulas.

2 **condition* II**—Use protein enriched and 99% oil-free **condition* II** Instant After Shampoo Treatment. It goes to work instantly on the surface of each hair strand to smooth the rough spots. Leaves your hair bouncier, easier to comb and manage.

3 **condition* Beauty Pack**—It's more than a 5-minute, short cut to conditioning. It is the serious 99% oil-free intense conditioning treatment that takes its time working on hair's problems. For 30 minutes its protein rich formula penetrates deep into damaged areas to bring troubled hair back to life again.

STORE COUPON

SAVE 25¢

Kotex® LIGHTDAYS® PantiLiners

(any size)



DEALER: For prompt payment send this coupon to Kimberly Clark Corp., Box 2, Clinton, Iowa 52734. For each coupon you accept as our agent, we will pay you face value plus 7¢ handling charge provided you and your customers have complied with the terms of this coupon. Any other use constitutes fraud. Invoices showing purchase of sufficient stock to cover all coupons submitted must be shown upon request. Void where prohibited or restricted. Your customer must pay any sales tax involved. Offer good only in the 50 United States. Cash value 1/20th of 1¢. KOTEX and LIGHTDAYS are registered trademarks of Kimberly-Clark Corp., Neenah, WI 54956. Printed in U.S.A.

Good only on KOTEX LIGHTDAYS PantiLiners.
Any other use is fraudulent.
Limit One Coupon Per Package

36000 114458

STORE COUPON

SAVE 15¢

on any size CoTylenol® Cold Formula

TO OUR CUSTOMER: Please be sure to redeem this coupon only with the purchase of the brands/sizes offered. Any other use constitutes fraud. Misredeemed coupons can be and are rejected by the manufacturer and may cause embarrassment and financial loss to your dealer.

TO OUR DEALER: As a legitimate retail distributor of the brands/sizes indicated, you are authorized to redeem this coupon as our agent. We will pay the face value plus 7¢ handling for each coupon redeemed only if you and the consumer have complied with the terms of the offer. Invoices showing purchase of sufficient stock to cover coupons presented must be shown on request and failure to do so may at our option void all coupons submitted for redemption on this offer. This coupon is nonassignable and void if presented by outside agents. Sales tax is to be paid by the consumer. Coupon void if taxed, prohibited or legally restricted. Cash value 1/20¢. Mail coupons to McNeil Consumer Products Company, P.O. Box 1369, Clinton, Iowa 52734.

CTCP 81 339 T2

TERMS OF COUPON: The submission of this coupon by the dealer for redemption represents that the face value has been deducted from the retail selling price of the brands/sizes indicated at the time of purchase by the consumer. Mint condition and gang cut coupons (coupons not circulated to and redeemed by the consumer) will not be redeemed. This coupon may not be mechanically reproduced. Only one coupon redeemed per purchase.

COUPON EXPIRES JANUARY 31, 1982.

CTCP 81 339 T2

STORE COUPON

15¢ 15¢



SAVE 15¢

condition* Shampoo

SMC 2 81 CS BHO

RETAILER: For each coupon you accept from consumers at time of purchase of the specified product, we will pay the face value plus 7¢ handling allowance, provided you and your customer have complied with the terms of this offer. Offer limited to one coupon per product. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Coupon not assignable or transferable, void where prohibited, taxed, or restricted by law. Your customer must pay sales tax. Cash value 1/20th of 1 cent. Good only in U.S.A. and all military bases overseas. Redeem only by mailing to: Coupon Redemption Center, P.O. Box R 7090, El Paso, Texas 79975

SMC 2 81 CS BHO

15¢ Coupon expires Feb. 28, 1982 15¢

STORE COUPON

15¢ 15¢



SAVE 15¢

condition* II

Instant After Shampoo Treatment

SMC 2 81 II BHO

RETAILER: For each coupon you accept from consumers at time of purchase of the specified product, we will pay the face value plus 7¢ handling allowance, provided you and your customer have complied with the terms of this offer. Offer limited to one coupon per product. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Coupon not assignable or transferable, void where prohibited, taxed, or restricted by law. Your customer must pay sales tax. Cash value 1/20th of 1 cent. Good only in U.S.A. and all military bases overseas. Redeem only by mailing to: Coupon Redemption Center, P.O. Box R 7090, El Paso, Texas 79975

SMC 2 81 II BHO

15¢ Coupon expires Feb. 28, 1982 15¢

STORE COUPON

15¢ 15¢



SAVE 15¢

condition* Beauty Pack

SMC 2 81 BP BHO

RETAILER: For each coupon you accept from consumers at time of purchase of the specified product, we will pay the face value plus 7¢ handling allowance, provided you and your customer have complied with the terms of this offer. Offer limited to one coupon per product. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Coupon not assignable or transferable, void where prohibited, taxed, or restricted by law. Your customer must pay sales tax. Cash value 1/20th of 1 cent. Good only in U.S.A. and all military bases overseas. Redeem only by mailing to: Coupon Redemption Center, P.O. Box R 7090, El Paso, Texas 79975

SMC 2 81 BP BHO

15¢ Coupon expires Feb. 28, 1982 15¢



that feeling of just-showered freshness? Kotex Lightdays
s help me keep that clean, dry, confident feeling all day,
Lightdays are soft, delicate little liners with three
trips and unique contoured sides for everyday comfort.

tdays PantiLiners...for just-showered freshness, anytime.

Now! The complete cold capsule for TYLENOL® users.



ause
nny
ver—
and
e

ts Co. ©McNeil, 1980









Exclusive HAPPY HOOTER PLAQUES

A *NEW* set of four whimsical owl plaques—available ONLY from Better Homes and Gardens®

Who says wise ole' owls can't have fun, too? They certainly do in these four fanciful bath-time scenes—commissioned exclusively for Better Homes and Gardens®. Just imagine them frolicking away in your bath or powder room. (A) In "Going To Be Late" another feathered friend has taken too long getting ready. . . but not without warnings from the little hooter and bluejay. (B) "Ooh, That's Cold!" shows a reluctant owl in the shower. But cool water doesn't seem to bother the wee bird above. (C) "How Do I Look?" features an owl friend up in curlers as a surprised little one looks on. And finally, momma dutifully washes her young ones in (D) "Time To Scrub, Junior". All four plaques will add a lighthearted touch to your home. Enjoy them in the grouping of your choice for years and years to come. For this exclusive edition, quality lithographed prints have been laminated to thick durable hardboard plaques. This lasting surface is moisture resistant and easy to clean. Gold beveled edges on each 6" x 15" plaque provide just the right finishing touch which will match any decor. And each plaque comes ready to hang. Famed artist Coby's delightful style really comes through in color and detail for you and your guests to appreciate. The Happy Hooters are just the answer for gifts, too. Remember, they're available only from Better Homes and Gardens®. You won't find this set in any store. Enjoy a mirthful accent in your home with this special edition. As an extra, you'll receive a FREE copy of "Picture Hanging Tips" with each set to aid your own decorating ideas. Welcome the Happy Hooters to your home by ordering today!

CREDIT CARD USERS SPEED DELIVERY BY PHONING TOLL FREE

Better Homes and Gardens®

Dept. 2S8, Box 374
Des Moines, Iowa 50336

Quantity

_____ No. 23137 Happy Hooters Plaques all four only $19.95

Postage and Handling Chart:

For orders up to $25.00 . . $2.25
$25.01 to $50.00 . . . . . $3.00
Over $50.00 . . . . . $4.00
Foreign and Canadian orders include an ADDITIONAL $1.50

Total of Merchandise $_____
State Sales Tax* $_____
Postage and Handling $_____
Total of Merchandise $_____

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

Name _____
Address _____
City _____
State _____ Zip _____

Credit Card Orders Only

To use your credit card, fill in the boxes below:
or PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiration Date Month/Year ☐☐☐☐

AMERICAN EXPRESS · VISA

OUR POLICY: Full refund if not completely satisfied.

Thematics® Stand-Out Insert™ is a trademark of **SYNERGISTIC MARKETING, INC.**, 477 Madison Ave., NY, NY 10022 (212) 751-2253

Cuddle up to StaPuf® for extra softness and reduced static cling.



Baby yourself...feel the softness. Smell the freshness. That's StaPuf.®
Look for the special "Puffy the Panda" stuffed toy offer at participating stores.

THE BIGGEST EVER ANNUAL MEOW-OFF

GRAND PRIZE $25,000 AND A STARRING ROLE IN A T.V. COMMERCIAL

AUDITIONS NOW BEING HELD



LET YOUR CAT TALK HIS WAY INTO A MEOW MIX TV COMMERCIAL

The Fourth Annual Meow Mix® Meow Off™ is off and running. Grand Prize is $25,000 and a Starring Role in a T.V. commercial. Stop by your local grocer and see package for details, or mail a self-addressed, stamped envelope to Meow Mix Meow Off, Game Piece Request, c/o PMC, P.O. Box 923, Westport, Connecticut 06881. No purchase necessary. Contest ends June 1, 1981.

But don't pussyfoot around. Clip this 25¢ coupon now, and take the first step toward making your cat a star.



Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETIN

Get Into co
It'll Leave Your Hair



You need Clairo
to get your hair

1 **condition* shampo**
Massage the protein e
fuller, shinier, healthier,
Treated formulas.

2 **condition* II**—Use p
Instant After Shampoo
each hair strand to sm
easier to comb and ma

3 **condition* Beauty**
It is the serious 99% oil
working on hair's probl
deep into damaged ar

25¢

STORE COUPON

Save 25¢

Kotex® LIGHTDAYS® PantiLiners (any size)

Coupon expires November 30, 1981.

WINTER HOUSEHOLD SAVINGS

15¢

STORE COUPON

Save 15¢

CTCP 81 339 T2

ON ANY SIZE

Children's CoTylenol

CoTylenol COLD FORMULA

CTCP 81 339 T2

WINTER HOUSEHOLD SAVINGS

15¢

STORE COUPON

Save 15¢

SMC 2 81 CS BHO

condition*
shampoo
99% Oil Free
Protein Enriched
The Beauty Prescription* for Your Hair
Good on all sizes except 2 oz. or 8 oz.

SMC 2 81 CS BHO

WINTER HOUSEHOLD SAVINGS

15¢

STORE COUPON

Save 15¢

SMC 2 81 II BHO

condition*
II
Instant After-Shampoo Treatment
Good on all sizes except 2 oz. or 8 oz.

SMC 2 81 II BHO

WINTER HOUSEHOLD SAVINGS

15¢

STORE COUPON

Save 15¢

SMC 2 81 BP BHO

condition* Beauty Pack
The Beauty Prescription* for Troubled Hair®
Good on all sizes except 1 oz. packette.

SMC 2 81 BP BHO

WINTER HOUSEHOLD SAVINGS

Thematics® Stand-Out Insert™ is a trademark of **SYNERGISTIC MARKETING, INC.**, 477 Madison Ave., NY, NY 10022 (212) 751-2253

Kotex LIGHTDAYS PantiLiners

Help Me Feel Clean and Fresh, Anytime!



You know that feeling of just-showered freshness? Kotex Lightdays PantiLiners help me keep that clean, dry, confident feeling all day, every day. Lightdays are soft, delicate little liners with three adhesive strips and unique contoured sides for everyday comfort.

Kotex Lightdays PantiLiners...for just-showered freshness, anytime.



Now! The complete cold capsule for TYLENOL® users.



New COTYLENOL® Cold Capsules are complete because they relieve all your cold symptoms. Congestion, runny nose, cough, sneezing, watery eyes, aches, pain, fever—everything. And COTYLENOL also comes in tablets and liquid. All three are complete cold medicines made especially for you—the TYLENOL user.

COTYLENOL® is the registered trademark of the McNeil Consumer Products Co. ©McNeil, 1980
Remember, no drug should be abused so follow label directions carefully.


A


B


C


D

Exclusive
HAPPY HOOTER PLAQUES

A *NEW* set of four whimsical owl plaques — available ONLY from

Better Homes and Gardens®

Who says wise ole' owls can't have fun, too? They certainly do in these four fanciful bath-time scenes—commissioned exclusively for Better Homes and Gardens®. Just imagine them frolicking away in your bath or powder room. (A) In "Going To Be Late" another feathered friend has taken too long getting ready. . . but not without warnings from the little hooter and bluejay. (B) "Ooh, That's Cold!" shows a reluctant owl in the shower. But cool water doesn't seem to bother the wee bird above. (C) "How Do I Look?" features an owl friend up in curlers as a surprised little one looks on. And finally, momma dutifully washes her young ones in (D) "Time To Scrub, Junior". All four plaques will add a lighthearted touch to your home. Enjoy them in the grouping of your choice for years and years to come. For this exclusive edition, quality lithographed prints have been laminated to thick durable hardboard plaques. This lasting surface is moisture resistant and easy to clean. Gold beveled edges on each 6" x 15" plaque provide just the right finishing touch which will match any decor. And each plaque comes ready to hang. Famed artist Coby's delightful style really comes through in color and detail for you and your guests to appreciate. The Happy Hooters are just the answer for gifts, too. Remember, they're available only from Better Homes and Gardens®. You won't find this set in any store. Enjoy a mirthful accent in your home with this special edition. As an extra, you'll receive a FREE copy of "Picture Hanging Tips" with each set to aid your own decorating ideas. Welcome the Happy Hooters to your home by ordering today!

CREDIT CARD USERS SPEED DELIVERY BY PHONING TOLL FREE

Better Homes and Gardens®

Quantity

Dept. 2SB, Box 374
Des Moines, Iowa 50336

only $19.95

_____ No. 23137 Happy Hooters Plaques all four

Postage and Handling Chart:

For orders up to $25.00 . . $2.25
$25.01 to $50.00 . . . . . $3.00
Over $50.00 . . . . . $4.00
Foreign and Canadian orders include an ADDITIONAL $1.50

Total of Merchandise $_____
State Sales Tax* $_____
Postage and Handling $_____
Total of Merchandise $_____

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

Name _____
Address _____
City _____
State _____ Zip _____

Credit Card Orders Only

To use your credit card, fill in the boxes below:
or PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526.
(Toll free not available in Alaska or Hawaii.)

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Expiration Date Month/Year ☐☐☐☐

AMERICAN EXPRESS · VISA

OUR POLICY: Full refund if not completely satisfied.



Just fill out the coupon below and we'll send you the latest edition of the Watkins catalog. It's full of those wonderful Watkins products you remember plus some new favorites. And with your first order, we'll send you a 2 ounce bottle of our world famous Vanilla, **ABSOLUTELY FREE!** Send for your **FREE** catalog today.

A quick and easy way to get those great Watkins products you remember.

FREE! 24 pages, Full Color. The world's finest collection of Extracts, Spices, Home Remedies.

Name _____

Address _____

City _____

State _____ Zip _____

YOURS FREE!
$1.99 value
Watkins Double-Strength Imitation Vanilla Extract with your first order! Coupon comes with catalog.



Mail To: **Watkins**
INCORPORATED
DEPT. AEYFB
Winona, MN 55987

Offer expires 4-15-81

begins on page 100

Scrap crafts

SAMPLER VEST, page 100

Materials: Vogue pattern #7156 (or any straight-line vest pattern without darts or tucks); 1¾ yds. lightweight muslin; 1¾ yds. print fabric for lining; scraps of lace edgings, embroidered ribbons, and doilies; assorted pieces of print, striped, and plaid fabrics.

Instructions:

Cut pattern pieces from muslin and set aside facings. (Since vest is lined, facings are unnecessary.) Muslin pieces will serve as backing fabric for the appliquéd fabric, lace, ribbon, etc.

Lay muslin fronts out on a table, right sides up, and cover each side with bits and pieces of fabric and lace in a collage arrangement. Work the pattern from the shoulders down, making both sides of the vest front match or at least balance (in terms of detail, color, etc.).

When you have a pleasing arrangement, turn raw edges under, overlapping the pieces from the shoulders down toward the bottom edge of the vest. Pin, baste, and slip-stitch all pieces in place. Repeat for back of vest.

Stitch front and back pieces together at shoulder and side seams and press seams open. Press vest on wrong side.

Cut pockets from muslin and construct as for vest. Cut a matching piece of lining fabric for each pocket. With right sides facing, stitch lining to pocket around 3 sides. Turn right side out, press, and slip-stitch the fourth side closed. Position the pockets and stitch them in place to the front of the vest.

Cut front and back pattern pieces from lining fabric. With right sides facing, join lining pieces at side and shoulder seams. Press seams open.

With wrong sides facing, pin lining inside vest. Baste and stitch lining to vest around outside edges and at armholes, stitching just inside the stitching line as indicated on the pattern. Trim seam allowances.

Cut and piece 1½-inch-wide bias strips from contrasting print fabric to bind outside edges and armholes. Fold raw edges under ¼ inch on bias strips and baste to vest. Stitch binding in place, turn binding to wrong side of vest, and slip-stitch in place. Add buttons and buttonholes, if desired.

BUTTON COLLAR, page 100

Materials: ½ yd. medium-weight, linen-like fabric for collar and lining; ¼ yd. muslin for interfacing; 55 white, 4-holed shirt buttons; 11 small pearl buttons for center of each flower; 1 skein of #5 pearl cotton thread in green and blue; 1 yd. narrow satin ribbon.

Instructions:

Enlarge pattern, on page 146, adding ½-inch seam allowances all around. Cut collar and lining pieces from linen fabric and cut interfacing piece from muslin. Stitch the muslin interfacing to the wrong side of the collar.

Mark seam allowances on wrong side (muslin side) of collar and mark centers of flower groups (as shown on pattern) on right side of collar.

Stitch 1 pearl button in place for each flower center (11 in all). Then arrange 5 small white buttons around each flower center; stitch the buttons in place, using blue pearl cotton.

Embroider "leaves" in lazy daisy stitches, using green pearl cotton and

continued

ULTRA LOW TAR
Cambridge 100's



Satisfying taste
at only 4 mg tar.

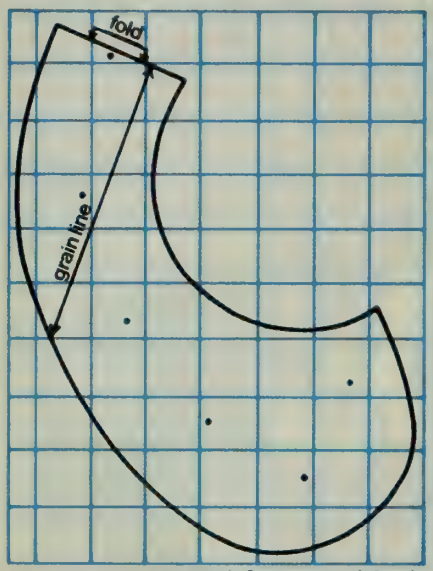
© Philip Morris Inc. 1980

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC Method.

continued

Scrap crafts



1 Square = 1 Inch

placing a leaf between each 2 buttons.

With right sides facing, stitch collar and lining pieces together, leaving the inner neckline edge open. Clip seams, turn right side out, press, and slip-stitch the neck edge closed. Add narrow satin ribbon for tying.

SCRAP WOOD MOSAIC, page 100

Materials: Pieces of leftover pine lumber; ¼-inch hardboard; glue; acrylic paints, watercolors, or fabric dyes.

Instructions:

Cut a 12x16-inch piece of ¼-inch hardboard for the backing. Rip scrap pieces of 2x4-inch pine and ¾-inch pine into ⅛-inch-thick strips.

Place pine strips on hardboard to make a design similar to the one on page 100. Use a coping saw or jigsaw to cut the pieces to fit.

Secure each piece to the hardboard with white glue and weight the mosaic until the glue dries.

Paint the wood pieces as desired.

To make a frame, rip scrap pine into ¾x1¼-inch pieces and nail the pieces in place, mitering the corners.

LAMP FROM CHINA SCRAPS, page 101

(*Note:* Use pieces of cracked plates, chipped cups, and other pieces of broken china to make a lamp similar to the one on page 101. Or, use broken pieces of glazed ceramic tile.)

Materials: Ginger-jar lamp base; lamp shade; pieces of broken china or tile; grout; epoxy.

Instructions:

Break the china or tile into small pieces by tapping each piece with a hammer. Use epoxy to secure the china pieces to the lamp base. Cover the entire surface of the lamp, leaving small spaces between each piece so the lamp resembles a tile mosaic. Let dry thoroughly.

Apply white grout between pieces of china to fill the spaces. Let dry and remove excess grout with a soft cloth or sponge.

CROCHETED AFGHAN, page 101

(Finished size is 64x78 inches.)

Knitting and crocheting abbreviations

beg ..... beginning
ch ..... chain
dc ..... double crochet
dec ..... decrease
hdc ..... half double crochet
inc ..... increase

The next 5 minutes could do more for you

It takes more than a green thumb and a packet of seeds to create a great garden. A lot more.

But Northrup King has a plan to make things easier for you. Tell us what you want to plant. And we'll send you a completely customized computer printout of the garden plan that's ideal for your family and your back yard.

It's a detailed, row-by-row diagram showing you what specific varieties to plant and when to plant them. It maximizes every square foot of your garden, reduces plant competition, and makes weeding and harvesting easier. It even tells how much seed to buy for your family's needs.

We call it our Smarter Garden Plan. It combines years of Northrup King gardening experience and the research of a major agricultural university with advanced computer technology. And it's yours for just $3.50.

Get a big head start on your best garden ever. Complete the form at right, and order a Smarter Garden Plan designed exclusively for you.

NK NORTHRUP KING SEEDS

k .....knit
lp(s) .....loop(s)
p .....purl
pat .....pattern
psso .....pass slipped stitch over
rem .....remaining
rnd .....round
rpt .....repeat
sc .....single crochet
sk .....skip
sl st .....slip stitch
sp(s) .....space(s)
st(s) .....stitch(es)
st st .....stockinette stitch
tog .....together
yo .....yarn over
* .....repeat what follows as indicated
( ) ... work directions given in parentheses or brackets for number of times specified

Materials: Knitting worsted-weight yarn: 52 oz. off-white; amounts of leftover yarn in various colors totaling 50 oz.; size 13 wooden crochet hook, or size to obtain gauge given below.

Gauge: 5 sts = 2 inches

Instructions:

(*Note:* Afghan is worked with two strands of yarn—one strand is always off-white—held together throughout.)

Row 1: With 1 strand of off-white and a strand of another color held tog, ch 151. * Sc in 2nd ch from hook and in each ch across; ch 1, turn. Rpt from * of Row 1 until total length measures 74 inches, or length desired. To achieve multicolored effect shown, change colors of the second strand by twisting the tails of the colored strands tog and holding them under the row worked.

Edging: With a strand of off-white and a colored strand, sc 3 rnds around outside edge of afghan, working 3 sc in each corner so work lies flat. Fasten off.

Picot edging: Attach *two* strands of off-white along any edge. * Ch 3, sl st at base of ch, sc in next st. Rpt from * around, making 3 sts in corner so that work lies flat. Fasten off.

KNITTED SOCKS, page 101

Materials: Bits and pieces of leftover knitting worsted yarn in desired colors or Bernat "Berella 4" 4-ply knitting worsted (4-oz. skeins): 1 skein of scarlet (color A), white (color B), black (color C), rose (color D), and gold (color E); 1 set of size 4 double-pointed knitting needles, or size to obtain gauge.

Gauge: 6 sts = 1 inch; 15 rnds = 2 inches.

Instructions:

Beg at cuff with A, cast on 48 sts. Divide sts evenly over 3 needles, taking care not to twist or drop sts. Place a marker on needle to mark beg of rnd. Work in k 2, p 2 ribbing for 12 rnds.

Leg: K 1 rnd in A. Work even in st st (k each rnd), working 5 rnds each of B, C, D, C, E, A, B, and C—41 rnds.

With C, k first 11 sts of rnd, sl last 23 sts worked to a dp needle for heel; hold rem 25 sts on 2 needles for instep.

Heel: Use color C throughout. *Row 1 (wrong side):* Sl first st as to p; p to end. *Row 2:* Sl first st as to p; k to end. Rpt last 2 rows until 14 rows of heel have been completed, ending with Row 2. Turn heel as follows: Sl 1, p 13, p 2 tog, p 1, turn; sl 1, k 6, sl 1, k 1, psso, k 1, turn; sl 1, p 7, p 2 tog, p 1, turn; sl 1, k 8, sl 1, k 1, psso, k 1, turn; sl 1, p 9, p 2 tog, p 1, turn. Work toward sides of heel, with 1 st more before dec on each row, until 15 sts rem.

Gussets and foot: Pick up and k 8 sts

continued

garden than 5 hours on your hands and knees.

Garden Dimensions:

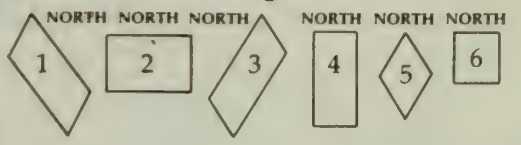
feet by feet

(More than one garden plot? Use a separate form for each.)

Largest garden that can be planned is 900 x 900 ft

Note: Do not include space already planted in perennial crops.

Garden Plan Shape:



Here are possible garden plot shapes and orientation to the sun. **Circle** the number of the plot shaped **most nearly** like yours.

Soil Description:

Check the phrase that best describes your garden soil

1 ☐ Light colored, sandy 2. ☐ Dark, black soil 3 ☐ Clay

Weeding Method:

Check the type of cultivating you will do.

1. ☐ Hand weeding
2. ☐ Small rotary tiller
3. ☐ Medium rotary tiller
4. ☐ Large rotary tiller/small tractor

Vegetable Variety Selection:

Choose your vegetables by indicating the *number* of adults you wish to feed. (See example.) Asterisked (*) varieties need large growing areas. Minimize these in a small garden.

Vegetables	Number of Adults You Wish to Feed For: Fresh Use	Canned/ Frozen Use
EXAMPLE:	2	2
Asparagus	1	
Beans (pole)	2	
Beans (bush)	3	
Beans (Lima)	4	
Beets	5	
Broccoli	6	
Brussels Sprouts	7	
Cabbage	8	
*Cantaloupe	9	
Carrot	10	
Cauliflower	11	
Chard (Swiss)	12	
Collards	13	
*Corn (sweet)	14	
Cucumber (slicing)	15	
Cucumber (pickle)	16	
Dill	17	
Eggplant	18	
Kale	19	
Kohlrabi	20	
Lettuce (head)	21	
Lettuce (leaf)	22	
Mustard	23	
Okra	24	
Onion	25	
Parsley	26	
Peas	27	
Peas (edible pod)	28	
Pepper	29	
Potato	30	
*Pumpkin	31	
Radish	32	
Spinach	33	
Spinach (New Zealand)	34	
*Squash (winter)	35	
Squash (summer)	36	
Squash (Zucchini)	37	
Tomato (small fruit)	38	
Tomato (standard)	39	
Turnip	40	
*Watermelon	41	

Personal Data:

Name _____ (please print)

Address _____

City _____ State _____ Zip _____

Important. Give the zip code of your **garden's** location if different than your home: _____

Allow 4-6 weeks for delivery.

Enclose $3.50 check or money order payable to Northrup King.

Mail to: Northrup King Co.
Consumer Products Division
Box 1615
Minneapolis, MN 55440

D

Silver Replating
SALE
25 YEAR WARRANTY!

Before
After
Limited time only. Any item replated at sale price Have your worn antiques, heirlooms QUADRUPLE SILVER PLATED by America's largest replaters.
FREE DENT REMOVAL OFFER
No extra charge for dent removal or straightening
Mail Coupon for Free Price List and full 25 Year Warranty.
SENTI-METAL CO.
1919 Memory Lane • Columbus, Ohio 43209
SENTI-METAL CO. Dept. BH2
1919 Memory Lane, Columbus, Ohio 43209
Please send me your Free Information Brochure including Sale Price List and 25 Year Warranty Certificate
Name
Address
City State Zip

continued

Scrap crafts

along side of heel and place on 1 needle; sl and k 25 sts from instep to 1 needle, pick up and k 8 sts on other side of heel and place on 1 needle—41 sts. *Rnd 1:* With C, k around. *Rnd 2:* K to within 3 sts to end of first needle, k 2 tog, k 1; k across instep needle; k 1, sl 1, k 1, psso, k to end of rnd on third needle. *Rnd 3:* Change to D, k around. *Rnd 4:* With D, rpt Rnd 2. *Rnd 5:* K around. *Rnd 6:* Rpt Rnd 2. *Rnd 7:* K around. *Rnd 8:* Change to C; rpt Rnd 2.

Work even in rnds, work 4 more rnds of C; then work 5 rnds of each color in this sequence: E, A, B, C, D, C, and E.

Divide the rem sts as follows: 12 sts on the first needle, 24 sts on the 2nd needle, 12 sts on the 3rd needle.

Toe: (Use color A throughout.) *Dec rnd:* K to within 3 sts of end of first needle, k 2 tog, k 1; on 2nd needle k 1, sl 1, k 1, psso, k to within 3 sts of end, k 2 tog, k 1; on 3rd needle k 1, sl 1, k 1, psso, k to end. *Next rnd:* Work even. Rpt last 2 rnds 5 times more; then rpt dec rnd every rnd until 12 sts rem. K 3 sts of first needle and sl to third needle. Weave sole and instep sts tog.

Work other sock to match.

DARNING SAMPLER, page 102

(*Note:* Refer to *Encyclopedia of Needlework* by Thérèse de Dillmont for complete information on darning.)

Materials: 21x22-inch piece of 28-count even-weave linen; 1 skein each of the following colors of embroidery floss: rose, wine, light blue, navy blue, green, and gold; embroidery needle; embroidery hoop; masking tape.

Instructions:

Tape the edges of the linen to prevent raveling. Use 3 strands of floss throughout. Use different colors of floss for the warp and weft threads when working the darning stitches.

Establish the center of the fabric and mark it with a straight pin.

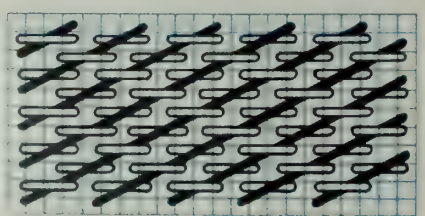
Begin stitching 3¾-inch blocks in running stitch (work the floss over 3 threads of fabric and under 1 thread), starting at the center of the fabric and working your way out to the sides. Stitch 2 borders of running stitch around each block, leaving 4 fabric threads between each border and between blocks.

Stitch a total of 16 blocks —4 across and 4 down—alternating colors of floss. Number the blocks from left to right, beginning with the top row.

The sampler shown on page 102 uses 3 basic types of darning stitches: linen, twill, and damask. Blocks 7 and 9 are examples of linen darning. Block 10 is an example of twill darning. Blocks 1 through 6, 8, and 11 through 16 are examples of damask darning.

General instructions for each of the 3 types of darning stitches follow. Refer to the diagrams, *below,* for each stitch.

Linen darning: Make a series of running stitches for the warp, taking up and leaving 2 or 3 threads of fabric. Finish the first row and return the needle in the opposite direction, taking up the threads which were left in the first row and leaving the threads that have already been taken up.

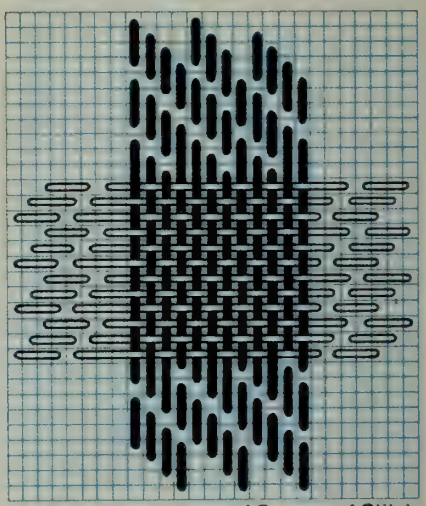

1 Square = 1 Stitch

Linen darning (block #9)

Work the weft in the same way, but take up and leave only 1 thread of the warp at a time.

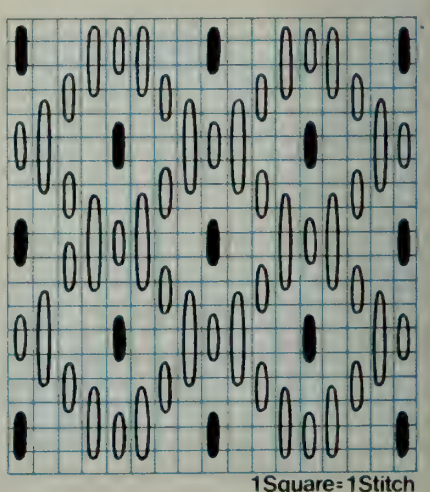
Twill darning: Lay the warp as for the linen darning stitch and proceed with the weft, missing 3 threads of the warp and taking up 1. Always take up the warp thread next to the one taken up the previous time (the new thread taken up is always on the same side as the previous one).

One thread can be left and 2 taken up, advancing by 1 or 2 threads with each successive weft thread.


1 Square = 1 Stitch

Twill darning (block #10)

Damask darning: Lay the warp as for the linen darning stitch. Produce different designs by varying the num-


1 Square = 1 Stitch

Damask darning (block #6)

continued



The Heart of Decorating

Decorate a special Valentine for that special someone. A cake that's all heart. And pretty as can be.

With Wilton, it's easy. Heart-shaped pans, both big and small, to start. Colors, tips, complete kits and simple, step-by-step instructions to help you decorate the fun.

Find the heart of decorating in the Wilton Cake Decorating Center in your favorite department store, supermarket or cake decorating specialty shop. And decorate to your heart's content.



Our Gift to you

For your decorating efforts this Valentine's Day, Wilton offers you a special gift — Heaven Sent perfume.

To receive your ¼-oz. bottle of Heaven Sent perfume (suggested retail value $7.50) send the product stock number or U.P.C. Symbol from any Wilton Cake Pan or Kit along with the receipt plus $1.25 (check or money order) for postage and handling to: Heaven Sent Perfume Offer, P.O. Box C-1125, Skokie, Illinois 60076. Offer expires May 31, 1981. Allow 3-4 weeks for delivery. Offer void where taxed or prohibited by law.



Is this your first purchase of Wilton Cake Decorating products? ☐ Yes ☐ No

NAME_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

BHG 181

Wilton

Cake Decorating Products

Decorate your days

© 1981, Wilton Enterprises, Inc.

Bright

Save 25% to 50% on Sears Home Lighting.


A. Genuine Cane and Wood pendant, save $20 ..... now $49.99


B. Classic Crystal Glass chandelier, save $20 ..... now $69.99


C. Ceramic Williamsburg-style chandelier, save $75 ..... now $74.99

Choose one that dazzles or softly glows. Or let cane cast natural warmth. Sears lightens the price of brightening your home for a limited time.

Light bulbs not included in prices
These are the minimum savings nationally
Regular prices vary in some markets
Available in most Sears retail stores. Prices and dates may vary in Alaska and Hawaii


D. Smoke Swirl Glass chandelier, save $20 ..... now $39.99


E. White Hobnail Glass chandelier, save $10 ..... now $29.99

Now on Sale Feb. 8-28

Sears Lighting Boutique

Where America Shops for Value.

continued

Scrap crafts

ber of warp threads taken up and left in laying the weft.

Work a straight stitch border around alternating darning patterns, taking each stitch over 3 threads of fabric and leaving 2 threads of fabric between each stitch.

Frame the finished sampler, leaving a 1¾-inch border around the design.

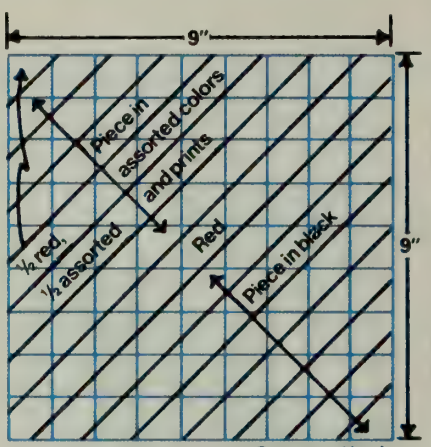
WOOL SCRAP QUILT, page 102

(Finished size is 72x72 inches.)

Materials (All yardages refer to 44/45-inch-wide fabric): 3 yds. black wool-blend fabric; 1 yd. red wool-blend fabric; assorted wool-blend checks, stripes, plaids, and solids equal to approximately 3 yds.; 4½ yds. plaid flannel backing fabric; quilt batting.

Instructions:

Enlarge the pattern, *right*. Cut fabrics into 1¼-inch-wide strips and piece the fabric strips together according to the pattern, *right*, using ¼-inch seams. Make 64 blocks.



To assemble the quilt top, stitch the blocks together into 8 rows of 8 blocks each. (See photograph on page 102 for arrangement of blocks.)

Cut backing fabric into two 2⅛-yd. lengths and stitch the 2 pieces together along 1 selvage. Place quilt batting between the flannel backing fabric and the quilt top and quilt as desired, placing fabric in a hoop or quilting frame.

Turn outer edge of backing fabric over raw edge of quilt top to bind edges, slip-stitching the binding in place.

WOOL PATCH SCARF, page 103

Materials: Scraps of suit-weight wool in various colors and patterns; lightweight plaid cotton shirt flannel for lining; leftover yarn for tassels.

Instructions:

Cut eighteen 6x6-inch pieces of wool fabric. Using ¼-inch seams, stitch 2 rows of 9 squares each; then, stitch the 2 rows together and press seams open.

With right sides facing, stitch a matching size piece of flannel lining to wool scarf, leaving 1 short end open. Trim seams, clip corners, and turn right side out. Press and slip-stitch the opening, turning raw edges under.

To make tassels, cut a 2x2-inch piece of cardboard and wrap the yarn around the cardboard 3½ times, leaving a 6-inch tail. Remove the yarn from the cardboard and thread the tail with a tapestry needle. Wrap the tail around the tassel twice, about ½ inch from the top. Insert the needle through the wrapped threads and draw it to the bottom of the tassel. Clip the bottom loops and trim the ends. Make 25 tassels for each end and stitch them in place, spacing them evenly.



Save $20 to $50 on energy-wise Ceiling Fans.

A. 3-speed direct drive reversible 52-in. deluxe fan, real wood blades, brass finished accents, white or brown steel housing, save $50 ..... now $199.99

B. 2-speed direct drive 40 in. fan with wood-look polystyrene blades, white or brown housing, save $20 ..... now $89.99

Bask in gentle breezes at much gentler prices. Circulating cool air in summer, warm air in winter, these energy-efficient fans use less power than a 75-watt bulb. Crafted in classic styles, they'll be beautiful values for a long time. And with swag-mounting kits, sold separately, even installation is a breeze.

Lighting kits shown, sold separately:
Victorian light kit, Regular price, $39.99
Classic Globe light kit, Regular price, $19.99

Light bulbs not included in prices
These are the minimum savings nationally. Regular prices vary in some markets
Available in most Sears retail stores. Prices and dates may vary in Alaska and Hawaii

Now on sale Feb. 8-28

Sears Ceiling Fan Shop

Where America Shops for Value.

© Sears, Roebuck and Co. 1981

RAGLAN PULLOVER, page 103

Instructions are for size Small (6-8); changes for size Medium (10-12) and size Large (14-16) follow in parentheses. (See note *below* on Finished Measurements.) Refer to knitting and crocheting abbreviations on page 146.

Materials: Bits and pieces of leftover sport-weight yarn in desired colors or Unger Roly Sport yarn (1¾-oz. balls): 6 (7, 8) balls camel (color A), 4 (5, 5) balls turquoise (color B), 1 (1, 2) balls pink; sizes 7 and 8 knitting needles, or size to obtain gauge given below; two ¾-inch-diameter buttons.

Gauge: With larger needles over st st, 7 sts = 2 inches; 5 rows = 1 inch.

Finished measurements: Bust = 35 (38, 42) inches.

Instructions:

(Note: The garment is worked with 2 strands of yarn held tog throughout.)

Back: With smaller needles and 2 strands of yarn, cast on 61 (67, 73) sts. Work k 1, p 1 ribbing for 2½ inches, inc 1 (0, 1) st in last row. Drop C; join 2 strands of A. Change to larger needles. Work even in st st until total length from beg measures 16½ inches, or desired length, ending with a p row.

Raglan shaping: Cast off 4 sts at beg of next 2 rows. *Dec row:* K 1, sl 1, k 1, psso, k to within last 3 sts, k 2 tog, k 1. Rpt dec row every k row 17 (19, 21) times more—18 (19, 22) sts. Cast off loosely.

Front: Work same as for back until 15 (16, 18) raglan decs have been made, ending with a k row—24 (27, 30) sts.

Neck shaping—Next row: P 7 (8, 8), join 2nd ball of yarn (2 strands), cast off next 10 (11, 14) sts, p to end. Work each side separately; at each neck edge dec 1 st every row 4 times, *and at the same time,* at each raglan edge dec 1 st every k row 3 (4, 4) times. Fasten off.

Sleeves: With smaller needles and 2 strands of C, cast on 25 (25, 28) sts loosely. Work ribbing as for Back for 2½ inches, inc 5 (5, 4) sts in last rows—30 (30, 32) sts. Drop C; join 2 strands of B. Change to larger needles. Work in st st, inc 1 st each side edge every 8th row 9 (10, 10) times—48 (50, 52) sts. Work even until total length from beg measures 16½ inches, or desired length to underarm.

Raglan shaping: Cast off 4 sts at beg of next 2 rows—40 (42, 44) sts. Work even for 4 inches, ending with a p row. *Dec row:* K 18 (19, 20) sts, k 2 tog, place marker on needle, sl 1, k 1, psso, k to end. Dec 1 st each side of marker every k row 17 (18, 19) times more—4 sts. Cast off.

Collar: With smaller needles and 2 strands of C, cast on 58 (64, 70) sts loosely. K 1 row. *Row 2* (right side): [K 1, p 1] twice; k 7, p 1, [k 1, p 2] 4 (5, 6) times; k 1, p 1, k 7, p 1, [k 1, p 2] 7 (8, 9) times; k 1, p 1, k 1. At beg of Row 2, mark 3rd st from beg of row for underlap, mark end of Row 2 for front edge. *Row 3:* P 1, k 1, p 1, [k 2, p 1] 7 (8, 9) times; k 1, p 7, k 1, p 1, [k 2, p 1] 4 (5, 6) times, k 1, p 7, [k 1, p 1] twice. Work in ribbing as established, dec 1 st in each group of 7 k sts in next row and every right side row 6 times more, and *at the same time,* when 2½ inches from beg, work buttonhole at front edge as follows: On right side row, rib to within last 4 sts, cast off next 2 sts, work to end. *Following row:* Cast on 2 sts above cast-off sts. When total length measures 3½

continued

continued

Scrap crafts

inches, rpt buttonhole rows once. Work even until total length measures 4 inches. Cast off loosely in ribbing pat.

Finishing: Weave raglan seams, keeping sts invisible. Weave side and sleeve seams, using matching yarn colors. Weave cast-on edge of collar to neck edge, having the front edge of collar even with the raglan edge of front and the marked 3rd st at opposite edge even with the front raglan edge of left sleeve to form underlap. Fold collar in half to right side to form turtleneck; tack down at underlap edge. Sew buttons on underlap.

COILED FABRIC RUG, page 103

(Finished size of the rug is about 46 inches in diameter.)

Materials: Floral or other print fabrics to equal 11 yds. of 44-inch-wide fabric; 55 yds. jumbo cable cord (available at fabric and upholstery shops); carpet thread; heavy-duty needle.

Instructions:

Tear fabric, selvage to selvage, into 2½- to 3-inch strips. (One yard of fabric will yield about 12 strips.) Join 2 or 3 strips, end to end, on the bias with right sides together; trim seam. To achieve the look shown, select fabric patterns and colors randomly. Distribute similar fabric patterns evenly throughout the project.

Fold under 1 lengthwise edge of strip about ½ inch and begin wrapping 1 end of strip around the end of the jumbo cord. Pin to secure, then spiral-wrap the cord with the fabric strip for about 30 inches, lapping the folded edge of the strip over the raw edge of the preceding wrap. Space your wraps so each 44-inch-long fabric strip covers about 12 inches of cord. Pin fabric to cord while you begin rolling the fabric-wrapped section of the cord into a coil.

Pin and slip-stitch the first rows of the coil together with sturdy carpet thread. Take stitches between rows of coils (rather than along top or bottom) so rug will be reversible. Make sure each stitch catches cord beneath fabric. Conceal bias seams between coils so changes in fabric flow smoothly.

Continue to join strips of fabric on the bias to your wrapping strip, trimming seams as you go. It is easiest to add strips by hand with running stitches. But if you prefer, join 3 to 4 strips on the machine; then join this new, long strip to the working strip by hand.

After wrapping 3 or 4 strips (about every 36 inches), pin and continue the coiling and slip-stitching process. Wrap, coil, and stitch until the rug is of desired size.

To finish rug, trim cord on the diagonal, and wrap the last 4 or 5 inches of cord down to a tiny "tail." Slip-stitch this tail to preceding row so last row flows into the curve of rug edge.

Spray rug with a soil retardant. If seams between coils have been made with tight, sturdy stitches, rug may be washed on gentle machine cycle.

LOG CABIN TABLECLOTH, page 103

Materials: Coordinated cotton and cotton-blend fabrics in prints and solids; 1 yd. solid-color fabric for log cabin centers; 5 yds. 45-inch-wide fabric for backing; quilting frame or hoop; quilting needle and quilting

continued





Eric Heiden has 5 gold medals on his chest. And Crest to help keep gold out of his teeth.

From the day he put on his first pair of skates, everybody recognized Eric's athletic abilities.

So Eric did everything he could to take care of his body.

And his teeth were no exception. That's why Eric made sure he brushed with Crest with Fluoristan.® And that decision was one of the best he ever made.

Because only Crest has been proven effective against cavities in more tests, under more conditions, than any other toothpaste.

In fact, since its introduction, only Crest has prevented more cavities than all other toothpastes combined.

And Eric Heiden is a prime example of how well Crest can fight cavities.

You see, Eric has only one cavity. Of course, we can't promise everyone one cavity. Or 5 gold medals.

But if you watch treats, see your dentist regularly, and brush after each meal, you can rest assured Crest will help keep gold out of your teeth, too.

We're working to make cavities a thing of the past.

Crest with fluoristan

"Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

© 1980, The Procter & Gamble Company

High Tar Smokers Convert To Merit.

"Best tasting low tar I've tried," report MERIT smokers in latest survey.

Taste Quest Ends

Latest research provides solid evidence that MERIT is a satisfying long-term taste alternative to high tar cigarettes.

Proof: The overwhelming majority of MERIT smokers polled feel they didn't sacrifice taste in switching from high tar cigarettes.



Proof: 9 out of 10 MERIT smokers reported they continue to *enjoy* smoking, are *glad* they switched, and report MERIT is the best-tasting low tar they've *ever* tried.

MERIT *is* the proven alternative to high tar smoking. And you can taste it.

© Philip Morris Inc. 1980

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kings: 8 mg "tar," 0.6 mg nicotine—
100's Reg: 10 mg "tar," 0.7 mg nicotine—
100's Men: 11 mg "tar," 0.8 mg nicotine
av. per cigarette, FTC Report Dec.'79

MERIT
Kings & 100's

continued

Scrap crafts

thread; sandpaper or medium-weight cardboard.

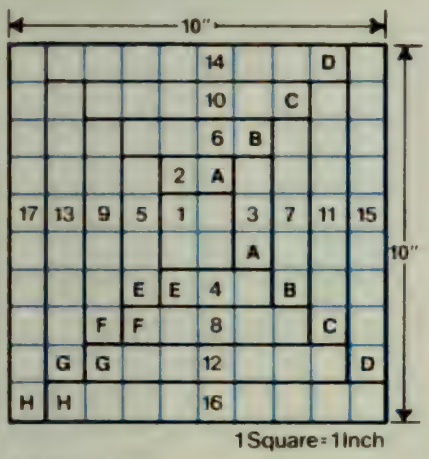
Instructions:

Preshrink all fabric. Use ¼-inch seam allowances throughout.

Add ¼-inch seam allowances to the pattern pieces, *below*, and cut each template from sandpaper or cardboard.

Label each pattern piece and cut the pieces from fabric, referring to the letters on the pattern pieces for colors.

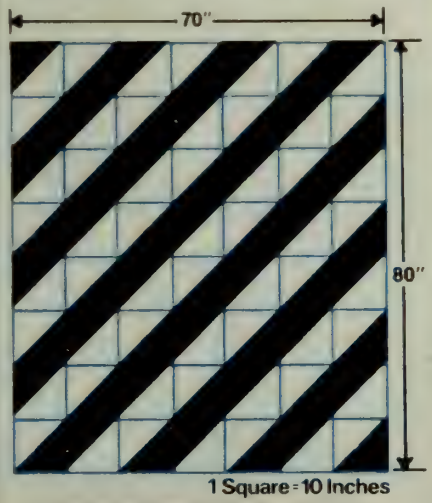
Machine-stitch the pieces together, following the numbered sequence in the pattern, *below*. With right sides facing, stitch piece 2A to the center square (1). Continue to stitch the pieces together in numbered order in a clockwise direction to make a 10-inch-



A,B,C,D = light colors
E,F,G,H = dark colors

square log cabin quilt block. Press seams away from the center.

Make a total of 56 quilt blocks and



Log Cabin-Straight Furrow Design

arrange them as shown in the diagram, *left*. Stitch the blocks together, making 7 vertical rows of 8 blocks each.

Cut the backing fabric in half and remove the selvages. Join the 2 pieces lengthwise. Press the seam open and trim the edges to match the quilt top.

Pin and baste the backing fabric to the quilt top and quilt the 2 layers together as desired, starting in the center and working your way out to the sides.

To make an oval shape, round the 4 corners by cutting equal amounts of fabric from each corner.

Cut and piece 1-inch-wide bias strips to bind the edges of the tablecloth, and stitch the binding in place, turning raw edges under.

DESIGN CREDITS

Sampler vest and button collar—Ciba Vaughan for Hearts and Minds Designs. Scrap wood mosaic—David Ashe for the Design Concern. China lamp—Jill Mead. Crocheted afghan—Gary Boling. Knitted socks—Virginia McCarthy. Darning sampler—Laura Holtorf. Wool quilt—courtesy of America Hurrah Antiques, 316 East 70th Street, New York, NY 10021. Wool patch scarf and coiled rug—Vaughan. Log cabin tablecloth—Flavin Glover.



How to order material from the magazine



Lilies-of-the-Valley Brighten up winter days with our fresh-as-springtime Lilies-of-the-Valley. Traditional Dutch windmill scene hand painted on a delft blue ceramic bowl comes preplanted with 5 pips and growing medium. Order several—they make ideal gifts!

Home Plan Plans for the home shown in this issue are available below and come complete with an outline of specifications for workmanship and complete drawings including:

- Exterior elevations—outside view showing slope of roof and placement of windows
- Foundation plans showing structural support and type of material
- Framing plan for each level, showing all sections and materials
- Floor plan dimensions for each level
- Roof plan details
- Kitchen and bathroom cabinet locations
- Details for special situations
- Complimetary list of energy-saving specifications



CREDIT CARD USERS SPEED DELIVERY BY PHONING TOLL FREE

Send order and remittance to: Better Homes and Gardens® Dept. 2SA, Box 374 Des Moines, IA 50336

Page	Description	Qty.	Price	Total
78	No. 09093 Lilies-of-the-Valley $14.95 plus $1.75 postage and handling			
35	No. 19915 Home Plan Prices as follows: Home Builder's Set of 8 $145 Contractor's Set of 5 $125 Individual Home Plan $85, additional sets of the same plan $20 each. Include $3.75 postage and handling			
	Total of Merchandise			
	State Sales Tax*			
	Postage and Handling			
	TOTAL			

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

Name _____

Address _____

City _____

State _____ Zip _____

Credit Card Orders Only

Fill in the boxes below—or on orders of $15 or more SPEED DELIVERY BY PHONING TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll free not available in Alaska and Hawaii.)

Credit Card No.

Expiration Date Month/Year

master charge VISA AMERICAN EXPRESS

OUR POLICY: Full refund if not completely satisfied.

Wayside Gardens

ATTENTION GARDENERS!

Do you want to be a step above the average gardener? You can! Our 144 page, full-color, 1981 Spring Nursery Catalog offers you the widest selection of top quality trees, shrubs, roses, perennials and bulbs to be found anywhere.

What else? Comprehensive cultural information, true-to-life illustrations, beautiful presentation, a low $1.00 price that's deductible from your first order and a money-back guarantee makes us confident to say, "When you buy Wayside, you buy the best!"

THE WAYSIDE GARDENS CO.
9 Garden Lane, Hodges, S. C. 29695
Enclosed $1.00 (Deductible from first order)

Name _____

Address _____

City _____

State _____ Zip _____

Kelly Bros. FREE!

Spring Planting Nursery Catalog

Your new FREE Kelly Catalog has helpful gardening tips. Grow your own strawberries, raspberries, grapes, asparagus, dwarf fruit trees, roses, perennials, flowering shrubs, trees. Send for your Kelly Spring Garden Guide & Nursery Catalog today.

KELLY BROS. NURSERIES, INC.
702 Maple St., Dansville, NY 14437
Yes, rush my FREE Kelly Fall Catalog to:

Name _____

Address _____

_____ Zip _____

(Sorry, no catalogs to AZ, CA, OR, WA)

Free Seed Catalog



Write today for your free 1981 Olds guide to gardening - featuring a wide selection of flowers and vegetables

Super Flower Special:
Crego mixed asters and Gold Medal zinnias (one packet of each)—a regular 90¢ value yours for only 25¢

OLDS SEED COMPANY
Box 7790, Dept. S, Madison, WI 53707

Winter Special!

Baby's First Shoes

Bronze-Plated in Solid Metal

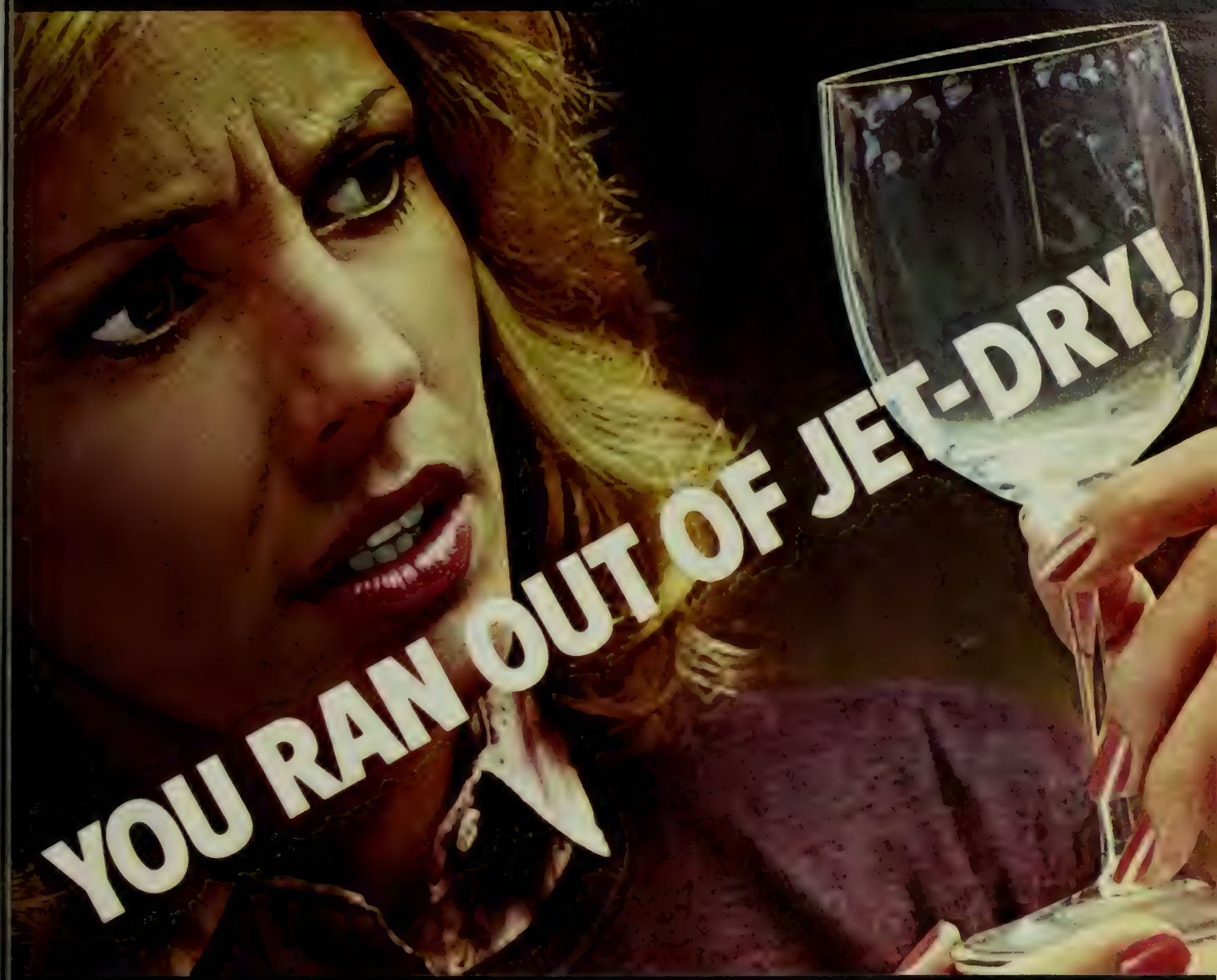
only $3.99 a pair



Limited time only!
Baby's precious shoes gorgeously plated in SOLID METAL, only $3.99 pr. Don't confuse this offer of genuine lifetime BRONZE-PLATING with painted imitations. Order in complete confidence with our 100% Money Back Guarantee. Also Portrait Stands (illustrated), ashtrays, bookends, TV lamps at great savings. Ideal Gift for Dad or Grandparents.
SEND NO MONEY! Rush name and address for full details, money-saving certificate and handy mailing sack to:

AMERICAN BRONZING CO., BOX 6504-B2, BEXLEY, OHIO 43209

"One day-no spots. Next day-spots. What happened?"



If you use a dishwasher detergent by itself, you *might* get water spots.

Not with Jet-Dry® Water Spot Preventer.

That's because Jet-Dry helps stop spots when detergents alone can't. Jet-Dry works in the rinse cycle when water spots form and detergents are rinsed away. Leaves glasses and dishes sparkling.

Jet-Dry...Liquid, for machines with dispensers. Solid, for machines without.

Jet-Dry helps stop spots when detergents alone can't.

SAVE 10¢

on Jet-Dry® Water Spot Preventer, Liquid or Solid.

To dealer: This coupon will be redeemed by Economics Laboratory for 10¢ plus 7¢ handling if it has been accepted by you in accordance with the offer stated above. Invoices proving purchase of sufficient stock to cover coupons must be shown upon request. Customer must pay any sales tax. Void if use is restricted, prohibited or taxed. For redemption in U.S.A. coupons should be sent to Economics Laboratory Inc., P.O. Box 1074, Clinton, Iowa 52734. Cash value 1/20th of 1¢.

EXPIRES FEB. 28, 1982

STORE COUPON

51700 10651H

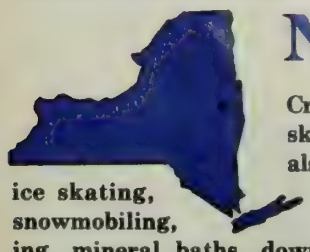


10¢ 10¢



WINTER VACATIONS IN AMERICA'S STATE PARKS

When the winter sun glistens on snow-frosted landscapes and there's a nip in the wind, vacationing is at its finest in many of our state parks. These pockets of pristine wilderness, now void of summer throngs, invite quiet exploring and rediscovery of old-fashioned outdoor fun. Since top-notch winter parks are located almost everywhere there's cold weather and snow, and fees for activities are nominal, state parks make perfect destinations for wintertime family outings. Here's a sampling of some of our favorites.



New York's Saratoga Spa

Cross-country skiing (rentals available), ice skating, sledding, snowmobiling, snowshoeing, mineral baths, downhill skiing (close by at Glen Falls)

Saratoga Spa State Park has been attracting winter vacationers ever since it was the exclusive realm of the wealthy Eastern elite who came to enjoy its mineral-blessed waters. Today, this 2,000-acre park in upstate New York recalls those decorous times in ambience and architecture. But if the atmosphere once held a hint of hauteur, it's been swept away by a spirit of unfettered fun.

Super ski touring

Saratoga Spa's rolling, pine-clad terrain makes a splendid setting for Nordic skiing. Join a lively caravan of cross-country trekkers, or set out on a solo run across some 20 miles of marked trails inside the park. Escaping into the frosty white wilderness is pure delight, as you glide silently through the stately evergreen woods and beside frozen creeks where little mineral spring geysers spout. Curious forest creatures are bound to be surveying your movements from nearby.

continued

Photograph: Dan Urbanski



Flying Colors
$9.99 sq. yd.

Sale
$8.99 sq. yd.
Gentle Plush
Reg. $9.99 sq. yd.

Sale
$11.99 sq. yd.
Positively Plush
Reg. $14.99 sq. yd.

Sale
$13.99 sq. yd.
Elegant Plush
Reg. $16.99 sq. yd.

Prices do not include padding and installation. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

**This is the minimum savings nationally. Regular prices vary in some markets.*

Save now on these sensational carpets from the Sears Plush Collection

Celebrate now! With savings on these popular plush carpet styles. Dense 100% nylon pile yarns for strength and durability. A special PERMA-TWIST® process helps them keep their bounce and shape. Choose from a wide assortment of fashion colors—now beautifully sale-priced.

Save $2* sq. yd. on Flying Colors: Now $9.99 sq. yd. With 35 oz. per sq. yd. of Premium Soil-Resistant Nylon, this carpet is easier to clean, resists soil and static shock—features built right into the nylon pile. It's also treated with SCOTCHGARD® Brand Carpet Protector for additional protection against stains and static. Choose from 28 decorator colors. Or, Sears will custom-dye to match any solid color for only $1 per sq. yd. more. (Minimum order 12 x 15 feet.)

Save $1* sq. yd. on Gentle Plush: 30 oz. of durable nylon pile per sq. yd. Available in 10 soft, solid colors.

Save $3* sq. yd. on Positively Plush: A generous 42 oz. of Premium Soil-Resistant Nylon pile per sq. yd. Treated with SCOTCHGARD® Brand Carpet Protector. In 14 beautiful colors.

Save $3* sq. yd. on Elegant Plush: Luxuriously deep plush pile. With 52 full oz. per sq. yd. of Premium Soil-Resistant Nylon. Treated with SCOTCHGARD® Brand Carpet Protector, too. In your choice of 16 sumptuous colors.

Sears Where America shops for Value

© Sears, Roebuck and Co. 1981

If you're a seasoned skier, try a day-ong outing. You'll find rustic stone shel-ers along the trail perfect for picnicking. Pack your own fixin's, or buy a box lunch t the restaurant next door to the park's Ski Touring Center. The center is also a reat spot for warming chilly fingers and toes by the fire, and for swapping trail tales at the end of the day.



Ski touring through Saratoga's woodlands

You can pick up ski-touring pointers at the center, too, from qualified Nordic ski instructors (about $12.50 per person for a lesson-equipment rental package; family rates also available). Every week-end, skiers join in an easy cross-country race through the park.

Turn-of-the-century charms

Saratoga Spa's yesteryear flavor per-vades the grand old Georgian-style Gid-eon Putnam Hotel. The gracious high-ceilinged dining hall and comfy rooms provide splendid views of the crisp snow-blanketed landscape. The hotel offers two-night ski packages with two meals a day, ski lessons, and rentals for $105 per person double. Another reminder of by-gone times is the park's unique health pa-vilion, where you can take a relaxing, après-ski break in warm, bubbly mineral spring waters (open till 5 p.m. Wednes-days through Sundays in winter).

You're welcome to indulge in all the park's winter activities, even if you opt for more moderately priced lodgings nearby. There's a variety of friendly rooming houses ($15 to $26 a night double) next door in the little town of Saratoga Springs, for years a favorite haunt of the well-to-do. Or choose one of the cleared sites for winter camping at Moreau Lake State Park (about 15 miles north; $5 per site a night). In Saratoga Springs, you'll find plenty of family-style eateries, like Mrs. London's Bake Shop (try the homemade pasta dinners Wednesday through Sunday nights).

You can reach Saratoga Spa by taking the New York State Thruway to Exit 24, then following I-87 to Exit 13N at State-9, which leads to the park. Amtrak, plus Adirondack Trailways and Greyhound buses, provide service to Saratoga Springs. Take a taxi or rent a car to get to the park from town.

To find out more about Saratoga's winter pleasures, write to Steve Dyer, Saratoga Spa State Park, Saratoga Springs, NY 12866.

West Virginia's Canaan Valley



Downhill skiing and cross-country skiing (rentals available), ice kating, snowshoeing

You wouldn't expect to discover super kiing in northeastern West Virginia, but Canaan Valley State Park in the snow-packed Appalachian highlands is noth-ng short of a skier's paradise. Protective peaks stand like sentinels all around this cold-weather playground. And the park s within easy range of vacationers from nearby metropolitan areas.

Downhill adventures

Downhill skiing is Canaan Valley's prime attraction. Vacationers make racks for lofty Weiss Knob, about three miles from the park's main lodge, where streams of colorfully clad schussers zigzag down the slopes Thanksgiving through March. There are challenges suited to most levels of experience on the 20 some runs—from plunging 850 feet down from the mountaintop to skimming the spec-tacularly silent mile-long Timber Trail.

A beginner's hill Poma lift and two double chair lifts carry skiers up the slopes. On most days, lift lines are short, plus you'll find tickets are a bargain ($11 a day weekends, $8 weekdays). Specially priced weekday ski packages are avail-able, and slopes are lighted for night skiing Thursdays through Sundays.

Since the park blossomed into a full-fledged ski area only a few years ago, all the facilities are modern and up to date. Between runs, skiers gather round crack-ling fires or grab a bite to eat at the Weiss Haus and Valley Haus. You can rent everything you need at the ski shops there, too, ($7 to $10 per day) and sign up for group lessons (about $8).



Downhill schussing at Canaan Valley

Even though downhill skiing gets the emphasis here, cross-country skiers won't feel shortchanged. Some 20 miles of trails rated according to expertise lace the frosted woodlands. For children too young to ski, there's a day-care facility at the Ski Touring Center, about a mile from the main lodge (ages two to seven, $15 a day per child with lunch).

Your Canaan Valley quarters

The focus of après-ski activity is the busy complex of six rustic but contem-porary lodges clustered on a hillside halfway between the park's downhill ski area and cross-country ski center. At the main lodge, you can dine by candlelight, cozy up in front of the fire, enjoy regular-ly scheduled movies, or glide around the outdoor rink (lighted for night skating).

Midweek two-night ski packages in-clude accommodations at the park, two meals daily, and two daily lift tickets ($68 per person double). A shuttle bus runs between the lodge and both ski areas. Another lodging option is to set up housekeeping in one of the rustic cabins that sleep from two to ten persons ($215 to $305 a week). You'll need advance reservations for all park accommodations.

Allegheny Commuter flies to Elkins (closest town to the park) from Charles-ton, West Virginia; Washington, D.C.; and Pittsburgh, Pennsylvania. You can rent a car at the airport for the 32-mile drive to the park along a sometimes snow-covered mountain road (reserve a car with snow tires in advance).

For more information, write to Sandra Coe, Canaan Valley Resort Park, Route 1, Box 39, Davis, WV 26260.

continued

Photograph: Harry Haralambou (left)
Photograph: Hope Crawley (center)

To you, it's bran. To your family, it's delicious.



18 OZ. FAMILY SIZE



Save 25¢ on 18 oz. box HoneyBran

25¢

For 25¢ coupon, cut along red broken line

STORE COUPON

CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase.
RETAILER: For payment of face value, plus 7¢ handling, send to Ralston Purina Company, P.O. Box PL1, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. This coupon is nontransferable, nonassignable and nonreproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s F.P.O.'s. Void where prohibited, taxed, or otherwise restricted. Cash redemption value of 1/20 of 1¢
LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

COUPON EXPIRES September 30, 1981 © Ralston Purina Company, 1981

25¢

31A M 31A

31 M 31

15¢



For 15¢ coupon, cut along red solid line

15¢

Save 15¢ on 12 oz. box HoneyBran

© Ralston Purina Company, 1981



Indiana's Pokagon

Cross-country skiing (rentals available), ice boating, ice skating, nature programs, sledding and tobogganing, winter camping, winter hiking in surrounding woods

The splendid Ice Age-carved landscape of Pokagon State Park, which practically straddles the state line in Indiana's northeastern corner, resembles a picture-perfect Currier and Ives scene. In winter, the park's crystalline lakes and graceful knolls and hollows are spread with a billowy blanket of white. But the scenery isn't all that makes this park so appealing. There also are facilities for limitless outdoor fun and reasonably priced in-the-park accommodations.

Tops in tobogganing

Among Pokagon's prime winter attractions is a memorable 1,700-foot-long toboggan run. Daring souls have been whizzing down this slick, refrigerated slope a mile a minute for some 40 years.

Time and again, bundled-up visitors trek up the icy slope to the tower take-off point for a crack at the roller-coaster-like ride. Squeals of delight split the air as families of rosy-cheeked riders on over-size sleds race down the gleaming track.

Between turns, your family can head for the tower-side hut for warming refreshments. Or you can temper your tingling toboggan rides with some easier gliding. Just grab a sled and join the merry goings-on at the nearby slope.



Mile-a-minute tobogganing in Pokagon

The toboggan slide stays open 5 p.m. to 10 p.m. Fridays and 10 a.m. to 10 p.m. weekends and holidays, Thanksgiving through March, weather permitting (check with the park at 219/833-2012). Rental toboggans only are allowed on the track ($1 per hour, plus 25 cents per person a ride; rentals at the warming hut).

Visitors show the same fervor for cross-country skiing as they do for tobogganing. Woodsy trails are delightful, and there's even a practice area for beginners.

Pokagon particulars

There's no need to look beyond the park for overnight lodgings. Choose a winter campsite or a room in Pokagon's Potawatomi Inn, which resembles a turn-of-the-century English manor house. Rooms there are perfect for families ($25 for up to four persons, reservations recommended). And you can sit down to home-cooked meals three times a day in the lodge's big dining room (a favorite of locals). The inn's large, comfortable front room looks out over Lake James, which borders the park on two sides.

Delta, United, and Air Wisconsin fly into the Fort Wayne airport, where you can rent a car for the hour's drive north to the park. There's also bus service between Fort Wayne and Angola, five miles south of the park via I-69. You can rent cars at car dealerships in Angola.

For more information, write to Charles Livermore, Pokagon State Park, Route 2, Angola, IN 46704.



Michigan's Porcupine Mountains

Downhill skiing and cross-country skiing (rentals available), snowmobiling, snowshoeing on marked hiking trails

One of the Upper Peninsula's best-kept secrets may be Porcupine Mountains Wilderness State Park, a massive, Bavarian-like forested enclave overlooking Lake Superior. The park's impressive backbone of peaks (said to be the highest between the Rockies and the Appalachians) boasts some of the Midwest's only mountain skiing. In addition, the "Porkies" provide an ideal setting for a get-away-from-it-all winter vacation.

Lakeside ski action

The park's ski area, about a mile inside the winter entrance, is the center of action. Families come from Midwestern "burgs" and big cities to test the Porkies' assortment of snowy runs. Their names —like Hiawatha, Copper, and Hemlock —pay tribute to the area's Indian, mining, and timbering heritage.

There's a 600-foot vertical drop, but novices won't find the Porkies intimidating. The wide, 2,000-foot-long open run and a special beginners' area provide plenty of room to try new maneuvers.

Two rope tows, double and single T-bar lifts, and a double chair lift carry skiers up the mountain. Lifts operate daily mid-December through March ($5 per day, $3 for children and senior citizens; $2 per day vehicle parking permit). At the A-frame chalet, you can rent ski equipment ($11 per day; group lessons $4 per hour, $12 private) and enjoy wiener roasts and sandwiches between runs.

Though the landscape is rugged and forested, it abounds in cross-country skiing and snowmobiling trails, too (be sure to ski the scenic Deer Yard Trail).

Plans for the Porkies

You'll find lodgings and eateries in Silver City, just three miles east of the park. For a hearty breakfast in Silver City, try the Foothills, a homey little cafe. Paul's Supper Club is an excellent choice for dinner.

The most convenient headquarters for your stay is the Silver Sands Motor Lodge, near the ski area ($28 double). For other lodging options, some with kitchenettes, contact Pat Drier, Ontonagon County Tourist Association, 522 River Street, Ontonagon, MI 49953.

Republic Airlines serves Ironwood, Michigan. Rent a car at the airport for the twisty drive some 55 miles northeast to the park (via US-2 east, State-28 east, State-64 north, and State-107 west).

For more information, write to David Balbough, Porcupine Mountains Wilderness State Park, Star Route, Box 314, Ontonagon, MI 49953.

continued

Photograph: Judy Crawford

JUMPSUIT BY REMINISCENCE

"I'm More satisfied."

More. For that extra measure of satisfaction.

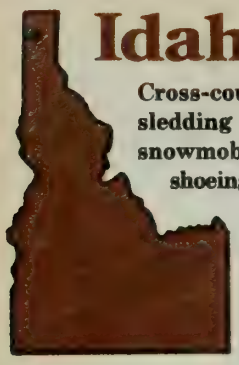


© 1980 R. J. REYNOLDS TOBACCO CO

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

21 mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

Idaho's Priest Lake



Cross-country skiing, sledding and tubing, snowmobiling, snowshoeing, winter camping lakeside

Priest Lake, tucked away in Idaho's rugged Panhandle, is one of the West's top winter state parks. It's not a big park—especially for this part of the country—but Priest Lake borders huge national forests that virtually guarantee plenty of wide-open spaces for backcountry adventure. Everywhere you look, shimmering peaks pierce brilliant blue sky. Best of all, this easy-to-reach mountain wilderness park remains relatively undiscovered.

Winter camping pleasures

Cold-weather camping, the park's most popular activity, leaves little time for hibernating. Friendly vacationers at Indian Creek campground, along the lake's eastern shore, keep things plenty lively all winter.

By day, most campers turn explorers, heading off into the snow-glazed evergreen forests and the mountain-edged wilderness on cross-country skis, snowmobiles, and snowshoes. Skiers and snowshoers delight in following 80 miles of lake shoreline and trails that lead deep into the woods for wildlife watching. More than 100 miles of groomed snowmobile trails crisscross both sides of the lake. Fun-loving families also can take to their tubes for rides down nearby slopes.



Dogsledding Priest Lake's rugged terrain

Clusters of firs separate the park's 82 winter campsites, which bask in welcome sunshine most winter days. Choose your own camping style ($3 a night, $6 with electrical hookups). Recreational vehicles are by far the most popular, but you'll always find a few plucky tenters, too. You can pick up groceries and such at the handy general store inside the park.

And after sundown

One great way to enjoy the still beauty of a nippy high-country night is to hike crunchy snow-packed back roads by moonlight. Most evenings, campers also congregate in their comfy RVs or at the lounge beside the general store.

You're welcome to mingle with locals, too, at little crossroads cafes, like Frizzie O'Leary's on the other side of the lake. Saturday nights, there's sure to be a foot-stompin' country and western dance at one of these spots.

United, Northwest Orient, and Frontier fly to Spokane, about 85 miles south of the park. Amtrak and Greyhound also serve Spokane. Make reservations in advance to rent a car at the airport there. Skis, snowshoes, and camping equipment rentals are available at Selkirk Bergsport and Western Outdoor Sports in Spokane.

For more information about the park, write to Larry Townsend, Priest Lake State Park, Coolin, ID 83821.

More Winter State Park Vacations

To find out more about any of these state parks, or other winter parks near you, contact the state parks department or tourism division at the state capitol.

New York's Allegany

Downhill skiing and cross-country skiing, ice skating, nature programs, sledding, snowmobiling, winter cabins, winter camping

Woodsy 65,000-acre preserve (one of the largest parks in the country) on the Pennsylvania state line, 60 miles south of Buffalo in southwestern New York.

Pennsylvania's Denton Hill

Downhill skiing and cross-country skiing, snowmobiling, snowshoeing

Mountainside park sprinkled with snowy hardwood forests in north central Pennsylvania, near Coudersport.

Ohio's Mohican

Cross-country skiing, indoor pool, sledding, winter cabins, winter camping, winter hiking

Densely wooded park in north central Ohio, with a modern A-frame lodge.

Tennessee's Roan Mountain

Cross-country skiing, snowshoeing, winter cabins, winter camping, and winter hiking

Magnificent wilderness park amid the rugged Blue Ridge Mountains, along Tennessee's northeast boundary.

Illinois' Mississippi Palisades

Cross-country skiing, ice fishing, nature programs, sledding and tobogganing, snowmobiling, winter camping

Some 2,500 acres of snow-covered limestone bluffs and aspen groves overlooking the Mississippi in northwestern Illinois.

Wisconsin's Governor Dodge

Cross-country skiing, ice fishing, ice skating, tobogganing, snowmobiling, snowshoeing, winter camping

Wooded, snow-mantled winter sports paradise in the state's southwestern corner, near Dodgeville.

Minnesota's St. Croix

Cross-country skiing, snowmobiling, winter camping in the woodlands

A vast, timbered state park straddling the Minnesota-Wisconsin state line and connected to state forests to the north by an 80-mile-long trail that's great for snowmobiling.

New Mexico's Hyde Memorial

Cross-country skiing, ice skating, sledding and tubing, winter camping, downhill skiing close by

Mountain wilderness park in the impressive Sangre de Cristo Range high above the city of Santa Fe.

Utah's Wasatch Mountain

Cross-country skiing, snowmobiling, snowshoeing, winter camping, downhill skiing close by

A 23,000-acre park filled with mountain peaks and high-country canyons east of Salt Lake City.

California's Calaveras Big Trees

Cross-country skiing, snowshoeing, winter hiking

Impressive forested park (including stands of giant sequoias) southeast of Sacramento.

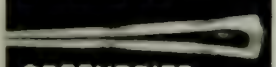
Photograph: Duane Davis


CHATEAU ROSE

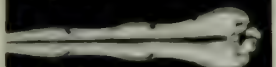

CAMILLIA


CELESTE


ETRUSCAN


GREENBRIER

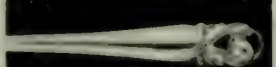

LYRIC


RONDO


ENCHANTRESS


PRELUDE

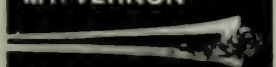
OVER 1,000 PATTERNS IN STOCK


SPRING GLORY


SILVER RHYTHM


WEDGEWOOD


MT. VERNON


DAMASK ROSE


HEIRESS


VIRGINIAN


CASTLE ROSE

SILVER FLATWARE PATTERN MATCHING SERVICE

STERLING AND SILVERPLATE

More than 1,000 Patterns in Stock
Active • Inactive • Obsolete

Replace lost or damaged pieces
Complete your starter set • Add serving pieces

UP TO 40-75% OFF SUGGESTED RETAIL PRICES

We have hundreds of sterling and silverplate flatware patterns in stock (1,192 patterns, 137,256 pieces the day this ad was prepared)—active, inactive and obsolete. Many cannot be bought in retail stores at any price. Get a single piece, a place setting, extra spoons—whatever you need. Save up to 40-75% on every piece.

EASY TO ORDER—DO IT NOW!

Just tell us the pattern name and manufacturer. If you are not sure of your pattern name, ask for one of our free pattern identification booklets. We have one for sterling, one for silverplate. We will send you a list of all the pieces in stock in your pattern and the price for each.



Our toll-free telephone order number will be sent with your list of pieces in stock. We will put your name in our Silver Register and notify you when we have additional pieces you might want. 30-day return privilege on all silver you buy from Walter Drake Silver Exchange.

SEND THE COUPON BELOW TODAY

We buy and sell silver every day, so our stock changes every day. The sooner you send the coupon, the sooner you will get the pieces you want. First come, first served. We keep our prices as low as we can, but inflation affects the price of silver, too. It probably costs less to get the silver you want now than it ever will again, so don't delay. This advertisement will not be repeated for at least several months; send your coupon now.

DO YOU WANT TO SELL STERLING AND SILVERPLATE?
TWO WAYS TO SELL FOR QUICK, EASY CASH

1. If you have silver to sell, send pattern name and manufacturer, if known. No need to list individual pieces. We will send you an immediate cash offer. We buy from individuals and estates, as well as retailer's trade-ins and overstock. We are also qualified buyers of gold, diamonds, platinum and sterling and silverplate holloware. Write for details.

2. For even faster service, just package up the items you want to sell us—sterling and silverplate flat—and holloware, gold, diamonds, platinum. Enclose a list of the items you send us (and keep a copy for yourself). Include the flatware pattern and manufacturer names if known. Send the package Return Receipt Requested. When it arrives, we will appraise your shipment and send you a check. If you like it, cash the check. If not, return the check to us within 30 days and we will send your shipment back postpaid.

WALTER DRAKE SILVER EXCHANGE

5052 Drake Building, Colorado Springs, CO 80940

WALTER DRAKE SILVER EXCHANGE
5052 Drake Building, Colorado Springs, CO 80940

Your Name _____

Address _____

City & State _____ Zip _____

I am interested in ☐ Buying ☐ Selling ☐ Sterling ☐ Silverplate

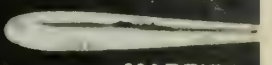
Manufacturer's name _____

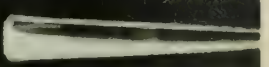
Pattern Name _____

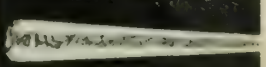
Send free pattern identification booklet ☐ Sterling ☐ Silverplate


CANDLELIGHT

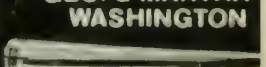

FRENCH PROVINCIAL

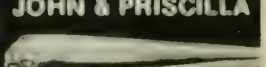

MADEIRA

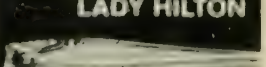

OLD LACE


RAMBLER ROSE

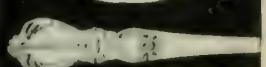

GEO. & MARTHA WASHINGTON


JOHN & PRISCILLA


LADY HILTON

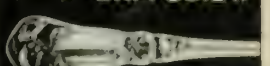

STRADIVARI

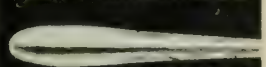
MORE THAN 100,000 PIECES IN STOCK


HERITAGE


DRESDEN ROSE


DAFFODIL II


WILDWOOD


INVITATION


APRIL


ADAM


CENTURY



BRIGHTEN YOUR KITCHEN THE WAY EUROPEANS DO!

Do you find your electric burners very unattractive and hard to keep clean? With Burner Covers you protect burners from spills and grease while adding a beautiful touch to your kitchen decor. Burner Covers are manufactured from strong steel and fine porcelain enamel, heat resistant and dishwasher safe. New, great conversation pieces. You love to show them to your friends. Burner Covers make unique gifts. Many colorful designs available. Two sizes: Small, $6.95 each ppd. Large, $7.95 each ppd.

MAX BURTON ENTERPRISES, INC.
502 Puyallup Ave., Tacoma, Washington 98421

Send for your *free* color brochure and price list today! BH-2

Name _____

Street _____ Apt. _____

City _____

State _____ Zip _____

THE PRACTICAL, BEAUTIFUL LOG HOLDER

Conveniently keeps your fire wood handy . . . and adds charm to the decor of any room. Hand crafted from wrought iron and topped with solid brass knobs. Every fireplace deserves one! 12" wide by 16" long and 23" high. Shipment within 48 hours for use this year.

$49.50 Add $2.50 shipping and handling.



Send Visa/Master Charge number and expiration date or check/money order to:

EVERYDAY COLLECTIBLES, LIMITED
1415 Elbridge Payne Road
Suite 260A
Chesterfield, MO 63017

Catalog of other Everyday Collectibles sent with orders only.

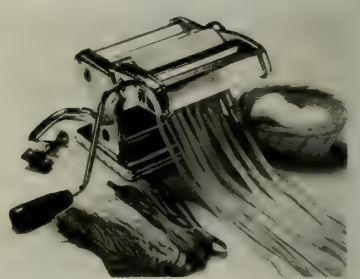
Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



Scrimshawed coasters
Present highly detailed sailing ships and one whaling scene. Made of polymer "ivory," they are 3½" in diameter with cork bottoms. $27.45 postpaid. Outside USA add $2.50 shipping. Many more decorative nautical gifts, marine prints, and ship and cannon models in a new 112-page illustrated catalog, 25¢. Preston's, Dept. BHG-2, 120-P Main Street Wharf, Greenport, NY 11944.



A joy to make!
Have fun and freshness minus the tedium with this professional Italian pasta machine. Mix flour with eggs; knead. Turn handle to roll into sheets; knob adjusts thickness. Roll through another cylinder; out comes pasta. Chrome plated steel; precision built to last. 8" x 8½" x 6" tall. $39.98 + $3.75 shp. Order #6096. Lillian Vernon, Dept. H2E, 510 S. Fulton Ave., Mt Vernon, NY 10550.



A shoe for casual clothes
It's lightweight with sailcloth uppers, padded insoles and bouncy crepe soles with ⅝" heels. They come in Narrow, Medium or Wide widths in sizes 4 through 12. Available in Beige, Navy, Red or Green. They're useful and comfortable; you'll find you're wearing them all the time. Order style "Frolic"; $16 plus $1.95 post. Sofwear Shoes, Dept. BHE-2, 1811 San Jacinto, Houston, TX 77002.

MONTGOMERY WARD "BIG" 1981 SPRING CATALOG



1220 pages, over 100,000 items to choose from...all at attractive prices. Send $2.00 and receive catalog and a $2.00 Merchandise Certificate redeemable on your next catalog order. Include your name & address (please print) with $2.00 check or money order.

Mail to: Montgomery Ward Catalog
P.O. Box 6778
Chicago, Il. 60680

DON'T DELAY, ORDER YOUR CATALOG BY MARCH 31, 1981. Thank you.

MONTGOMERY WARD



ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . . #DD 500 white 1¾" x ⅞" $3.50 #DR 500 white 1½" x ½" $3.25 #GDD 250 gold 1¾" x ⅞" $3.50 #GDR 250 gold 1½" x ½" $3.25 (Labels without designs have room for 26 letters and spaces per line.) Please add 75¢ postage and handling. Useful 80-P. gift catalog, $1.00. Bruce Bolind, 152-L Bolind Bldg., Boulder, CO 80302.
(Since 1956, thanks to you!)

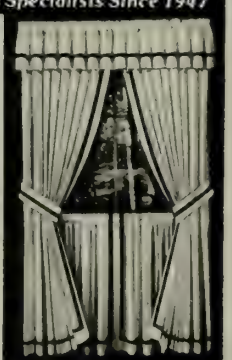
COLONIAL MAID CURTAINS

Curtain & Bedspread Specialists Since 1947

GRAINED RIBBON

bands of rust, natural or royal blue skillfully appliqued onto natural color poly/ctn. blend muslin. Washable, no-iron. 80" wide.

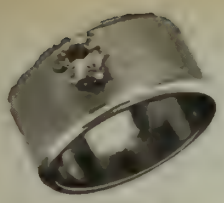
30" or 36"	14.50 pr.
45" or 54"	17.50 pr.
63" or 72"	21.00 pr
84"	25.00 pr.
Tiebacks	3.00 pr
Valance	8.00 ea.



Satisfaction guaranteed. Add. 2.50 post. Send check, M.O., Master Charge, Visa or Am. Ex.

SEND FOR FREE COLOR CATALOG

Colonial Maid Curtains, Dept. 42, Depot Plaza, Mamaroneck, N.Y. 10543



Wide-band spinel ring
Elegant in its simplicity. Ring of synthetic white ½-carat "Lionite" spinel in 6-prong setting atop ⅜"-wide textured band of White or Yellow goldplate. $9.95. Specify ring size and White or Yellow goldplate. In Sterling Silver $16.95. Please add 75¢ post. each order. (NY res. add sales tax.) Send 25¢ for Catalog. Lions, Dept. 41-BG, 665 Middle Neck Rd., Great Neck, NY 11023



Old-fashioned patriotic postcards
Quaint, nostalgic, old-fashioned designs in rich antique colors. Endearing, heartwarming reproductions with space for your address and a short message. A unique way to send greetings to friends and loved ones. Makes a delightful small gift too! Two different assortments available. $1.75 per package; 3 pkgs./$4.50. ppd. Patriotic Postcards, Box 428-BH, Seabrook, NH 03874.



Flatware matching service
More than 1,000 different patterns usually in stock; up to 40-70% off manufacturers' suggested prices. Hard-to-find, inactive, obsolete and popular pieces. For up-to-date list of pieces and prices, send pattern name and manufacturer. Ask for FREE Sterling or Silverplate Identification booklet. Walter Drake Silver Exchange, BH18 Drake Bldg., Colorado Springs, CO 80940.



Giant exotic hamper set
You'll find so many uses for these lovely, natural, mildew-resistant hand woven banana and palm baskets. They're compatible with any decor. Decorative as well as practical. Beige & Brown. Set of 3 (approx. 26" H x 20" dia.; 23" H x 17" dia.; 20" H x 14" dia.) Weight approx. 28 lbs. $29.95 + $6 post. Tropical Island Imports, Dept. BH281, Box 5347, Fort Lauderdale, FL 33310.

QUILT WORLD

• EVERYTHING YOU WANT TO KNOW ABOUT QUILTS AND MORE!

• OVER 120 QUILT PATTERNS PUBLISHED ANNUALLY!



- FOR ALL QUILT DEVOTEES WHETHER BEGINNER OR ADVANCED!
- EACH ISSUE PACKED WITH QUILT PATTERNS, QUILT DESIGNS, QUILT TALK, QUILT PICTURES, QUILT NEWS, QUILT EXCHANGES, QUILT COLUMNISTS, QUILT LETTERS, QUILT BOOK REVIEWS, AND QUILT CONTESTS!
- AT LEAST 120 QUILT PATTERNS PUBLISHED ANNUALLY!

(THAT'S A LITTLE BIT MORE THAN 6¢ PER QUILT PATTERN!)

YOUR MONEY BACK IF THE FIRST ISSUE THAT YOU RECEIVE DOESN'T PLEASE YOU!

JUST $6.00 per year

3yrs. $16.50

Quilt World.Box337-KV, Seabrook, N.H.03874
Please enter my subscription as follows:
☐1 yr. $6.00 ☐1 yr. Canada $8.00
☐3 yrs. $16.50 ☐1 yr. Foreign $10.00
Please print name & address clearly
Name . . . . . .
Address . . . . . .
City . . . . . .State. . . . . .Zip. . . . . .
Please allow 45 to 60 days to receive your first issue

FREE
COLOR BROCHURE

Do-it-yourself pre-cut kits • Completely finished and assembled models • Antique furniture reproducitons • Wall and shelf clocks • Grandfather clocks • Beautiful solid woods (walnut, oak or cherry) • Solid brass West German movements • Prompt delivery • Money back guarantee

VIKING CLOCKS

QUALITY CLOCKS AT FACTORY DIRECT PRICES.



VISA

FREE Color Brochure. Write: Viking Clocks, The Viking Building, Dept. 1105, Foley, AL 36536. Phone: (205) 943-5081
Visit our showrooms: I-10 Exit 35, Spanish Fort, Ala. and Hwy. 59 one mile south of Foley, Alabama.



REMOVE HAIR PERMANENTLY

PERMA TWEEZ® is a simple electrolysis instrument that PERMANENTLY removes undesirable hair from face, arms, legs and body. No complicated wires or adjustments necessary for you to get complete permanent removal. **Perma Tweez created the original patented safety feature that prevents skin puncture.** Over one million sold—15,000 to physicians alone! Save hundreds of dollars on salon electrolysis by doing it yourself. Clinically tested—recommended by dermatologists. **14 DAY MONEY BACK GUAR.**

$19.95—Check or Money Order

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

Cal. res. add 6% sales tax

☐ I enclose $19.95.
☐ MasterCard ☐ Visa
Exp
#_____date_____
☐ COD requires $4.00 deposit. Balance includes COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-187
1935 Armacost Ave., W. Los Angeles, CA 90025
©1981 GENERAL MEDICAL CO

DO-IT-YOURSELF
FINE GRANDFATHER CLOCK KITS



STARTING UNDER
$235
(including movement and dial)

- Factory direct prices
- Heirloom quality
- Solid ¾" hardwoods: black walnut, cherry, oak
- Easy to assemble, parts pre-cut
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

MASTER CARD and VISA ACCEPTED

Write for FREE color catalog

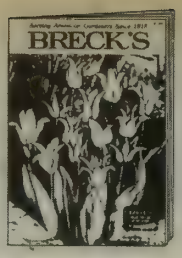
EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 714, Emperor Industrial Park
Fairhope, Alabama 36532



SAVE HUNDREDS of DOLLARS
WITH BURKE SEAT-LIFT CHAIRS
Free Week Home Trial
Ask about Medicare coverage

Now's the time to save hundreds of dollars with a comfortable Burke recliner. Burke seat-lift chairs let you stand and sit when you want, with less strain. Power recline to any position, automatically elevating your feet and legs. Write for information and compare.

BURKE INC. P. O. Box 1064, Dept. BHG-281 Mission, Kansas 66202
or call TOLL FREE 1-800-255-4147



1981 Dutch bulb catalog
Over 200 varieties of Tulips, Daffodils, Crocus and other bulbs shipped directly to you from Holland at a savings of up to 50%. All bulbs guaranteed to bloom. Cat. free. Write Breck's, Dept. E831Z, 6523 N. Galena Road, Peoria, IL 61614.

Hair today—gone tomorow
Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body. Original patented feature destroys roots without puncturing skin. $19.95 ppd. General Medical, Dept. BHE-56, 1935 Armacost, W. Los Angeles, CA 90025.





Beautifully plated
Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-Be2, Bexley, OH 43209.



7 SUPER OFFERS!
COLOR Wallet Photos & Enlargements

FREE ONE PHOTO IN PLASTIC WITH WALLET PHOTO ORDER

20 Wallet Photos
2-8"x10" Enlargements
ONLY $1.95 EACH OFFER
1-8"x10" Enlargement & 12 Wallet Photos
1-8"x10" & 2-5"x7" Enlargements
2-5"x7" Enlargements & 12 Wallet Photos
4-5"x7" Enlargements

Fine quality, textured, smudgeproof, on Kodak paper. Send Polaroid, instant color print or photo (up to 5"x7"), negative or slide. Originals returned unharmed.

We use Kodak paper for a good look

Big! Big! COLOR POSTER
FROM COLOR NEGATIVE, SLIDE OR PHOTO
APPROX 20"x25" ONLY $8.25
GREAT VALUE SUITABLE FOR FRAMING
POSTAGE AND HANDLING $1.75

GUARANTEED! Add 65c per roll or order for postage and handling
CAPRI PHOTO Box 1381, L.I.C., N.Y. 11101, Dept. CP-42

WOMEN'S CASUAL SALE!
WAS $19– **SALE PRICE $15.90**



SHERRY
Superbly comfortable, go-everywhere, supple-as-leather softies. 5/8 inch heels.

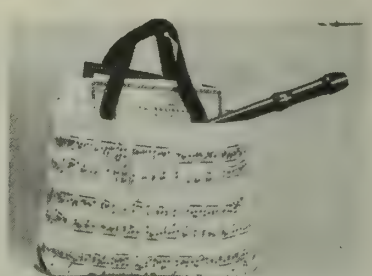
COLORS: BLACK, CAMEL, NAVY, RED, WHITE

SIZES:
NARROW - 5½ thru 12
MEDIUM - 4 thru 12
WIDE - 5 thru 12
(NO HALF SIZES OVER 10)

C.O.D. ORDERS — If ordering C.O.D., please send $2.00 per pair deposit

- Add $2.00 for postage and handling
- $1.50 extra per pair for sizes over 10
- REFUND IF NOT DELIGHTED

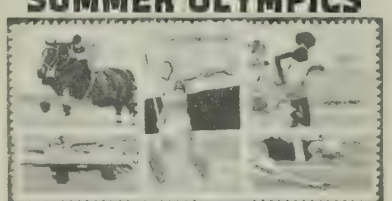
SOFWEAR SHOES
Dept. BH-2 • 1811 San Jacinto
Houston, Texas 77002



Useful musical tote bag
Attractive and practical, it stashes music, records, even a small instrument. It's a really handy carry-all made of canvas with a flat bottom. The sturdy straps fit over your arm or your shoulder. 16½" Long x 11" Wide. Available in Camel/Brown; $5.98 plus $1.50 postage. Ideal for gift giving too! Order from Ferry House, Dept. BH2, Briarcliff Manor, New York 10510.

CLIP THIS AD:

SUMMER OLYMPICS



6 COMMEMORATIVES only $1.00!

These action packed stamps depict athletes in fierce competition. The U.S. Postal Service took this colorful set off the market in boycott of the Moscow games. At $1.01 face value, it has sold for upwards of $5.00 and now can be yours for $1.00. Also receive other U.S. stamps on 10-day FREE examination. Buy any or none, return balance, cancel service anytime. SEND FOR YOURS TODAY!
Harris, Dept. SO-1, Boston, MA 02117.

Save Half on WALLCOVERINGS

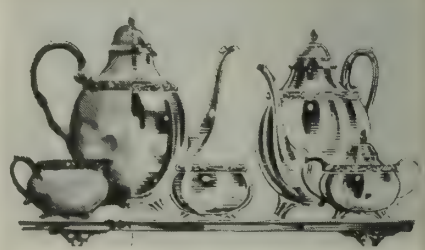


See wonderful values in big new 1981-82 catalog bulging with 98 different selections! You'll find lots of waterfast, pre-trimmed, quality wallpaper $1.45 - $1.85 per single roll. Latest colors and designs; textured and embossed effects; companion papers and coordinates. 50 actual samples, 48 photographs.

Catalog also provides excellent variety of prepasted papers $2.55 - $2.75; strippable vinyls - regular and prepasted - $2.55 to $4.95; prepasted fabric backed vinyls - $7.75; strippable flocks - $6.25. Send 25¢ today for your big new catalog, you'll be delighted

MUTUAL WALLPAPER Dept. 20, 812 W. Main St. Louisville, KY 40202

Prompt Service & Satisfaction since 1960



Bargain silverplating
Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-2, 1919 Memory Lane, Columbus, OH 43209.



LILIES
HUNDREDS OF WORLD FAMOUS GARDEN VARIETIES.
Send 10¢ for 68 Page Catalog.
Box 774-E
REX BULB FARMS Port Townsend, WA 98368

Learn FLOWER ARRANGING
Quickly and Easily at Home



Learn to make Professional corsages, arrangements, wedding and remembrance designs. Study and earn as you complete at home. Unusual spare or full time money making opportunities or hobby. Send for FREE BOOK... Opportunities in Floristry

LIFETIME CAREER SCHOOLS Dept. B-818
2251 BARRY AVE. LOS ANGELES, CA 90064

Solid brass unicorn
Distinctive elegance in rich, heavy brass. It's a unique collectors item. 8" tall with a felt base. Ideal for display shelf, executive desk, mantel, etc. $18.88 + $2 post. Brass Unicorn, Pennsylvania Station, Dept. PZ-2020, 340 Popular St., Hanover, PA 17331

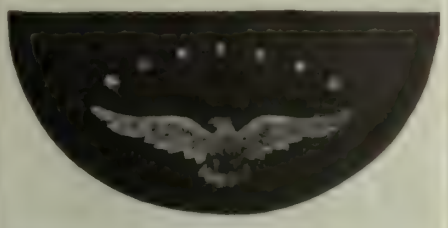




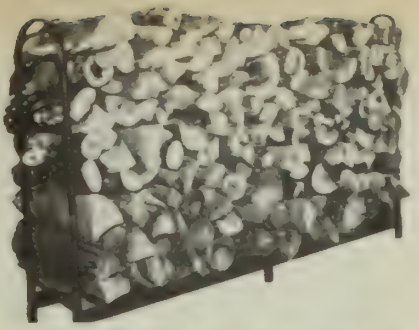
New 1981 Catalog
Over 80 fact-filled, illustrated color pages Quality perennials, flowering & fruit trees, flowers, shrubs, ground cover. Also, indoor plants. 5 Miniature Gladiolus free with first order. Spring Hill Nurseries, Dept. N803Z, 6532 N. Galena Rd., Peoria, IL 61614

Traveling baskenette
Of natural, handwoven banana and palm construction. Leather-like, light. When it's too small for baby, use for toys. 28" L by 16" W Comes with lining instr $24.95 + $5 post. Tropical Island Imports, Dept. BHG-281, Box 5347, Ft. Lauderdale, FL 33310





Eagle hearth mat
Now put an end to those burned spots and ashes on carpets and floors with the fire-resistant mat! Attractive golden eagle and stars design mat is a big 46" x 22". Not only is this fire-resistant material a protection to your expensive carpet, but is also a charming asset to your fireplace setting. $6.97 + $1.45 post. Holst, Inc., Dept. BH-281, 1118 West Lake, Box 370, Tawas City, MI 48763



HOLDS 3000 LBS. OF WOOD

No more unsightly, ugly firewood garage or backyard. You can store a full cord—load of wood in our rugged black tubular steel log stand. 4 long legs and graduated spaces bring permanent, sweeping keeps out [illegible] Attractive for use indoors, [illegible] Average 84 x 41 x 14 deep

MONEY BACK IF NOT DELIGHTED $44.98 plus $5.85 postage

HARRIET CARTER Dept. BHG, 1401 W. Plymouth Meeting, Pa. 19462

Tab Curtains



Coarse, textured cotton homespun, flecked with brown. 84" wide. Washable, crease resistant. Fit windows 30" to 55" wide. Length includes tabs. 3% shrinkage. Tiebacks not included.

24" or 30" L. **$12.00** pr 63" or 72" L. **$18.00** pr.
36" or 40" L. **14.00** pr. 84" L. . . . . **20.00** pr.
45" or 54" L. **16.00** pr Tiebacks . . . **1.75** pr.

ADD $2.50 FOR PSTG. & HDLG.
Order style "KENT" Use check, Visa, MO BA or M C NJ res add 5% tax
FREE COLOR CATALOG.
B12K, Box 759, Westfield, NJ 07090

Old Colony Curtains



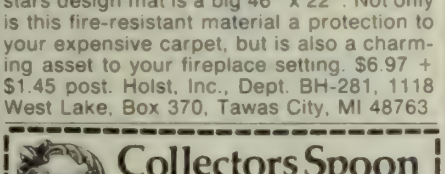


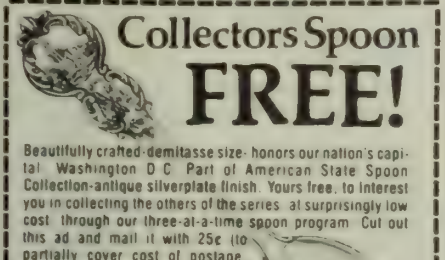
1 Ct. or 2 Ct. ROUND SPINELS. Lionite synthetic spinels with diamond-like brilliance and pronged settings. Specify white or yellow gold plate. Send ring size. **1 Ct. $6.95. 2 Ct. $9.95**

ELEGANT RINGS. Three separate sparkling rings Middle ring a band of mock diamond baguettes Outer guards in mock diamond, emerald, ruby, sapphire, aquamarine, amethyst, jet or topaz All in silver-look rhodium plate Sizes 4-9 Band **$16.95.** Guards **$7.95 ea.**

Add 75¢ postage
N.Y. residents add sales tax
Send 25¢ for catalogue

Lions
665 MIDDLE NECK RD., B-21 GREAT NECK, N.Y. 11023

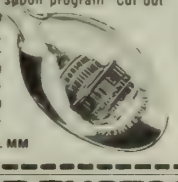




Collectors Spoon FREE!

Beautifully crafted demitasse size honors our nation's capital Washington D C Part of American State Spoon Collection-antique silverplate finish. Yours free, to interest you in collecting the others of the series at surprisingly low cost through our three-at-a-time spoon program Cut out this ad and mail it with 25¢ (to partially cover cost of postage, handling and insurance) to American Collectors Guild, 5740 N E 4th Avenue, Miami, Florida 33137 Include your name, address, and zip code. Limit one spoon per household, adults only

Dept. MM

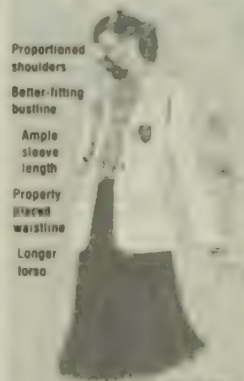




COLOR PHOTOS
YOUR CHOICE **$2.20** FULL COLOR
24 Wallet Photos or 3 - 5 x 7 or 1 - 8 x 10 Enlargement

COLOR LAB 1076M Springfield Ave. Irvington, N.J. 07111

FREE! If you're 5'7" or Taller!



The new Tall Collection Catalog ...featuring fashions guaranteed to fit you better 7 ways!



Choose from 2 lengths Tall-Be-Tween (5'7" to 5'10") or Tall (over 5'10")

Shoes & Boots, Sizes 9-13 AAAA to EEE

Here are the latest, liveliest looks for Talls...at low, low prices! Jeans, jackets, tee shirts, skirts and dresses...in sizes 10 to 26. Designer fashions and famous brand names too. Levi's, Kay Windsor, Fire Islander, Joy Stevens, Trissi, Playtex, and many others. **For your free catalog, mail coupon to: TALL COLLECTION, Dept. C., Indianapolis, Indiana 46201**

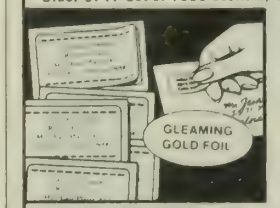
Print Name
Address & Apt #
City
State Zip

T81-019-9



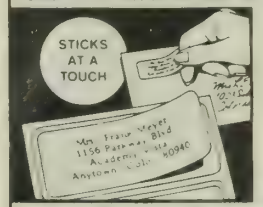
1000 RETURN ADDRESS LABELS $1.00

1000 gummed economy name and address labels printed in black with Any name, address, zip code Up to 4 lines
Order S717 Set of 1000 Economy Labels (boxed) . $1.00



250 Self-Stick GOLD FOIL LABELS $1.98

Gleaming gold foil labels stick to any clean, dry surface – need no moistening Rich black printing, classic border
Order P6128 Set of 250 Gold Foil Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS $1.98

Glossy white self-stick labels cling to any smooth surface – no moistening Sharp black printing up to 4 lines
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3052 Drake Bldg. Colorado Springs, CO 80940

NAME
ADDRESS
CITY & STATE ZIP
___S717 1000 Labels @ $1 each $
___P6128 Gold Foil Labels @ $1.98 each $
___P6030 White Gloss Labels @ $1.98 ea $
Add 20¢ per set for postage & handling $
SATISFACTION GUARANTEED Total $

L.L.Bean®

Outdoor Sporting Specialties

FREE Spring Catalog



Fully illustrated. Features quality apparel and footwear for men, women and children; fishing, hiking, camping and canoeing. For 69 years L. L. Bean has offered practical and functional merchandise at reasonable prices. Many items of our own manufacture. All fully guaranteed.

☐ Send FREE Catalog

Name _____

Address _____

City _____

State _____ Zip _____

L.L. Bean, Inc.
101 Cedar St., Freeport, ME 04033

My value-packed 1981 spring catalog, yours free!



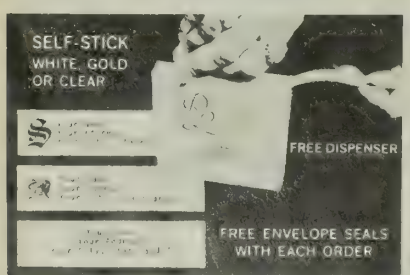
Many exciting specials on home decor, jewelry, gifts for everyone, every occasion—things you've wanted but didn't know where to find. Many exclusive European imports, many personalized, 108 full-color pages. Send now—save postage—tape coupon to a postcard.

LILLIAN VERNON® Dept. H26
Box LV, 510 S. Fulton Ave., Mt. Vernon, NY 10551

Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order . .	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK) . .	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 539
182 Paul Dr., San Rafael, CA 94903



Free Handcraft Booklet

Make attractive durable art objects with Durham's Rock Hard Water Putty. Mold, carve, sculpt model or cast it. Not flammable, toxic or poisonous. No firing needed. For free handcraft booklet, send long, stamped, self addressed envelope to Durham, Box 804-B, Des Moines, Iowa 50304.

---

easter eggs

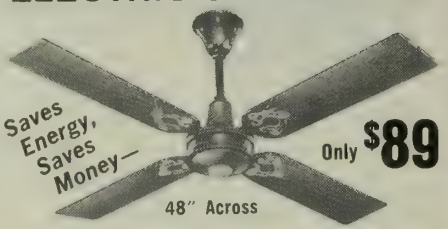


The brightest colors of the rainbow adorn these delicate eggs from Czechoslovakia. Each real egg is painstakingly decorated with intricate, traditional folk designs — some are drawn with warm wax and dyes, some are gaily hand painted . . . all are different! One dozen eggs $17.50 ppd.

Send $1.00 for 48 page color catalog.

shopping international
dept. 431 norwich, vermont 05055

FAMOUS OLDE TIME 5-SPEED ELECTRIC CEILING FAN



LOWEST PRICE EVER! A nostalgic wooden-paddle fan distributes cool air in summer, warm air in winter. Ceiling fan has metal base, troublefree motor, weight-balanced, mahogany-finish, wooden blades, stylish brass trim & 5-speed wall mounted switch. Easy to install; measures 48" across. (UL and CSA listed) Full Money-Back Guarantee!

Ceiling Fan (Z514554D) . . . only $89.00 + $5.25 P&H
2 for $175.00 + $10.00 P&H. PA res. add Sales Tax

OLD VILLAGE SHOP, Dept. VZ-2094
340 Poplar St., Hanover, PA 17331



DOLLS

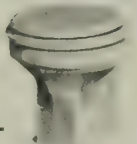
Learn to make, repair, dress, and restore dolls of all kinds – old and new. Fascinating opportunity for women of all ages. Free booklet describes this unique home study course. NO SALESMAN WILL CALL.

Lifetime Career Schools, Dept. D-670
2251 Barry Ave., Los Angeles, Ca. 90064.

Buy with confidence from these reputable advertisers.

THE ORIGINAL
BASEMENT TOILET

Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK

-No Digging Up Floors-

INSTALLS EASY. ANYWHERE!

Write McPHERSON, Inc., Dept. BH
Box 15133 Tampa, Florida 33684

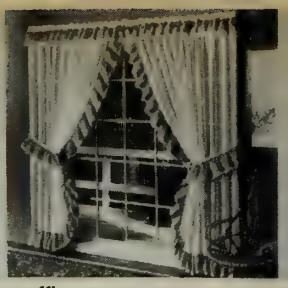
$1 Sylvia Porter's NEW MONEY BOOK FOR THE 80's

HOW TO beat the high cost of living & better your life! Complete homeguide to earning, buying & saving wisely $8.95 + 55¢ p&h. Easy to order! Just send your check. Money back guarantee. Send SASE for **FREE** catalog!

Homeguides to money, health, food, crafts, hobbies, pets and travel.

Homeguide Paperbacks

937 Orchard Lane, Roseville, MN 55113. (In MN add 4%)



Ruffle on ruffle

A full 5" coffee ruffle over 6" natural ruffle enhances this charming 19th century reproduction. Poly/voile; machine wash and dry; no iron. 80" wide, 54"L, $22.50 pr.; 63"L, $27.50 pr.; 72"L, $28.50 pr.; 84"L, $29.50 pr. Please add $2.50 postage. Free 56-page color catalog. Order from Colonial Maid Curtains, Dept. BH2, Depot Plaza, Mamaroneck, New York 10543.



Coca Cola bottle opener

Created for the famed soft drink company years ago, it's now become a collectors' item as well as a useful gadget. Each was rescued unused from a warehouse and you can now enjoy using it. A pocket knife is in the handle and the blade and opener are made of steel. Approximately 3½", $3.98 plus 65¢ post. Order from Harriet Carter, Dept. BHG-14112, Plymouth Meeting, PA 19462.

Shop by mail . . . it's convenient and fun.

DRAW ANY PERSON *in one minute!*

NO LESSONS! NO TALENT!



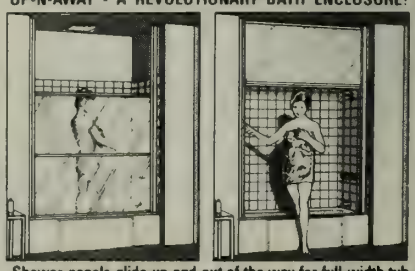
Artist's Conception

New Amazing Invention —"Magic Art Reproducer." You can draw Your Family, Friends, animals, landscapes, buildings, vases, bowls of fruit, copy photos, comics, designs, maps, anything — Like An Artist Even if You CAN'T DRAW A Straight Line! Anything you want to draw is automatically seen on any sheet of paper thru the "Magic Art Reproducer." Then easily follow the lines of the "Picture Image" with a pencil for an original "professional looking" drawing. Also reduces or enlarges.

NORTON PRODUCTS
Dept. 332, P.O. Box 2012
New Rochelle, NY 10802

Send $3.98 plus $ 60 for shipping and handling. No C.O.D.'s, please. Money Back Guarantee if not satisfied.

UP-N-AWAY - A REVOLUTIONARY BATH ENCLOSURE!



Shower panels glide up and out of the way for full-width tub access. Makes it easy to bathe children, clean the bathtub and enjoy the luxury of tub bathing with no obstructions. Send $1.00 for catalogue, installation manual and dealer info.

UNITSPAN, INC., 9430 Lurline Ave., Chatsworth, Calif. 91311

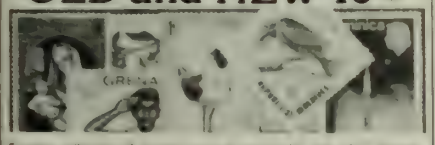


Now you can mend any color vinyl!
Make quick, professional-looking repairs on car seats, luggage, furniture, etc. Easy method lets you repair burns, rips, holes in vinyl, naugahyde, plastic. Repaired areas are almost impossible to detect. Easy method lets you match both color and grain. Do it yourself and save money! Order #H1345, $5.99 postpaid. Walter Drake, BH21 Drake Building, Colorado Springs, CO 80940.



The Martha Ann quilt rack
A charming piece to enhance your bedroom, den, etc. A copy of a cherished New England antique; turns quilts and comforters into a bright bedroom display. Pine and hardwood. 30"H x 23½"W x 15½"D. Sale prices expire March 31, 1981. Unfin. $24.50. Finished (dk. Pine) $34.75. Please add $3 post. 90-Day Guarantee. Yield House, Dept. D12C, Box 1000, N. Conway, NH 03860.

BRITISH COLONIES OLD and NEW 10¢



Exciting collection of genuine postage stamps for only 10¢! Hold the Empire in your hands. See native animals and flowers from the far corners of the British Empire: fish from Mauritus, birds from the Republic of Maldives, butterflies from Malaysia. Marval at miniature reproductions of the world's greatest art from the Cayman Isles or New Zealand. Plus, FREE GIANT CATALOG included. Also other fine stamps from our approval service, buy any or none, return without obligation. A fine offer—write today! **Jamestown Stamp Co., K21BH., Jamestown, New York 14701**

COLOR PHOTO SPECIALS



YOUR CHOICE ALL BORDERLESS
$2.50 FULL COLOR

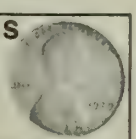
16 WALLET SIZE WITH FREE 5x7
or
10 -3½x5 PRINTS
or
4 -5x7 ENLS.
or
1 -8x10 ENL.
or
20 WALLET SIZE

Full size color copies on KODAK lustre paper without borders. Finest copies available. Send any photo or polaroid print (8x10 or smaller). Returned. Add 35¢ per selection for post. & handlg., and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m.o. to

RELIANCE COLOR LABS, INC.
Studio 514-2, Port Chester, N.Y. 10573

SCARCE OLD COINS

LINCOLN CENTS: 12 for $2

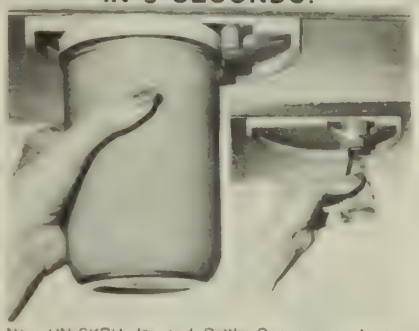


14P	15P	19P	19S	20P	25P	26P	27P			
28P	29P	29S	30P	34P	35P	35D	36P			
36D	37P	37D	38P	39P	39S	40P	40D			
40S	41P	41D	41S	42P	42D	42S	43P			
44D	44S	45D	45S	46D	46S	47D	47S			
48D	48S	49D	49S	50D	50S	51D	51S			
52D	52S	53D	53S	54P	54D	54S	55P	55D	56P	56D
57P	57D	58P	58D	59P	59D	60S	69S	70S	72S	73S

Circle dates wanted 12 ea. $2 Satisfaction Guaranteed

TIPSICO COIN CO. P.O. Box 3413H. Tucson, AZ 85722

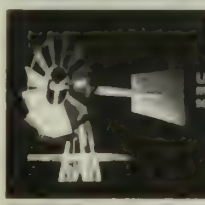
UN-SKRU
Amazing New Jar Opener
OPEN ANY SCREW LID IN 3 SECONDS!



New UN-SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens **every** size screw top from tiny tube to gallon jar with slip-ups, any effort. Even opens press and turn child proof pill bottles.

Best we've used GOOD HOUSEKEEPING
Featured by Good Housekeeping magazine as one of Half-dozen kitchen helpers no cook should be without. Also handy in home boat workshop. Wonderful for folks with arthritis. Unique gift. You must be **pleased** or your money back. Only **$5.95** + 85¢ p&h two for **$11.50** + $1 p&h
Send Check or M.O. 20 day money back guarantee.

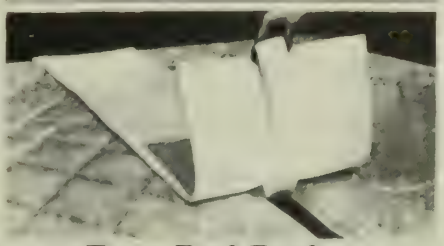
HOLST, Inc. Dept. BH-281, 1118 W. Lake. Box 370. Tawas City, MI 48763



Windmills on your mind?

Uniquely beautiful ornamental windmills, 4½ to 10 ft. high to perfect scale. Ideal for yard and garden.

FREE BROCHURE
Write to:
HOLST, INC. Dept. BM-281
1118 W. Lake, P.O. Box 370
Tawas City, MI 48763

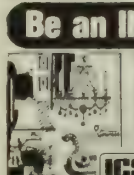


Twin Bed Bridge
FOR ROOMY TOGETHERNESS

Original Twin Bed Bridge with patented square rib transforms twin beds into one luxurious king size bed instantly. Hidden bridge of soft polyurethane foam gives custom-made king size appearance. No ridge, no lump, no gap. Saves money – uses standard size flat sheets. Saves space between beds – makes room seem bigger. 6' long by 14" wide. $10.95. Order from this ad, we'll pay postage, ship promptly. NJ residents add 5% tax. Money back guarantee.

Send Check or Money Order to | **BETTER SLEEP, INC.** Box BP, New Providence, NJ 07974

Be an INTERIOR DECORATOR



Learn at home in spare time. No previous experience needed. Married or single, young or old, get free facts about exciting full or part-time career. If you're trapped at home or in a hum-drum dead-end job, find out how this professional home-study course can change your outlook on life without upsetting your present schedule. No obligation. No salesman will call.

ICS School of Interior Design SINCE 1891
ICS Center, Scranton, Dept. VD01, PA 18515

greenhouses

Shatterproof fiberglass/California Redwood. Designed for the home gardener. Freestanding, lean-to and dome models, accessories. Use my "guaranteed price" lay-away plan.

Send $1.00 (refundable) for my color catalog, plus a regular $1.50 greenhouse booklet.

Peter Reimuller
—The Greenhouseman®
980-17th Ave., Dept. 7-B, Santa Cruz, CA 95062

4 EXCITING NEW CRAFT CATALOGS



25¢

LeeWards

Express your creativity with the widest selection of crafts and needlework anywhere! Trust LeeWards – we've been No. 1 for over a quarter of a century!

To receive your next 4 catalogs, mail this coupon with 25¢ to
LEEWARDS Creative Crafts Center
Dept. 5453
1200 St. Charles Rd., Elgin, IL 60120
5453
Offer Valid in U.S.A. Only

Name

Address

City

State _____ Zip



DANCING DOLL...

KRAUS Originals "like wearing gloves on your feet"

GENUINE GLOVE LEATHER combined with an elasticized throat and buckled strap for perfect fit
Add a foam cushioned insole for comfort that keeps you dancing. Popular basic colors: WHITE, BONE, YELLOW or BLACK. Combination sizes 6-10½ N, 5-10½ M, and 6-10½ W.

Send $1 for our NEW CATALOG (credited to 1st purchase)
$23.95 each Save $4
CALL 602-795-1281 Charge Orders Only
two pair for $43.90
Dept. B12DD, 600 S. Country Club, Tucson, AZ 85726
Add $1.95 p&h one item, $2.95 for two or more. AZ res. add 6% tax.

OLD PUEBLO TRADERS



FREE! WOODEN HANG-UP PLANTER
HANGING BASKET OF SWEETHEART ROSES

Imagine...the charm, the beauty, the delightful fragrance of roses—now yours in a real live "bouquet in a basket". Produces exquisite miniature blossoms set against lush, glossy-green foliage. FREE WOODEN HANG-UP PLANTER.

Your Sweetheart Rose plant arrives healthy, beautiful and rarin'-to-grow. It's already potted in nutrient-rich soil, and—with each and every plant ordered, you receive a rustic wooden crossrail planter absolutely FREE. L002808E . . . Sweetheart Rose, only $3.99 + 90¢ P&H; 2 for $7.99 + $1.50 P&H; 3 for $9.99 + $2.00 P&H
Free 90 Day trial—Full Money Back Guarantee

LAKELAND NURSERIES SALES, Dept. NL-4037
340 Poplar Street, Hanover, PA 17331



"SAVE YOUR HEART"

with a **STAIR-GLIDE®** Stairway Lift

RENTAL-PURCHASE Program Available

America's largest selling stairway lift. Ideal for people who cannot or should not climb stairs. Easily installed in less than 2 hours without damaging stairway. Runs off household current. Choose from Deluxe or Economy models.

AMERICAN STAIR-GLIDE® CORP.

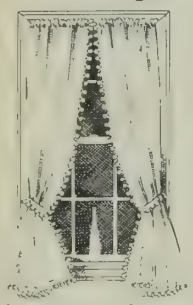
4001 East 138th, Dept. BHG-021

Grandview, Missouri 64030

COUNTRY CURTAINS®

Ball Fringe on Permanent Press

Natural or White



TIERS

20" or 25" ..... 9.50 pr.

30", 36" or 40" . 10.50 pr.

TIEBACKS

45", 54" or 63" . 16.00 pr.

72", 81" or 90" . 18.00 pr.

VALANCE

10" x 80" ..... 5.25 ea.

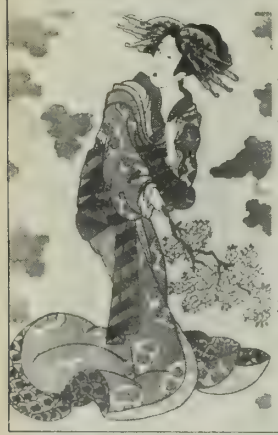
Send for free catalog

Country Curtains are a tradition...years of old-fashioned quality and conscientious service. Sturdy ball fringe on cotton/polyester blend 90" wide per pr. Specify color. Check, money order, Mastercharge or Visa. Mass. res. add 5% sales tax. Postage and handling: under $10 add $1.50, over $10 add $2.50. Satisfaction guaranteed or your money back.

COUNTRY CURTAINS

Dept. 22, Stockbridge, Mass. 01262

"Geisha" NEEDLEPOINT KIT



Includes 10"x14" 9-color design on 12-mesh canvas, yarn, needle, and instructions. $25 value, $9.95 plus $1.50 p&h. Shipped in 72 hours

SATISFACTION GUARANTEED

Color catalog, Membership information $1

The Needlepoint Club of America

Dept. BHG-3

352 Rt. 59

Monsey, NY

10952

Mr. & Mrs.

Robert W. Anderson

ENHANCE YOUR ENTRANCE DOOR

... with this 5" Solid Brass Nameplate. Your name will be engraved in script type. Brass screws are provided for easy installation. Total price $12 only. Satisfaction guaranteed. Send check or money order to:

SCHMIEDE & CO.

351 TERRILL ROAD,

PANWOOD, NEW JERSEY 07023



The "diamond" you can afford to lose!

A Kenya® Gem isn't a diamond... but you're the only one who needs to know that. What you and admiring glances will see is the incredibly true, blue-white lustre and brilliance of this gem which, amazingly enough, is priced from just $75 a carat

A truly striking variety of mens' and womens' styles and settings are available in 14K white or yellow gold... priced to lose...

but you won't want to.

Send for free full color catalog today:
Major credit cards accepted

KENYA Division, Dept. BHG-2/81
Day & Frick, Inc
1760 N Howard Street
Philadelphia PA 19122

®Trademark of Day & Frick, Inc., Est. 1866

Passive Solar Designs



These Passive Solar Designs utilize the exterior building envelope for solar collection and heat storage. The home shown located in Northwestern Ohio, was designed to maintain an average interior temperature of 72°F without auxiliary heat. For study plans, temperature data, and design information send $5.00 to

MJ Solar Designs

203 W. Michigan Ave.

Saline, Michigan 48176

CUT TOUGH TOE NAILS DOWN TO SIZE

EVEN INGROWN NAILS

QUICK, SAFE, EASY!

Extra long shanks for greater leverage. Surgical tapered blade slides under ingrown nails for fast, safe removal. For all trimmings, pedicure, manicure. Strong, stay sharp steel from Solingen Germany, 4" long.

One Pair $3.99 + 50¢ handling
Two Pairs $6.98 + 50¢ handling

Full money back guarantee.

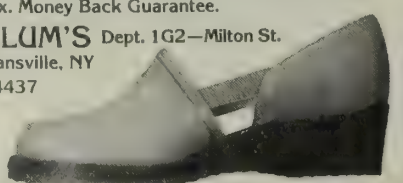
Med Ind. Inc. Dept. 23
1113 E. Wendover Ave., Greensboro, NC 27405



Slip into super comfort

These fine ladies' casuals feature extra thick foam insoles with skid-resistant rubber soles. In white, black, navy, mocha or two-tone beige canvas. Sizes: N 6-10; M 4-12; W 5-12; WW 5-12. (No 10½ or 11½). Specify "Sienna." Just $10.95 plus $1.90 shipping. Two pairs only $20.90. N.Y. res. add Sales Tax. Money Back Guarantee.

BLUM'S Dept. 1G2—Milton St.
Dansville, NY
14437





Sandal-ease for true comfort

Easy on your feet; easy on your budget. Two adjustable genuine leather straps for perfect fit on a cushioned insole & 1¼" covered wedge heel. White, Beige, Black, Camel (not available in narrow). Full & half sizes: 6-10N & W, 5-10M, + 11N, M & W. $15.99 + $1.95 post. 2/$29.90 + $2.95 post. Old Pueblo Traders, Dept. BT2MM, 600 S. Country Club, Tucson, AZ 85726.



Wind direction at a glance

This splendid Crowing Rooster weather vane will add the finishing touch to your home, garage, farm or ranch. Made of rust-free aluminum with baked vinyl coating. The arrow is 23" long; the support is 27" high. Makes a lovely gift for any homeowner. $12.95 plus $2.85 postage. Order from Holst, Inc., Dept. BH-281, 1118 West Lake, Box 370, Tawas City, Michigan 48763.



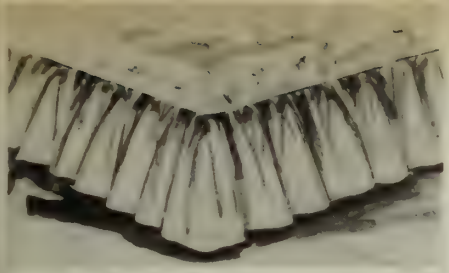
Giant 2 ft. x 3 Ft. poster

Send in any picture, document, certificate, marriage license, b/w or color snapshot (no negatives), or a 35mm color slide. Have it enlarged into a giant black/white poster. Comes in a mailing tube to prevent creasing. Print name and address on back of original for safe return. Order P2054, $6.99; 2/$12.99; 3/$17.99 ppd. Walter Drake, BH19 Drake Bldg., Colorado Springs, CO 80940.

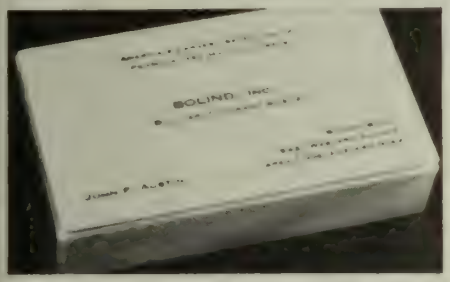


Magazine end table

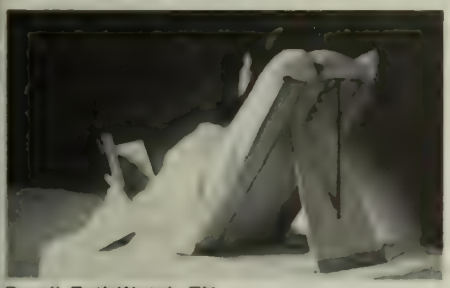
The perfect companion to your favorite easy chair or couch. Keep magazines and periodicals organized on 8 shelves. Plus room on top for your reading lamp and coffee cup, etc. 23¾" H x 18" W x 21" D. Now On Sale. Finished was $49.75 now $45. Easy kit was $29.75 now $27.50. Add $4.25 ea. post. Sale prices expire 3/1/81. Yield House, Dept. D12B, Box 1000, N. Conway, NH 03860.



Attractive dust ruffle
Perma-press, poly/cotton dust ruffle in White or Natural (eggshell) has extra-full gathered ruffles, split corners and extra-full side drops. Rolled handkerchief hems, no-iron platform and ruffle material. 18": Twin $27.50; Full $29.50; Queen $31.50. 22": Twin $30.; Full $32; Queen $34. 14" avail. Add $2.50 post. Free Cat. Old Colony Curtains, Dept. B2V, Box 759, Westfield, NJ 07090



Unique business card paperweight
You send your business card to be photo-engraved on brass-colored metal and then mounted on ¾" Italian marble. Your card is duplicated exactly (do not staple or paper-clip). Makes a unique and wonderful gift for your favorite business person. $10.50 plus 50¢ postage. 80-page catalog, $1. Order from Bruce Bolind, Dept. BH-2, Bolind Building, Boulder, Colorado 80302

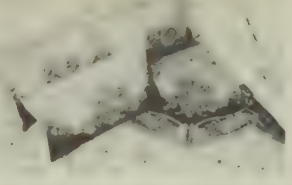


Read! Eat! Watch TV
A joy for bed readers, a must for convalescents and a welcome gift for all. Grained mahogany plywood Folding Back Rest is super size, 16" x 24" high. A full 4 to 6" higher than other back rests; gives full pillow support to head and back. Six adjustable positions for comfort. Folds wafer thin; no storage problem. $17.98 ppd. Better Sleep, Dept. BH2, New Providence, NJ 07974.



Country curtains with fringe
To enhance any room in your home. Of cotton and polyester in Natural or White. 90" wide per pair with 2" short knotted fringe. In lengths of 30", 36", or 40", $15 pair. 45", 54" or 63", $21 pair. 72", 81" or 90", $24 pair. Valance $7.50 each. Please add $2.50 postage per order. Free Catalog. Order from Country Curtains, Dept. BHG2, Stockbridge, Mass. 01262.

THE WHOLESALE HOUSE
HOME OF DESIGNER LINENS



THE ULTIMATE IN BEDROOM LUXURY AT
WHOLESALE PRICES
Designer sheets, cases & comforters plus matching custom-made draperies, shams and dust ruffles.

Free color brochure and price list
THE WHOLESALE HOUSE Dept. BHG2
1319 Broadway-Hewlett, N.Y. 11557
(516) 569-2688 (516) 569-3779 Master/Visa

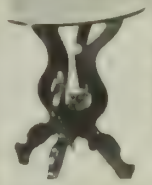
If tweezing your brows and applying eye makeup makes you frantic . . . Fret no more!!!



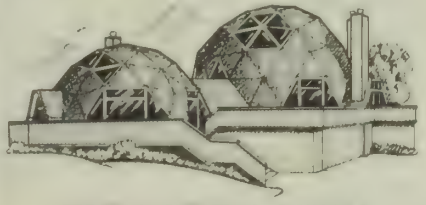
[illegible] tion-free, optically perfect mir[illegible] WITHOUT GLASSES regardless of your prescription [illegible]

$17.98
[illegible]
FERRY HOUSE Dept. BN
Briarcliff Manor,
N.Y. 10510

Shop by mail!! You'll save money, you'll save gas, you'll save [illegible] the world through the pages of Better Homes and Gardens



Solid Mahogany
VICTORIAN TABLE
with Italian marble top **$34.95**
New way to save on fine furniture. Shipped direct from the factory, to your home. Choice of love seats, sofas, chairs, tables, bedrooms, lamps, clocks. Send $1.00 for America's largest Victorian catalog, 300 pages! and free fabric samples. We will include certificate good for $2 off on your first purchase. [illegible]
MAGNOLIA HALL (Dept. BH-21)
726 Andover, Atlanta, Ga. 30327



EXPLORE A NEW HEMISPHERE FOR $5.00

If you're considering a new home, the all-new Monterey Domes literature package is a must. It brings you 80 pages of exciting designs, colorful photographs, floor plans, solar applications and factual information. Learn why the Monterey Dome is the world's most energy-efficient design. See how you can assemble your shell kit in a matter of days. Dozens of models available. Residential code approved. Extremely affordable. If you're a serious home-shopper, mail this coupon today.

☐ Please rush me your new 80 page **Literature Package.** Enclosed is $5.00 plus $1.00 postage and handling.
☐ Also send me your **Dome Assembly Manual** for an additional $5.00.

Name [illegible]
Address [illegible]
City [illegible]
State [illegible] Zip [illegible]

Mail to Monterey Domes,
Dept. MD2, 1855 Iowa Avenue,
Riverside, California 92517

MONTEREY DOMES

Inter-State Nurseries delivers
Hamburg, Iowa 51640

20 Giant Ruffled Glads $1.00
Postpaid & Guaranteed

Double your money back if not completely satisfied.
New and superior varieties...if bought by name they would cost $2.40. Colors range from white to purple, pink, rose, yellow, lavender, orange. This year we added **Red Beauty,** one of the brightest glads known. Big bulbs, 1 to 1¼ inches across. Glads will bloom for you this summer.

Free Spring Catalog

INTER-STATE NURSERIES
121 E. Street, Hamburg, Iowa 51640
☐ **Free** Spring Catalog ☐ 20 Glads $1.00
NAME [illegible]
ADDRESS [illegible]
CITY [illegible] STATE [illegible] ZIP [illegible]
Glads will be shipped at proper planting time

Kodacolor Film Processing
BORDERLESS PRINTS

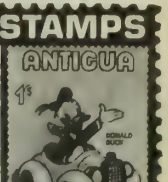
12 Exp 110 126 & 135 mm only **$1.49** 35 mm 24 Exp **$2.98**
20 & 24 Exp 110 & 126 only **$2.98** 35 mm 36 Exp **$4.99**

KODACOLOR REPRINTS - **10 for $1.99**
SIZES 110, 126, 35 mm only
Please send this ad with order
Known by the quality we keep
All orders returned 1st Class Mail Postpaid

American Studios
Dept BH, La Crosse, WI 54601

WALT DISNEY STAMPS

Be the first to own this ***NEW GROUP*** of ***authentic*** postage stamps: Mickey Mouse, Donald Duck, Minnie Mouse, & Goofy; plus Anguilla Triangle. All for only 10¢ when requesting approvals. Select those you like, return the rest. Cancel service anytime, state age.



Douglas Cook **Dept. BH-8**
Las Vegas, Nev. 89119

Select Your LOG HOME



Use your custom plan or select one of ours. **Select Cedar** or **Pine Log** homes, leisure homes and cabins from $5900. New full color Plan Book with 40 designs $4.75. Dealership Information Pack $7.75.

Wilderness Log Homes
Route 2-BHG-21, Plymouth, WI 53073

☐ Plan Book $4.75 ☐ Dealership Info Pk w/Plan Book $7.75
Enclosed is $ [illegible]
Name [illegible]
Street [illegible]
City [illegible] State [illegible]
Zip [illegible] Phone ( ) [illegible]
I own a lot Yes No
Building Date [illegible]

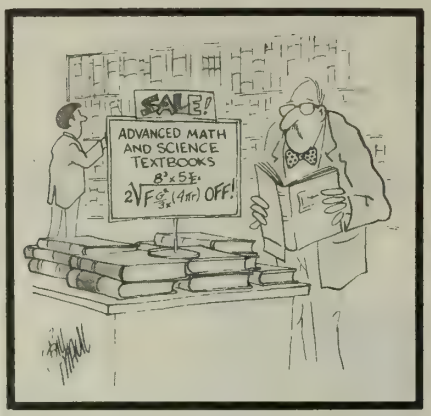
The Man Next Door®

Elaine Cowan, who is on a campaign to break her bad habits, says the only way she has been able to give up smoking thus far is repeatedly. "But I am trying to make it permanently," she adds with determination.

My enthusiasm for jogging outdoors cools considerably when the temperature nose-dives to around the zero mark. Ed Randall, on the other hand, says the frigid weather is an incentive to him—once outside, he has no choice but to keep moving.

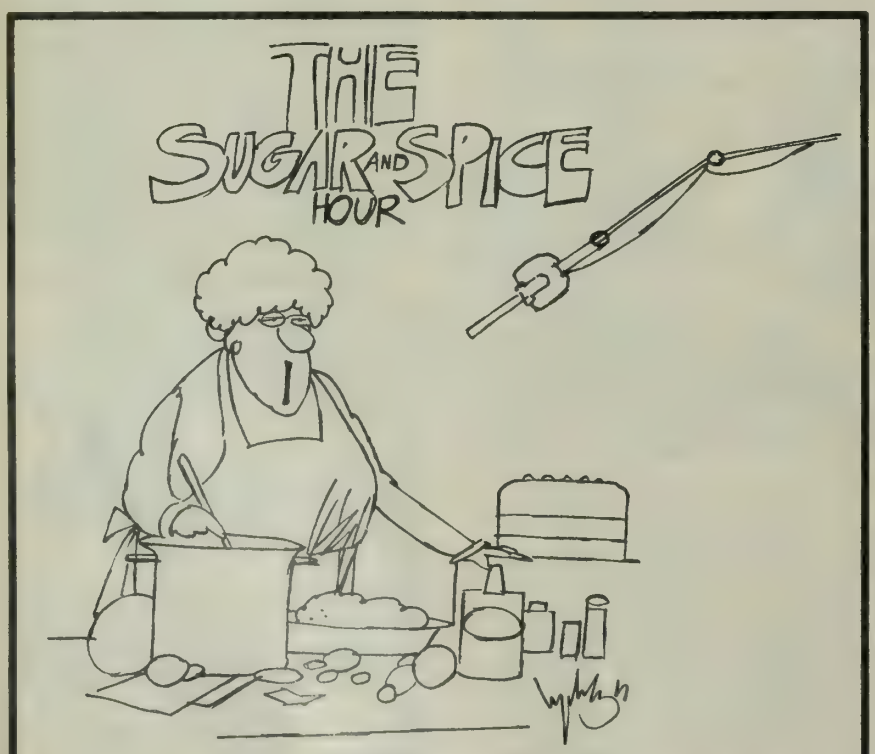
"A good listener," says my friend Lee Bayless, "is someone who is sufficiently aware of what you are saying to know when to really pay attention."

Doc Hannelly reports that his business always seems to pick up when a magazine publishes an article about a disease with symptoms everyone can relate to.



My spry Aunt Ruth usually isn't concerned about her image, but she did bristle at the movie theater when the ticket seller offered her a Golden Age Discount Coupon.

Now that computers can be used in the home, I'm searching for one that will program Burt, Jr., to take out the garbage without having to be reminded.



"Well, it looks like my thyme's up . . . I'd like to thank Basil, my producer . . . Rosemary, my technical advisor . . . and Ginger, my director . . . Tune in again tumeric for another kitchen caper . . . Dill we meet again, good cooking and have a spice day."

Grandpa Hillis has learned to take his own blood pressure readings. "If I can check the oil and water in my car engine, there's no reason I can't handle some of the routine maintenance on my own body, too," he says.

Congressman Nick Hanfli, always a hard worker, looked a little weary when he was home last week. Washington takes a lot out of a man, I guess. But then, Washington takes a lot out of all of us.

On a typical Saturday morning, you can bump into just about any of our neighborhood do-it-yourselfers at Al Goode's hardware store.

The men and women who are impeccably attired in business clothes during the week trail into Goode's wearing scruffy jeans and has-been jogging outfits. Customers carry dismantled floor lamps, disemboweled plumbing pipes, and sickly electric doorbells that have been yanked out at the roots.

You might see the decisive, hard-driving president of a manufacturing company completely undone by a leaky water faucet—or a pair of retired schoolteachers who need some final advice before installing a new electric garage-door opener.

Whatever the customer's emotional state or level of expertise, each is offered the same brand of logical instruction that is Al Goode's trademark.

Al's patience doesn't even end with the fussbudget who needs a tiny, hard-to-find wood screw. Together, Al and the customer will dig, squirrel-like, through endless shop bins until—voilà—they uncover the prize.

At other times, you will find Al in the back room working like a dedicated surgeon to breathe new life into a balky snowblower or an old lawn mower.

I hope you're lucky enough to have a store like Goode's in your neighborhood. In this age of self-service merchandising when the customer often must go it alone, it's nice to get a measure of moral support along with your order of nuts and bolts.

Burton Hillis

BETTER HOMES & GARDENS
March 1981

March 1981 · $1.25

Better Homes and Gardens.

Decorating: How to make your bedroom live bigger

The newest flower and vegetable varieties • Raised-bed gardening

Wind energy report • Unscrambling a problem kitchen

A look at parenting education • Canada's best vacation resorts

Eating better for less — great new low-cost recipes



INSIDE & OUTSIDE A SUBURBAN EARTH-SHELTERED HOUSE

03
40055

ARMSTRONG DESIGNER SOLARIAN®

THE ONLY NO-WAX FLOOR WITH



Floor design copyrighted by Armstrong



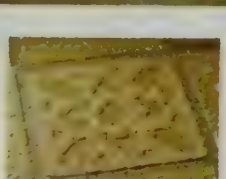
Inlaid Color begins with the precise placement of varicolored granules onto the backing...



...gradually building up the design — color by color, shade by shade.



Once the pattern is complete, intense pressure and heat are applied — fusing it into a solid inlaid vinyl.



And when the extra-durable Mirabond surface is applied, the Inlaid Color is sealed with a lasting protection and shine.

INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

Most no-wax floors have their colors and p terns just printed on. But Designer Solarian different. And that difference is Inlaid Color the exclusive Armstrong process that buil up the design with thousands of varicolor vinyl granules, creating a richness of color a a uniquely "crafted" look no printed floor gins to match.

THE RICHNESS OF INLAID COLOR.™



OTHER BEAUTIFUL DIFFERENCE:
NO-WAX SHINE THAT
TS LONGER.

strong's extra-durable Mira-d® surface resists scuffs and tches, so it keeps its lustrous l-new look without waxing far er than vinyl no-wax floors. And cleaner you keep it, the brighter it shines. sponge-mop with detergent, and rinse roughly. Or use Armstrong Once 'n Done® No-Rinse Cleaner, developed especially for Solarian floor care.

(If a reduction in gloss should occur in heavy-traffic areas, Armstrong Sun-coat® can be applied to help maintain the shine.)

To find your nearest Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® dealers offering the full selection of Armstrong floors.

Send for free guide to Armstrong floors
Send your 20-page booklet that gives shopping information and color illustrations of today's most popular Armstrong floors. Armstrong, Dept. 13FBH, Lancaster, PA 17604. Or just call the Armstrong Consumer Line, 800-233-3823 toll-free. (In Pennsylvania, call collect 717-397-0523.)

Name_____

Street_____

City_____ State_____ Zip_____

Armstrong

CREATORS OF THE INDOOR WORLD®

EDITOR at large

That object in the picture is neither an igloo nor a moon base, although people who think it's funny-looking have described it in those terms. It's a house under construction just a few miles from our office in what otherwise is a typical middle-class suburban neighborhood. The design is being touted as very energy-efficient, with an estimated savings of 80 percent over conventional structures. "I don't doubt it for a minute," someone cracked the other day. "No windows or doors for the heat to escape from."



The shape of things to come in housing?

Innovation often invites jokes, even ridicule, but thank goodness for those people who keep trying new things anyhow. We particularly need their influence in the housing field. In the next decade, because of the maturing of the baby-boom generation, the demand for new housing in this country will be fierce. But economically, potential buyers will be up against the wall unless someone finds a way to contend with soaring costs—for construction, for mortgages, for energy bills, for taxes.

As this crunch has intensified over the past few years, we've devoted a lot of space in BH&G to alternative housing of one type or another. In 1978 we introduced readers to geodesic dome homes that cut construction costs by as much as 15 percent and energy costs up to 50 percent. The next year we examined underground housing (which we now more accurately call earth-sheltered housing) and launched a continuing series on affordable solar homes. Earlier we had covered "sweat equity" houses, where the buyer does some of the construction work himself to save money, and last year we probed the merits of log homes that come in kits.

In this month's issue you'll find more in the same trail-blazing vein: our second big feature on earth-sheltered houses and a look at the use of wind power to cut energy bills. The latter story, in particular, will inspire a few snickers, but what today appears outlandish to some people may tomorrow seem inspired.

That house in the photograph is a good case in point. Probably it looks a bit odd to your eye, but its method of construction is ingenious and simple. You attach what amounts to a big balloon to a foundation, inflate it—the job takes roughly five minutes—then spray its interior with a layer of insulating foam followed by the application, with a somewhat larger spray gun, of a thick layer of concrete reinforced with steel. (Our photograph was taken at this stage of the construction.) After the shell hardens, you remove the balloon, thereby revealing the openings for doors and windows, and apply an exterior coating to the surface.

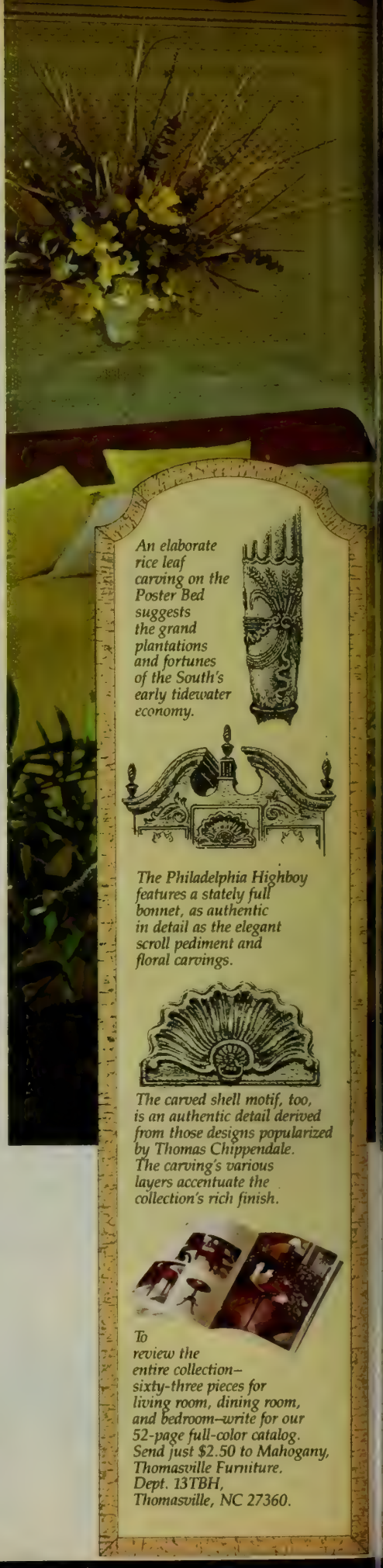
If the claims being made for this house pan out, it will have lower construction costs than its stick-built neighbors of comparable size, lower maintenance costs, a structural strength about two times as great (despite the total absence of interior load-bearing walls), and a much tighter surface—hence low energy bills.

Sure, in a typical middle-class American suburb a bubble house today may appear out of step. But which house in that neighborhood is best suited for the future? Which one is designed to fight escalating costs? Which house would the third little pig, the one with foresight, invest in?

Gordon Greer

Gordon Greer, Editor

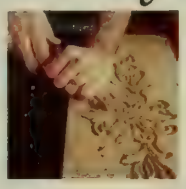
Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Controlled circulation postage paid at Des Moines, Iowa, and Lynchburg, Va. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. March, 1981, Vol. 59, No. 3.





The Mahogany Collection, that masterful Thomasville touch in 18th Century elegance.

The Mahogany Collection; for bedrooms, dining rooms, living rooms. Just one of many memorable Thomasville looks.



For the name of the Mahogany Collection dealer nearest you, call, toll-free, 1-800-447-4700 (in Illinois, call 1-800-322-4400).

Thomasville®

FROM THE INDOOR WORLD® OF Armstrong



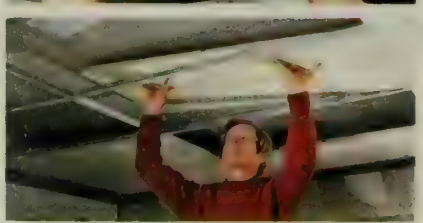
Got a ceiling problem?

Cover it up! Dress it up! Light it up! Quiet it down! With a new Armstrong suspended ceiling.

Whatever your ceiling problem—covering up an old or damaged ceiling, adding a new room, or finishing off a basement—an Armstrong suspended ceiling is a problem-solver with style. Beautiful. Washable. Fire-retardant for extra protection. Preengineered for energy-efficient fluorescent lights.

Best of all, with an Armstrong suspended ceiling, like Bennington shown above, solving your ceiling problem is a do-it-yourself project. There are no staples or glue to mess with, no plastering or sanding. The big 2′ x 4′ ceiling panels simply drop into the color-matched Super White Grid. The ceiling is easy to install and easy to keep looking fresh and new. If a panel gets damaged, just lift it out, and lay in a replacement.





If lighting is a problem, you can install Armstrong fluorescent fixtures with the ceiling . . . for lighting where you want it, not just where the builder put it.

You can install a beautiful new Armstrong suspended ceiling almost anywhere in your home. Briefly, here's how:

Hang the Armstrong Super White metal runners about three inches below your existing ceiling or open joists (about six inches with light fixtures).

Snap the Armstrong Super White cross tees into the main runners, and lay in the ceiling panels. It takes some time, but it's easy. You can do it!

See your Armstrong ceiling retailer for a broad selection of suspended ceilings. Find him under "Ceilings" in the Yellow Pages. Or send us this coupon, and we'll send you his name and a free full-color brochure.

Armstrong, Dept. 13RBH
P.O. Box 3900, Peoria, IL 61614

Please send me your new color brochure on suspended ceilings.

Name_____

Street_____

City_____

State_____ Zip_____

Armstrong

CREATORS OF THE INDOOR WORLD®

Litton knows you want it simple.



So we created Auto-Cook.

Litton knows you don't want to spend a lot of time learning microwave cooking.

So we created the exclusive new Litton Auto-Cook microwave oven. So simple, it lets you become a microwave expert on the first try!

Here's how simple:

1. The display panel asks you what kind of food.
2. How much it weighs.
3. And how you like it done.

Then Auto-Cook does the rest, cooking your food to perfection. Because the recipes are built into the oven's amazing memory. So Auto-Cook knows how to cook many of your favorite foods automatically.

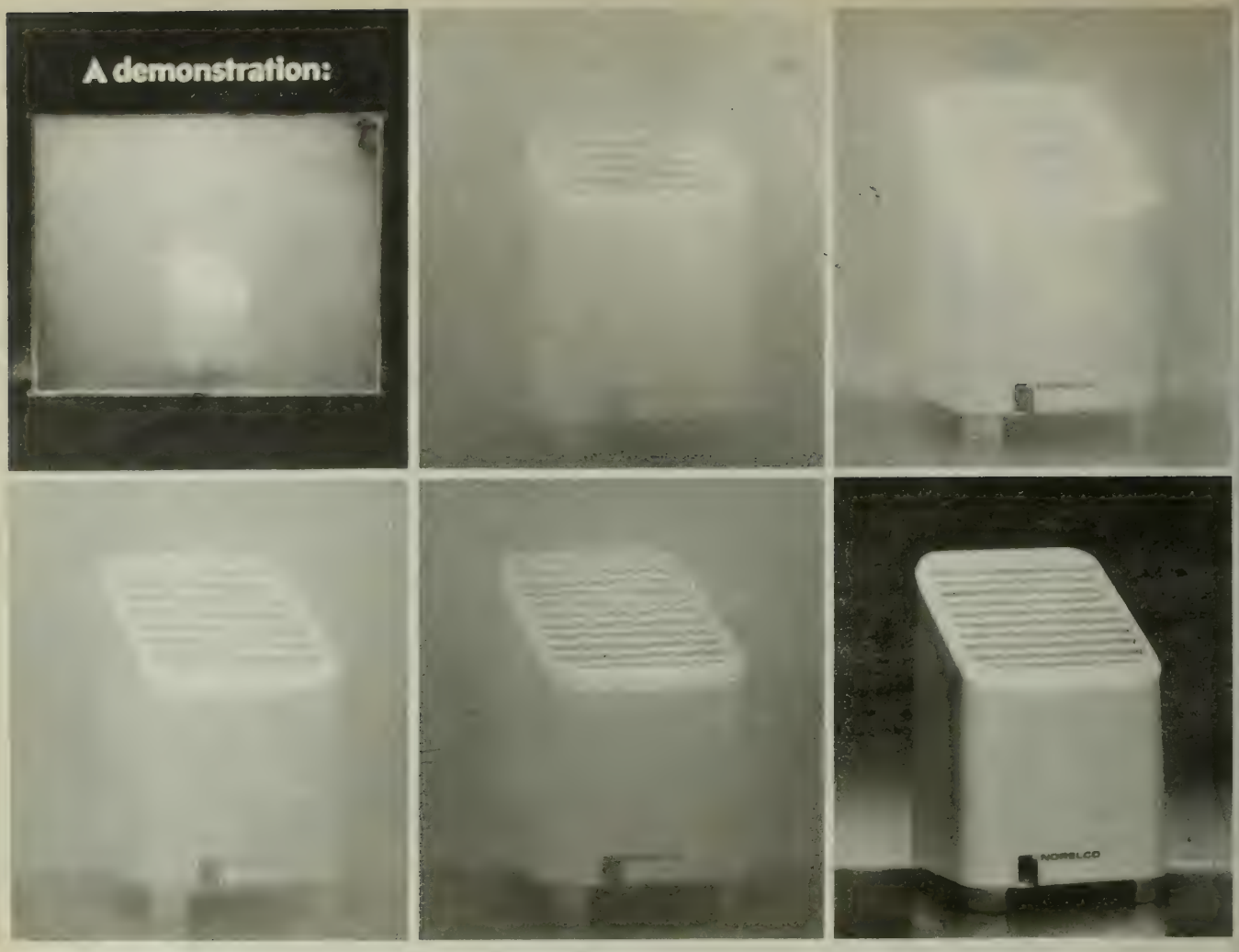
And Litton knows you want other innovative, reliable features in your microwave oven. Like the Even Wave™ cooking system for uniform cooking results, large Meal-In-One® oven capacity, advanced Defrosting,™ automatic Hold Warm™ and Serve Time™ to turn the oven on when you're away.

Litton even knows you want microwave accessories and cookware. So we offer a complete line of quality Littonware.™

See a Litton today and find out why we say:

Nobody knows more about microwave cooking than Litton.

© 1981 Litton Systems, Inc.



Introducing the Clean Air Machine™. Fresh from Norelco.

There's probably something inside your home that you never even think of cleaning.

The air.

But with all the discomforting impurities and pollutants floating around in it, it's one thing you should clean quite often.

That's why Norelco is demonstrating how effectively its new Clean Air Machine™ works, in this smoke-filled container we prepared for our test.

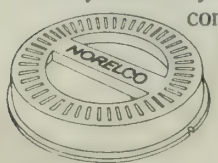
As you can see, the Clean Air Machine™ actually cleans your air. By removing odors, dirt and other contaminants that are naturally found inside every room of your home. No matter how clean.

With its quiet, efficient motor, the Clean Air Machine™ draws in offending tobacco smoke, pet and cooking odors, dust, even pollen. Traps them in a specially formulated filter. And sends out clean, fresh, citrus-scented air.

Thus, eliminating the irritation and suffering that smoke-filled rooms can cause.

The compact Clean Air Machine™ is economical to use, too. Costing only pennies a week for continuous, 24-hour use. And each replaceable filter is designed to last approximately 3 months, with average use.

So provide a healthy home environment for your family and friends. With the new Norelco Clean Air Machine.™ After all, if it can clean the air in our demonstration, think how it'll clean the air in your home.



Easy-to-replace Clean Air Machine™ filter

If product or performance defective, Good Housekeeping guarantees replacement or refund to consumer

Norelco® Clean Air Machine™. Because your air gets dirty, too.

©1980 North American Philips Corporation, Consumer Products Divisions, High Ridge Park, Stamford, CT 06904

Now get a $25 cash refund on a Maytag Jetclean™ Dishwasher.



Outcleans 'em all in the dual-wash regular cycle.

Maytag's low-energy regular wash cycle slashes energy costs 20% over other cycles.

Today more than ever, it pays to invest in Maytag quality. There's nothing like the energy-saving Maytag Jetclean™ Dishwasher. It's **built** like a Maytag, **cleans** like a Maytag.

1. Cleaner dishes for your family. The Maytag Jetclean™ Dishwasher gets dishes cleaner than other leading brands in the dual-wash regular cycle. Outcleans 'em all.

2. Important energy savings. Maytag's low-energy regular wash cycle cuts energy costs 20% over other cycles. Save even more just by pushing the Energy-Saver button, which gives you efficient fan drying without heat. The official **Energy Guide** verifies Maytag's low energy cost.



3. Huge capacity. You can probably wash a whole day's dishes, silver, glasses, pots and pans for a family of four in one load.

4. Handsome styling and colors add a smart touch to your kitchen. Take your choice—built-in or convertible models.



5. Loading and unloading couldn't be easier, because Maytag has two deep racks, top and bottom. Exclusive **Dual Deep-Racking** lets you put 10" plates in both racks. Even big, odd-shaped things fit right in.

6. Naturally, the Maytag Jetclean™ Dishwasher is built as only the dependability people build 'em.

Before you buy any dishwasher, compare at your Maytag Dealer's store. Buy now and save $25 with the certificate below.

MAYTAG JETCLEAN™ DISHWASHER
FROM THE DEPENDABILITY PEOPLE

$25 Maytag Cash Refund Certificate

Buy any current model Maytag Jetclean™ Dishwasher now and get a $25 refund directly from the Maytag Company. Offer good only on purchase made between January 1 and April 30, 1981. Mail this certificate, plus a bill of sale from your Maytag Dealer showing date of purchase, model number, and serial number, to: **The Maytag Company, Box 39, Newton, Iowa 50208.** This certificate may not be mechanically reproduced and is not transferable. Good only in U.S.A. and Canada. Void where prohibited by law. Limit: one refund per dishwasher purchased, regardless of certificate source.

Offer expires April 30, 1981. Your request for $25 refund must be postmarked no later than May 21, 1981.

BG

Enter Serial No. here: ___ ___ ___ ___ ___ ___ ___ ___
(6 Numbers) (2 Letters)

Your Name_____
(Print clearly; proper delivery depends on a complete and correct address.)

Address_____

City_____ State_____ Zip_____
Cash value 1/20 of 1¢



Clip this certificate. Or get yours on specially marked boxes of Dishwasher all®.

Dishwasher all® is a registered trademark of Lever Brothers Company.

The Maytag Company, Newton, Iowa 50208.



"You won't believe you did it. But you did!"

–Homer Formby
3rd generation antique refinisher

Refinishing furniture used to mean stripping. A messy, time-consuming chore.

Homer Formby has changed all that.

With Homer Formby's products, you'll *never strip again.*

Imagine a system so simple, refinishing isn't a drudgery, but an exciting project.



Imagine a system so foolproof, even your very first project looks professionally refinished in just half a day.

Refinishing.
From start to finish.

Pour some Furniture Refinisher into a metal tin, and dip your steel wool. (Use Formby's steel wool, because it's low in abrasion and oil content.) Now rub over a very small portion of your piece. There's no need to rub hard! Very quickly, you'll see the old discolored varnish, lacquer and shellac melt away.

And the Furniture Refinisher does not raise the grain or destroy the patina, the way strippers do.

With Formby's, you're actually reaching back in time to the original finish by removing years of accumulated gunk.

After you've refinished, go over the piece one more time with clean Refinisher. By rubbing with the grain, you'll remove any streaks or lap marks.

Now go over the piece with dry steel wool, to prepare the surface for Tung Oil.

Formby's Tung Oil seals your furniture, because it actually penetrates the wood. Ordinary varnish merely sits on top. So when you hand-rub Formby's Tung Oil, you're not only repeating a centuries-old tradition, you're also protecting that beautiful refinishing job.



And that's all there is to it! No sanding, scraping or wood-filling.

Somewhere in your house is a piece of furniture you've never given a second thought. But underneath that beat-up exterior is a finish you can bring back to life.

And now is a great time to get started, because it's National Furniture Refinishing Month. To celebrate, many of our dealers have a sale on Formby's Refinisher. So don't delay. Remember, you've got a prize right under your eyes.

For a free copy of Formby's Furniture Fact Book, including tips on refinishing, staining and furniture care, write to **Homer Formby, P.O. Box 647, C Olive Branch, Mississippi 38654.**

©1980 Formby's Inc.



Formby's®

No one knows wood, as good.

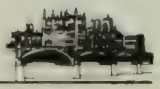
Formby's is a registered trademark of Formby's Inc.

Can you tell them apart?

The expensive famous-name raincoat.







Theirs:	Ours: Yes	No
1. Classic trench design. That great look, fit and comfort.	☑	☐
2. Quality tailoring. Specially selected materials, trimmings.	☑	☐
3. Expert craftsmanship. Over 125 steps from start to finish.	☑	☐
4. Regular quality testing insures durability, dependability.	☑	☐
5. Wrinkle-resist polyester/cotton goes right into washer and dryer.	☑	☐
6. Rain and stain protection. Your coat is Zepel® treated.	☑	☐
7. Versatile. Practical. Styles with or without zip-out lining.	☑	☐
8. American-made. Styling from the British, made at home.	☑	☐
9. A size for almost everybody. Petite. Misses. Talls. Half sizes.	☑	☐
10. A patented rubber button shank to protect the threads.	☐	☑

Our new Windsor Bay, about $20 less.



The big difference between us and them is the button. And the price.

Everybody knows the famous-name raincoat. And all the care, craftsmanship and quality that goes into it. That's why Windsor Bay is such a great buy. Because feature for feature it matches the famous-name. Except for the patented button shank. And the price.

JCPenney

©1981, J. C. Penney Company, Inc.



Ultraflor® Esteem™ Monaco™ #6202
Daydreamer Sofa by Congoleum

Timeless Beauty.



Captured in vinyl flooring by

Beauty that lasts, with minimum care. That's the beauty of Congoleum floors, from the sculptured elegance of Ultraflor,® to Contempora®— so revolutionary, it lays down over your old vinyl floor without adhesives. See the whole dazzling collection at your Congoleum Studio Showcase of Floors™ retailer. Call toll-free 800-447-2882; in Illinois, 800-322-4400.

Congoleum

Floors of Timeless Beauty.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Reg.: 11 mg "tar," 0.8 mg nicotine — Men.: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Dec.'79.



CONTENTS

March 1981 Vol. 59, No. 3

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

EDUCATION

PARENTING EDUCATION: CAN IT TEACH YOU SOMETHING? 20

BUILDING

WIND ENERGY: CAN IT CUT YOUR UTILITY BILLS? 25

Tips, tools, and techniques 82

A SUBURBAN EARTH-SHELTERED HOUSE AT A SENSIBLE PRICE 87

GARDENING

THE NEWEST FLOWER AND VEGETABLE VARIETIES 37



Gardener's log 48

RAISED-BED GARDENING FOR BIGGER YIELDS IN LESS SPACE 92

DECORATING

HOW TO MAKE YOUR BEDROOM LIVE BIGGER 42

- *Does your bedroom earn its keep, or does it sit idle for two-thirds of every day? We've assembled six pages of multipurpose bedrooms filled with ideas you can use to turn your bedroom into more than sleeping space.*

Thrifty fireplace face-lift 73

Best-dressed baths 158

HEALTH

New cost-cutting dental care options 52

FEATURES

Idea notebook 59

Good news 74

CONTENTS CONTINUED ON PAGE 14

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1981. All rights reserved. Printed in U.S.A.

Don't put things like this in your disposer...



unless it's a KitchenAid.

The ruggedly-built KitchenAid stainless steel disposer can handle things other disposers can't.

It has a powerful ½ hp motor, and strong start-up power to grind up tough bones, corn cobs, stringy vegetables, even things like pineapple tops.

And if something should ever jam it, that's no problem, thanks to the exclusive KitchenAid Wham Jam button. KitchenAid is the only disposer that unjams itself at the touch of a button.

KitchenAid stainless steel disposers are so well built, we offer a five year limited warranty.

Find out all the advantages KitchenAid has over other disposers by sending for our free point-by-point comparison.



KitchenAid®

Because it's worth it.

Hobart Corporation, Troy, Ohio 45374



INCREDIBLE EDIBLE eggs

EGGS. Nature's neatest package! For breakfast, lunch, dinner or snacks. But, it's up to you to make them taste good. And, TABASCO® pepper sauce can help.

TABASCO is made from ripe juicy peppers that are aged in oak barrels to a savory aroma and lively taste. When you use a few drops of TABASCO Sauce with your eggs, they wake up and take notice.

COTTAGE SCRAMBLE

4 eggs
½ teaspoon TABASCO® Sauce
½ cup cottage cheese

Mix eggs with TABASCO Sauce. Scramble. When almost done stir in cottage cheese.

©1981 TABASCO is a registered trademark of McIlhenny Company, Avery Island, Louisiana 70513.

CONTENTS

continued

FOOD

Elegant vegetable dishes 64

EATING BETTER FOR LESS 104



Food notes: Shopper's guide to best protein buys 110

Prize Tested Recipes 131
- *Ham entrées*
- *Pastry desserts*

Win money for your recipes 154

MONEY

Taxes: Could a tax pro save you money? 66

KITCHENS

HOW TO UNSCRAMBLE A PROBLEM KITCHEN 98

- *If your present kitchen thwarts you at every turn, threatens to disrupt your happy family, and dooms you to a dark, dismal room, take some lessons from these three families. These remodelings let you in on the joys, problems, and solutions of three kitchen success stories.*



TRAVEL

CANADA'S BEST VACATION RESORTS 134

CARS

How traffic laws can differ 155

PETS

Pet care how-to 151

SHOPPING

Buying guide 160

Shopping editor's choice 161

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.

LOOK WHO'S TURNING DIET 7UP

Flip Wilson

Geraldine

We'll give up 25¢
The only thing you give up is calories

Save 25¢ on your next purchase of one 6 or 8 pack of bottles or cans, or two 24-48 oz. bottles or one 64 oz./2 liter bottle.



To The Dealer: The Seven-Up Company will reimburse you for the face value plus 7¢ for handling, provided you and the consumer comply with the terms of this offer. Any other application constitutes fraud. This coupon is not assignable, and consumer must pay any deposit and sales tax. Invoices proving purchase of sufficient stock in the past 90 days to cover coupons presented must be shown on request. Cash redemption value 1/20 of 1¢. Good only in U.S. Void where taxed, prohibited or restricted. For redemption, mail to The Seven-Up Company, P.O. Box 1222, Clinton, Iowa 52734

Good only on Diet 7UP
Limit one coupon per purchase
Offer expires December 31, 1981

diet 7UP

SEVEN-UP AND 7UP ARE TRADEMARKS IDENTIFYING THE PRODUCT OF THE SEVEN-UP COMPANY PRINTED IN U.S.A.

78000 201778

25¢ STORE COUPON 25¢

The Best Cleaning Canister Ever.

The new Hoover® Celebrity™ powerhead.
It's not just the best cleaning canister we ever made.

It's the best anyone makes.

In tests of cleaning effectiveness, based on accepted industry standards, this new Hoover Celebrity proved to be far superior.

Better than any other you can buy in stores.

Better than those super expensive models sold door-to-door.

A remarkable cleaning system.

Remarkable because it has the same Quadraflex™ agitator we use in our best upright, the Concept One.™

Double brushing action plus strong suction to deep-clean carpets more effectively.

And to clean carpet along baseboards, there's brushed edge cleaning on both sides of the nozzle.

And the nozzle is only a few inches high to let you get under low furniture.

And that's not all.

With all its power, our new canister is quieter, too.

And it has many convenience features.

Automatic cord reel.

Automatic carpet height adjustment.

Full bag indicator.

And a built-in tool carrier that holds the off-the-floor cleaning attachments.

It's the best.

Compare the others. See what you get for your money. Then come see America's best-cleaning canister at your Hoover dealer.



New Hoover® Celebrity 'QS' QUIET SERIES

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ROSEMARY HUTCHINSON ELIZABETH WOOLEVER
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY BONNIE LASATER
DIANA TRYON JULIA MARTINUSEN

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH GREG ERICKSON R. LA MONTE JENKINS JIM HARROLD

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Books MARJORIE GROVES
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor G. S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Associate Editors ANN LEVINE COLEEN DEERY GARY BOLING LAURA HOLTORF

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Senior Graphic Designer KRISTIN FRANTZ
Senior Graphic Designer (Covers) SHERYL VEENSCHOTEN
Graphic Designers MARISSA CONNER CHRIS GRECO JUDY HALL
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associate JOE HEUER *Art Production Assistant* DONNA RUSSELL

New York—Eastern Editor MARGARET McMAHON
Shopping Editor ANN LIVELY *Associate Editor* STACEY SMITH

Editor-in-Chief **JAMES A. AUTRY**
Group Editorial Director **NEIL KUEHNL**
Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER *Associate Art Director (Managing)* EVA PIETRZAK
Associate Art Director (Creative) RICK BEAULIEU *Assistant Art Director* DAVE WEBSTER
Graphic Designers RUDY EVANS KAREN HUBER DIANE DAVIS
JACK YOUNG JILL CAREY
Copy Chief ELIZABETH BROOKS *Senior Writer* RUSSELL O'HARRA

Books: *Editor* GERALD KNOX *Art Director* ERNEST SHELTON
Associate Art Director (Managing) RANDALL YONTZ
Associate Art Director (Creative) NEOMA ALT WEST
Assistant Art Director HARIJS PREIKULIS *Senior Graphic Designer* FAITH BERVEN
Graphic Designers LINDA FORD TOM WEGNER ALISANN DIXON
LYNDA HAUPERT LYNE NEYMEYER
Production and Copy Editors DAVID KIRCHNER DAVID WALSH LAMONT OLSON

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON GOLBERT *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents:
JAMES A. AUTRY General Manager, Magazines
JAMES R. NARBER Marketing Services Director
ROBERT E. GERHARDT Controller
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS:
Chairman of the Board E. T. MEREDITH III
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Controller Wm. DEAN ANKRUM Secretary BETTY CAMPBELL MADDEN
Treasurer MICHAEL A. SELL

Hidden Valley Ranch®

Pour on the dressing with a difference.

Nobody else has our secret recipe.

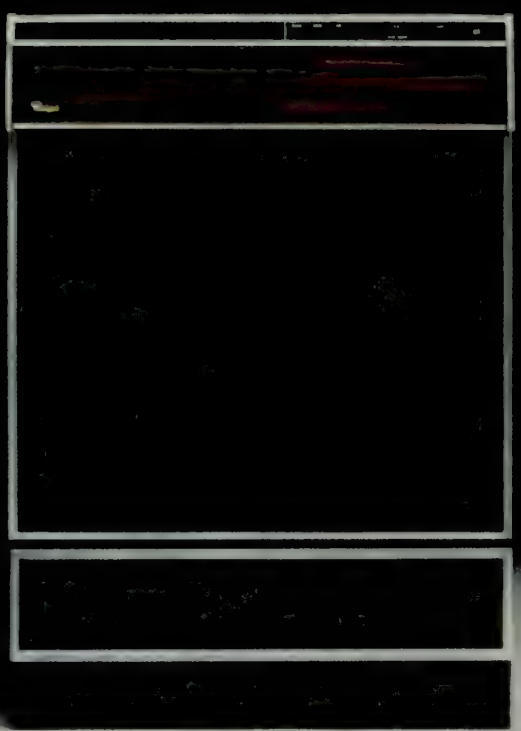
Nobody else has our special taste.





Mix with mayonnaise and milk...or buttermilk.

No Whirlpool dishwasher has ever done this before.



Imagine setting the controls on your dishwasher, and having them totally disappear.

Our latest Whirlpool dishwasher with solid state touch controls does just that. A light touch selects the exact wash cycle you need. Then the control panel tilts closed. Out of sight. Out of reach.

And this Whirlpool dishwasher can be programmed to start washing hours after you turn it on. When you don't need the hot water for something else.



It's even designed with important energy-saving features. Like our air-dry switch. Special insulation. And a thermostat-controlled heating element that heats the water only when it's not as hot as it should be.

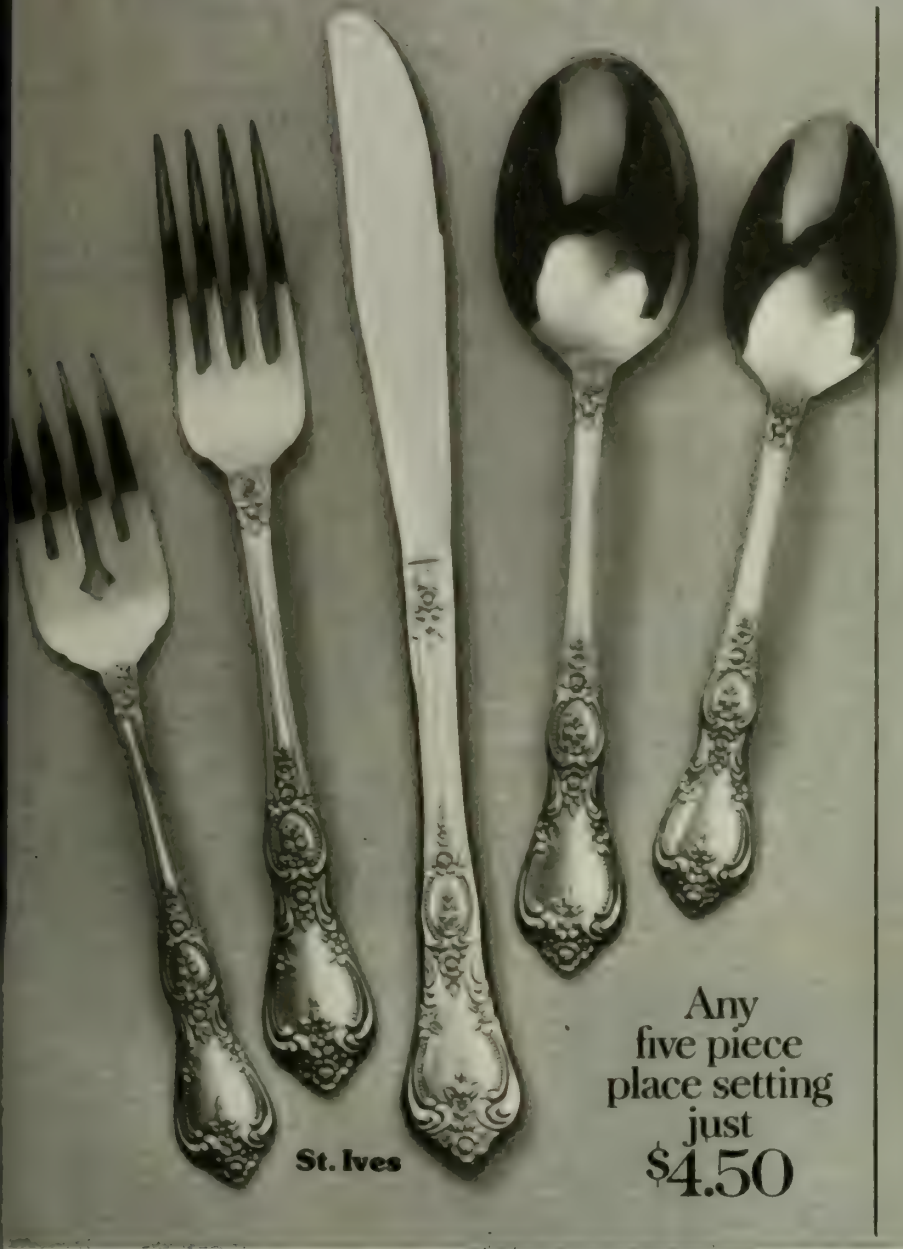
Think of it. A Whirlpool dishwasher that not only cleans up your dishes, but cleans up the look of your whole kitchen.

Whirlpool
Home Appliances

Quality. Our way of life.

Special Introductory Offer

On Four Solid Stainless Oneidaware™ Patterns



Any five piece place setting just $4.50





If you love traditional elegance, you may find our St. Ives Oneidaware irresistible. This exquisite design, as well as our three other patterns, can give "special occasion" importance to any everyday meal. We know from our coupon savers' response to Oneidaware, that homemakers everywhere love to add beauty to daily meals. Discover for yourself the pleasure of owning Oneidaware by taking advantage of this special introductory offer.

Betty Crocker®

You would expect to pay twice as much in stores for comparable quality stainless by Oneida. But right now you can enjoy substantial savings with this introductory offer. Order two place settings if you like and then complete your Oneidaware set by saving Betty Crocker coupons found on over 175 General Mills products. A Betty Crocker Coupon Catalog will be sent with your order.

Each five-piece place setting is just $4.50 in any of the four Oneidaware patterns so order soon, offer expires May 18, 1981.

If not entirely satisfied, return merchandise within 10 days and your money will be refunded.

General Mills, Inc., Box 58, Minneapolis, MN 55460

I enclose ___ $4.50 for one place setting, or ___ $9.00 for any two place settings in the pattern(s) checked below:

☐ St. Ives 1 ☐ Whittier 2 ☐ Rosewood 3 ☐ Allegiance 4

Name _____

Address _____

City _____ State _____ Zip _____

Limit: Two place settings per family please. Send check or money order with order form. Do not tape or staple. Please allow up to six weeks for shipment. Offer expires May 18, 1981. Good only within U.S.A.

© 1981 General Mills, Inc.

Dan Kaercher

Parenting Education:

CAN IT TEACH YOU SOMETHING?

Many parenting education "graduates" answer that question with an emphatic "Yes!" Parenting courses come in such a wide range of formats and delve into such an amazing variety of subjects—from diapering to drug abuse—that you would be hard-pressed not to learn some new skills. Yet, precisely because of the diversity in parenting education courses, it can be difficult to choose the course that will do you the most good. Who sponsors parenting classes? How can you find the right course for your particular needs? What credentials should a parenting instructor have? Here are the answers.

Who takes parenting classes?

"Normal, sensible, healthy parents. They're enlightened and concerned men and women who want to learn something and become better parents," says Don Dinkmeyer, Ph.D., coauthor of STEP (Systematic Training for Effective Parenting), a leading parenting education program.

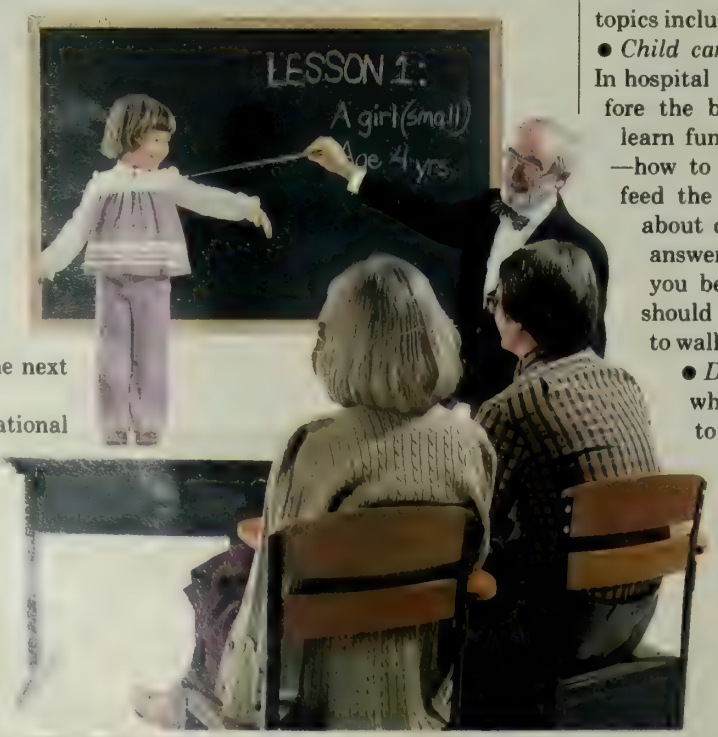
Most people realize that being a good parent today takes more than good intentions and natural instincts. "The fact that you were once a child yourself doesn't mean you know how to be a parent—just as being a passenger in an airplane doesn't qualify you as a pilot on the next flight," Dinkmeyer says.

Today over 150 diverse national organizations including the National PTA, YMCA, Red Cross, and the March of Dimes sponsor parenting education activities of some sort. Parenting also is becoming standard fare in adult education programs and is the subject of several public TV series.

Why the need for parenting education?

"It's quite natural to experience a sense of inadequacy when dealing with a child. Those feelings are compounded in our mobile society because we don't have feedback from our own parents, aunts, uncles, and longtime neighbors," says Dennen Reilley, director of field services for the Education Development Center (EDC) in Newton, Mass. EDC has developed the widely used Exploring Childhood program offered through many secondary schools, and community and adult education programs.

Society's changing expectations of working mothers and homemakers also have created a demand for parenting education. And, although the majority of parenting students are mothers, many fathers are joining parenting classes now that men are playing a more active role in family life.



Photograph: Mike Dieter

Another factor in the rise of parenting education has been the decline in parental authority. "We've witnessed the fall of the autocratic system of parenting. Giving commands doesn't work today. Kids don't respect you solely because you fathered or mothered them," says Dinkmeyer.

In some cases, parenting education courses have been developed to meet the needs of parents in special family situations. For example, courses are designed for single parents, stepparents, and parents of retarded children.

What topics are covered?

You name it. Parenting education courses are sponsored by dozens of groups with different objectives—promoting childhood health and proper nutrition, preventing child abuse, educating young people about their future roles as parents, solving behavior problems, and improving communication between parents and youngsters, to name a few. The most common topics include:

- *Child care and child development.* In hospital classes that often begin before the baby is born, parents can learn fundamental child care skills—how to change a diaper, what to feed the baby. Common questions about child development also are answered. For example: When do you begin toilet training? When should you expect your youngster to walk and talk?
- *Discipline.* What do you do when you can't get your kids to stop fighting, your five-year-old to sit still and eat at the table, or your teen-ager to take school seriously? A parenting course can teach you approaches that psychologists have been practicing for years.

continued

Arrow made your shirts to be washed... not washed out.

That's why they trust washing the All-Temperature Cheer way.

Arrow wants you to look your best all the time. So Arrow makes their shirts to fit good, feel good, and look like a classic every time you put one on. And they know that washing them in the right water temperature will help keep their shirts looking their best. So Arrow trusts washing the All-Temperature Cheer way.

Cheer does a great job of cleaning in all three temperatures—hot, warm, and cold. Hot to clean your whites, warm for your permanent press, and cold to help protect bright colors from fading. But Cheer does more. It even contains a special ingredient that helps reduce wrinkling.

In fact, Arrow thinks washing right is so important, they are sewing a special care label inside their shirts. It will approve the use of All-Temperature Cheer and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help keep your shirts looking well-dressed.



All-Temperature Cheer. Cleans in the right temperature hot, warm, or cold.

continued

Parenting Education:

CAN IT TEACH YOU SOMETHING?

• *Communication.* Establishing and keeping the lines of communication open is of great concern to parents of adolescents. A parenting course can help you relate more effectively on a person-to-person basis with your youngster.

• *Values.* "People are confused about values these days, especially sexual values. What parents taught their kids used to be clear-cut. Now parents aren't so sure," says Jan Bohan, Ph.D., director of the Center for Parenting Education at Metropolitan State College in Denver. Trying to instill values in a youngster can backfire if you admonish, nag, and moralize. In a parenting course, you learn more effective ways of teaching children what is expected of them.

How is parenting education taught?

Parenting education comes in many different packages—both structured and unstructured. Having a trained instructor can be a tremendous advantage—if you find a good instructor who has a solid background in parent-child relationships and a stimulating program to present. Formal courses in parenting education are offered at many community centers, churches, hospitals, colleges, adult education centers, and family service organizations.

Parenting Effectiveness (formerly P.E.T.) is a pioneering parenting course based on Dr. Thomas Gordon's best seller, *Parent Effectiveness Training.* The emphasis here is on how to improve communication and handle conflicts. Classes are led by instructors who have completed a brief training period; the course usually costs $25, plus an additional "instructional fee" (the extra fee, set by individual instructors, can be up to $65).

Positive Parenting, developed by the YMCA, focuses on family communication. The course often is offered at no charge, or for a maximum total fee of $25. Positive Parenting is shorter than Parent Effectiveness and is taught in many settings. The instructors are trained by the YMCA in a three-day workshop. Many other parenting education courses are available nationally.

Who teaches parenting education?

Since there are no certification requirements, almost anyone can organize and teach a parenting education class—from parents with no formal training in child psychology or child development, to Ph.D.s who may or may not have experience as parents. Most classes are led by persons from such professions as counseling, teaching, and the ministry.

National parenting programs such as Positive Parenting and Parent Effectiveness do require that instructors complete a training course. However, even the people who run these programs admit that this does not guarantee quality.

Dr. Bohan of Metropolitan State College (the only college in the nation that offers an undergraduate minor in parenting education) advises parents to "size up" a potential instructor. "See if you are comfortable with his or her approach. Be wary if the instructor doesn't want to meet you or chat on the phone for a reasonable exploratory interview."

How can you find the right class?

The parenting center at Metropolitan State College acts as a clearinghouse to help interested Denver-area parents find appropriate parenting courses, and a few other communities have organized parenting education councils for the same purpose. But in most towns, you're on your own.

First assess your own needs and list exactly what aspects of parenting you want to learn more about. Then call around to the organizations already mentioned to learn what courses are offered in your community. Ask the instructors such questions as:

• Will there be time for discussion and interaction in the class or is all the time devoted to lectures?

• Are there any follow-up classes?

• How many will be enrolled?

• Can you take an advance look at the materials the instructor will use?

• Are there any research findings that indicate that the techniques taught in the class really work?

Ask other parents who have taken the course for their opinions. Most important, ask yourself after talking to the instructor whether he or she makes sense to you.

What are other options?

One way to take a parenting course is to start your own: Recruit a group of interested parents, select some stimulating parenting education materials (excellent guides are available from several national organizations), and designate one of the group as the discussion leader.

Perhaps the most widely used parenting education "package" that can be studied independently is STEP, developed by Dr. Dinkmeyer and Dr. Gary McKay. STEP emphasizes the importance of developing responsible behavior in children. The basic course can be taken independently or under the leadership of trained instructors. Cost of the complete STEP kit is $77.

TV series such as public television's *Footsteps* enable you to participate in a parenting class without leaving your living room. You can view the programs alone, or watch them with other parents so you can benefit from an exchange of ideas. Contact your local educational television station to learn if and when the *Footsteps* series will be offered in your area, and how you can obtain a home study guide.

For more information

You can get more information on parenting courses and resource materials by writing to The Parent/Early Childhood and Special Programs Office, U.S. Department of Education, 400 Maryland Ave., S.W., Washington, DC 20202.

—Produced in cooperation with Jeanne Helen Jones



The Sealy Posturepedic morning. Feeling so good it shows.

We want you to wake up feeling this good every morning.

That's why we designed Sealy Posturepedic® in cooperation with leading orthopedic surgeons for no morning backache from sleeping on a too-soft mattress.

It's a unique back support system that comes in a wide range of personal comfort and firmness. Whichever you select, you'll get deep-down Posturepedic support.

So don't settle for just any firm mattress. Insist on the one and only Posturepedic. Made only by Sealy. And wake up feeling so good it shows.

Sealy Posturepedic



©1980, Sealy, Inc.

Twenty open-ended propositions.



There's an opening at the end of each Parliament Lights cigarette.

Our famous recessed filter. It keeps your lips from touching the tar that builds up on the filter.

And that, we propose, is quite an advantage over the flat filter cigarettes.

Agree? Good.

In the end, we knew you'd be open-minded.



Only Parliament Lights has the famous recessed filter.

Available in Soft Pack, Box and 100's.

Soft Pack: 9 mg "tar," 0.7 mg nicotine—Box: 10 mg "tar," 0.7 mg nicotine—100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec. '79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Greg Erickson

WIND ENERGY:
Can It Cut Your Utility Bills?





Photographs: William N. Hopkins

If all the conditions were just right, a windmill in your backyard could be generating enough power to run every electrical appliance in your house, and perhaps heat and cool your home as well. You'd no longer worry about utility rate hikes—in fact, you could become an energy seller yourself, feeding your excess electricity to the power company and receiving a credit.

So why aren't windmills sprouting all over like giant daisies? The answer is that obstacles, both natural and man-made, often stand in the way. Yet there are many fortunate individuals who are making electricity from wind and feeling mighty smug about their reduced dependence on nonrenewable energy sources.

One lucky wind-energy enthusiast is Alan Hanks, whose windmill installation is shown on this page.

Alan's windmill, which has been monitored continuously during the past two years by a local utility company, supplies an average 50 percent of all the electricity he needs for his 2,000-square-foot house and 1,000-square-foot guesthouse. At top speed, requiring winds of 28 miles an hour, Alan's windmill can generate enough power to operate all the appliances in his two all-electric kitchens, plus the pumps for his active-solar heating system. That's a total of 2,100 watts. Alan seldom operates all these appliances at once, so when the wind velocity is high and his electricity needs are low, he sells his excess energy to the utility company.

Right about now you're probably saying to yourself, "Congratulations, Alan. Now what about me?" What would *you* need to set up a similar wind-energy system?

First of all, you need wind

On the shoreline where Alan's home is located, the average wind speed is 14 miles an hour. You don't have to live in so windy a place to have a windmill, but winds of at least ten miles an hour are necessary to make a windmill cost-effective—able to generate enough electricity to pay for itself in a few years. This requirement alone prevents many wind-energy proponents from erecting their own windmills.

For a clue to wind velocity in your area, take a look at a nearby flagpole. If the flag atop that pole usually flies straight out with its corners snapping, there's hope for a windmill. A local airport or weather station, or the National Weather Service, should be able to provide figures for the average wind speed in your locale. If any of these sources

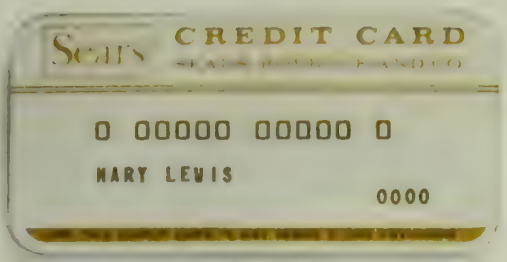
continued on page 28


OPEN THIS END
FRAGILE

You can count on Sears for credit when you need it

Over 60 million Americans carry Sears credit cards—and thousands of new cards are issued every week. No annual fee. You can get your application in person at Sears or apply by telephone. Sears standards are tough but fair.

Since 1911 Sears has believed that responsible customers deserve credit when they need it, good times and bad.



Long before anybody ever heard of a bank card, millions of Americans were saying "charge it" at Sears. Among them today are college students, movie stars, tycoons, farmers, professors and millions of young married people like the couple in our picture.

Sears believes that credit should be used with care—that it is a tool for the prudent, not a license for spendthrifts. In a booklet called *How to Choose and Use Retail Credit,* Sears says:

- Use only as much credit as you can repay comfortably.
- Avoid credit buying just because it's easy to say "Charge it." Be sure each credit purchase is something you really want or need immediately.
- Please don't get in over your head with credit—at Sears or anyplace else.

Sears does not hand out its credit cards automatically or loosely. Our standards are tough. But they are fair.

Sears sees no reason why prudent customers should have to go without something they need simply because they don't have the money in the bank at a particular moment.

With a Sears credit card you can charge what you need for your baby, for your home, for your car, for yourself. And whether you pay now or pay later at Sears, *satisfaction guaranteed or your money back.*

How to apply. You can pick up an application at any Sears store. Or apply directly by telephone: Call 1-800-527-3592, Extension 20. (In Texas: 1-800-492-5385, Extension 20.)

Send for free booklet. Whether or not you shop at Sears, the 20-page Sears booklet, *How to Choose and Use Retail Credit,* will help you to decide what kind of credit you need or if you need any at all. Write Ms. Terry J. Finlayson, Department 703, Sears, Roebuck and Co., Sears Tower, Chicago, Illinois 60684.

Sears

© Sears, Roebuck and Co. 1981

◄*The first home for thousands of babies is a room furnished on credit at Sears—from Winnie-the-Pooh crib to Winnie-the-Pooh wallpaper to Winnie-the-Pooh himself. What a friendly world to open your eyes to.*

What to do when your rug tells your guests you have a dog.



Clean and deodorize it with Lestoil Rug Shampoo.

Lestoil's cleansing foam penetrates deep down to get rid of "tell-tail" dirt and odors at their source. And its special deodorant actually fights the odors instead of only masking them.

LESTOIL.
The rug shampoo that deodorizes too.

continued from page 25

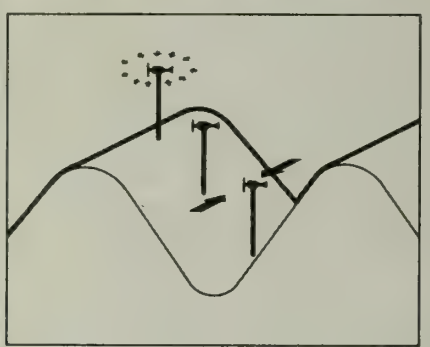
Wind energy

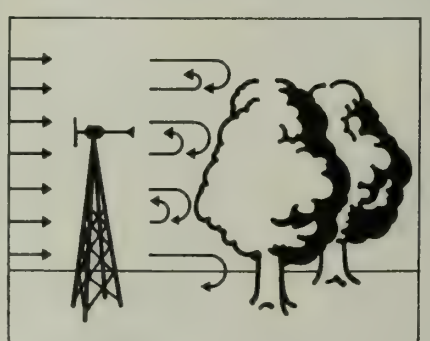
tells you that winds at your site meet the minimum, you can spend some time and money on your own measurements.

An anemometer costing about $175 can provide accurate readings. Since wind speed increases with altitude, and since obstacles cause turbulence, you'll want to locate your anemometer 30 feet or more above ground and far away from trees and buildings.

The drawings *below* show how obstacles affect windmill performance. In the top drawing, the uppermost windmill can use winds from all around. The one halfway down the hill is not as efficient, and the windmill in the valley can use winds from only two directions. The middle drawing shows trees causing turbulence that could stall the blades. And in the bottom drawing, a house is sending the wind up and over the windmill.

If the wind at your site doesn't average ten mph, forget it: A windmill won't work for you. (More than ten mph is better, since the power available from a windmill increases with the *cube* of the wind speed—by eight times as wind speed doubles.) Don't worry about there being too much wind—each type of windmill has some sort of governor or brake that keeps the rotor from spinning too fast.



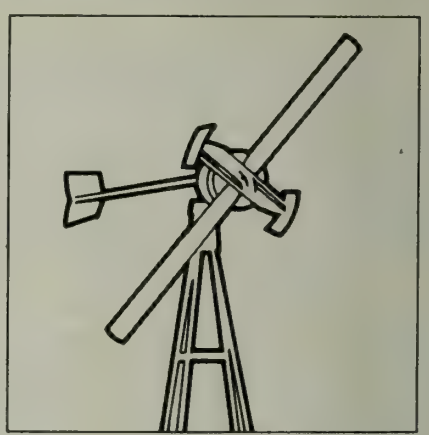


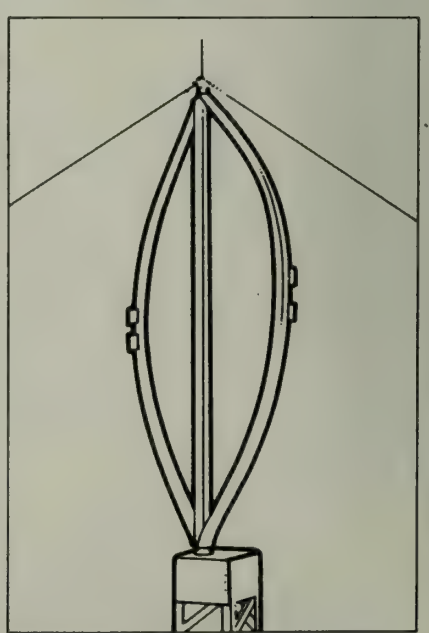


Then you'll need the equipment

The basic components of a typical wind-generated electricity system are a windmill, a tower on which it will be mounted, and other materials required for installation.

Windmills are available in numerous configurations, as shown *below;* in var-





continued



THE BOLD LOOK
OF **KOHLER**

At the edge of your imagination, fatigue dissolves in an oasis of sweet pleasure. The Steeping Bath Whirlpool, 5 feet long, 20 inches deep, and contoured for comfort. Available in a variety of unforgettable colors. Shown here in Evergreen with Bravura faucet. The complete line of Kohler leisure products includes whirlpool baths, spas, and the unique Habitat. For an exciting color catalog, send one dollar to: Kohler Company, Dept. 13, Kohler, Wisconsin 53044.

Fostoria
THE CRYSTAL FOR AMERICA

"American" Party Server
with 2 serving spoons.

Regular Price
$13.95

NOW
a great value
$6.95



5½" diameter

Good Housekeeping PROMISES

Fostoria's "American" pattern has been popular since 1914 — over four generations have collected it, and it's America's most complete glassware pattern. Now, here's a great value on American's party server — with 2 serving spaces and a serving spoon for each. It's a great buy at $6.95, an even better one at 2 for only $12.95. Order yours today!

Your Order Has a Money-Back Guarantee. If you have problems with delivery or are not completely satisfied with your order please let us know. Write: Sally Clark, C/O Fostoria Glass Company, Moundsville, W. Va. 26041

CLIP THIS COUPON AND ORDER TODAY.

Mail this coupon to: Fosdick Corporation/Party Server Offer
P. O. Box 3043, Wallingford, Connecticut 06492

Send me _____ Party Servers and Spoons @ $6.95 plus 95¢ for postage and handling (2 for $12.95 plus $1.90 for postage and handling) Conn. residents add 7½% sales tax. Enclosed is my check or M.O. for $ _____

Name _____

Address _____

City _____

State _____ Zip _____

continued

Wind energy

ious sizes; and in several power-output ranges. Horizontal-axis units, which have rotor axes parallel to the ground, are the most common; a few vertical-axis models, like the Darrieus eggbeater type, *bottom, page 28,* also are available. The horizontal-axis models must have fins behind their propeller-like blades or some other means of keeping the blades facing into the wind. The eggbeater units readily make use of wind from any direction. Naturally, each windmill company claims that the configuration of its windmills is superior to that of all the others. (For a pamphlet containing a list of wind system manufacturers and other pertinent information, you can send a dollar to *Wind Energy: An Introduction,* American Wind Energy Association, 1609 Connecticut Ave., N.W., Washington, DC 20009.)

As yet there is no standardized, industry-wide system for rating windmill efficiency and power output, but there soon will be. A group of manufacturers, working with a testing laboratory under contract with the federal government, is developing standards that will simplify model-to-model comparisons. The manufacturers won't be required to rate their units only in terms of output at one specific wind speed; however, the data will be available, and the manufacturers will probably be pressured by their colleagues and knowledgable consumers to use the standardized method of describing wind system performance.

Generally, the higher a windmill's power output potential, the higher its price, so determine how much power you need before you buy. A windmill that can produce between two and five kilowatts of electricity would probably be sufficient to power all electrical household appliances except heating and cooling equipment. To heat and cool your home as well as run other appliances, you'd need a windmill in the eight-kilowatt to 15-kilowatt range. Review your old utility bills to calculate how much electrical energy you've purchased each year for the past several years and use that figure to select a windmill of suitable size. It's unlikely that you or any other homeowner would consider installing one of the costly 15-kilowatt units, but you and your neighbors could conceivably set up a cooperative to finance and maintain such a unit.

For towers, most people use special assemblies sold by windmill suppliers. The most common ones resemble small communications towers used for radio station antennas (wind energy people call these lattice towers because the steel beams form a latticework-like pattern). One windmill distributor markets towers made of telescoping steel tubes which can be adjusted to any height. And some windmill owners, like Alan Hanks, are using long wooden posts (Alan's post is 75 feet tall). The taller the tower, the higher its purchase price and installation cost. However, using a tall tower rather than a shorter one can be a relatively inexpensive way of improving a wind machine's performance, since wind speed increases and turbulence decreases with altitude.

Erecting a tower is seldom if ever a

continued

"There are a few things in my closet I wouldn't trade for anything."



"Of all my clothes, only a few are my favorites. They're the ones I think are really special—the ones I like to wear whenever I want to look and feel my best. It's funny how they always seem to be Koret."

Koret clothes become favorites for many reasons. Their timeless, classic styling. Their versatility. Their incredibly comfortable fit. And, of course, their reasonable price. That's why they'll become your favorites, too.



KORET®

We don't just make clothes, we make favorites.

© 1980 Koret of California Inc., Dept. 710D, 611 Mission St., San Francisco, CA 94105.



SPAM® ENCHILADA

One 1-3/8 oz. envelope enchilada sauce mix
One 15-oz. can tomato sauce
1/4 cup water
6 to 8 flour or corn tortillas, sautéed in butter
Grated Cheddar cheese
One 12-oz. can SPAM® Luncheon Meat, diced

Combine sauce mix, tomato sauce, and water until smooth; add SPAM. Place a generous spoonful of SPAM mixture in center of each tortilla. Roll tortilla and place, seam side down, in shallow baking dish. Top with remaining SPAM mixture, then grated cheese. Bake in preheated 350° oven for 20-25 minutes. Garnish with sliced green onions. Serve with rice. Makes 3-4 servings.



A LOT OF MEALS.
BUT NOT A LOT OF MONEY.

Hormel

continued

Wind energy

do-it-yourself project. It's generally a job for specialists—experts from either the windmill supplier or from a company that erects towers for communications facilities.

You don't need batteries

Had this story been written just a short while ago, we'd now be discussing the various types of electricity produced by windmills and how that energy can be converted to household-type current. And we'd have to talk about batteries, which until recently were required to store windmill-generated electricity for use on calm days.

But nowadays you can skip the tedious physics lectures and forget about batteries. Nearly all the wind systems being marketed today are designed to produce AC (alternating current) that is compatible with that sent through utility cables to your house. This allows you to tie your wind system into utility company power lines. And when the power lines are connected in this way, your house always receives exactly as much electricity as it needs, whether that electricity is produced by the windmill or by the utility. The system automatically switches from one source to the other or blends power from both as wind velocity and your energy needs change. And when your windmill produces more energy than you need, the excess flows from your wind system to the power company.

Federal laws now require utility companies to allow such tie-ins, provided the connections meet standard electrical codes. The companies also are required to pay windmill owners for their electricity (although the companies don't have to pay full retail value for each kilowatt).

But it does take money

So how much does a wind energy system cost?

A small windmill, its tower, and tower erection by qualified professionals can be expected to cost $2,000 a kilowatt. A two-kilowatt system, the minimum suggested for operation of most household appliances, is therefore a big investment; and a full ten kilowatts, enough for heating and cooling—well, we told you there were some obstacles. The prices of wind systems are expected to go down during the next few years as a result of increased manufacturer competition.

You might be able to justify the considerable expense this way: Total your electricity bills for the past year and divide the total cost of a wind machine by that number. That will give you a rough approximation of how many years—ten, for instance—it would take your windmill to pay for itself if it could produce 100 percent of the electricity your home needs. (To get a more precise calculation of the payback period, you'd have to account for the effect of inflation on electricity costs.) By purchasing a wind energy system, you're in effect paying ten years' worth of electricity bills all at once. Ten years after your windmill generates its first watt and for ten years after that (the average life expectancy of a windmill is 20 years), your electricity will be free.

You'll also want to look into tax breaks, which can be a big help in defraying the cost of a wind machine. The Internal Revenue Service will allow you to subtract from your federal income tax liability 40 pecent of the first $10,000 of the system's cost. These credits are scheduled to expire on December 31, 1985. So, the savings resulting from the expected drop in the price of wind systems could be negated by the expiration of tax credits. Many states also offer sizable income tax credits and property tax exemptions.

One last bit of advice: Check into local zoning regulations to see if they prohibit erecting a windmill tower in your area. And check with your neighbors, who might object to having a 50-foot tower nearby. You'll also want to look into insurance. Alan Hanks says his homeowners policy includes coverage of the windmill at no greater cost than for any other household item of similar value. You'll probably also want to do some additional reading on the subject of wind systems. An excellent book on wind power is *Harnassing the Wind for Home Energy* by Dermot McGuigan ($5.50 postpaid) from Garden Way Publishing, 541 Ferry Rd., Charlotte, VT 05445. You owe it to yourself to investigate the legal barriers, as well as all the other kinds, that might stand in your way.



Unretouched photograph.

"My table proved it... Pledge makes a beautiful difference."

"I tested Pledge® against a popular polish on my dining room table, and look at the results! This unretouched photo proves that Pledge does more to bring out the beauty of the wood.
Pledge picks up dust... cleans up fingerprints, dirt and smudges... and lets the wood grain come shining through.
I just can't see myself using anything but Pledge."

Pledge brings out the beauty. Every time you dust.



VIRGINIA SLIMS *Lights*



In the crush-proof purse pack.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.


You've come a long way, baby.







RCA's ADVANCED DETAIL PROCESSOR* MAKES IT POSSIBLE.

1981 ColorTrak represents the finest color TV picture in RCA history!

One big reason is RCA's advanced Detail Processor. After it separates the color picture information from the black-and-white, it processes this information separately and recombines it. The result is a color picture of remarkable crispness and clarity, and high-detail scenes virtually eliminating rainbow effects or crawling edges.

And with the help of RCA's eight automatic color systems, the Detail Processor automatically locks the right color on track. So our finest color picture yet *stays our finest color picture yet!*



You can enjoy the 1981 ColorTrak in the most popular screen sizes and stylings. With a 17-function remote control, the most advanced in ColorTrak history. And, in some models, Dual Dimension Sound, an RCA feature that simulates stereo and brings *sound,* as well as a clear color picture, closer to life.

Ask your RCA Dealer for a demonstration of ColorTrak 1981. Remember, we introduced color TV a generation ago. And you're about to see the finest color picture we've ever produced.

*Available on *most* 1981 ColorTrak models. Simulated TV picture. 25" diagonal set shown is "The Dimensia," model GER790SR. For the complete line of ColorTrak models, write: RCA Consumer Electronics, Dept. 32-312, 600 N. Sherman Drive, Indianapolis, IN 46201.

COLORTRAK

RCA

RCA IS MAKING TELEVISION BETTER AND BETTER.



THE NEWEST flower & vegetable varieties

By Steven Coulter and Douglas A. Jimerson

Be adventuresome: Grow something you have never tried before. For ideas, check the various garden catalogs that feature many of the hybridizers' innovations. You'll find the range of choices is wider than ever. Here are some of the best ones we've tested in the last few years. We predict they'll be winners in your garden, too.

MAESTRO PEA

This new pea, *above*, bears in record time, about 61 days after planting, and offers more peas per pod than most other varieties. It is nearly immune to powdery mildew.

Photographs: Peter Krumhardt; Bill Helms. Field editor: Bonnie Maharam

THE NEWEST *flower & vegetable varieties*



JANIE MARIGOLD

This dwarf crested French marigold with glowing golden flowers, *right,* is a 1980 All-America Bronze Medal Winner. It blooms in just six weeks from seed and grows no taller than ten inches.

Photograph: Courtesy of All-America Selections

QUICK PICK TOMATO VFNT

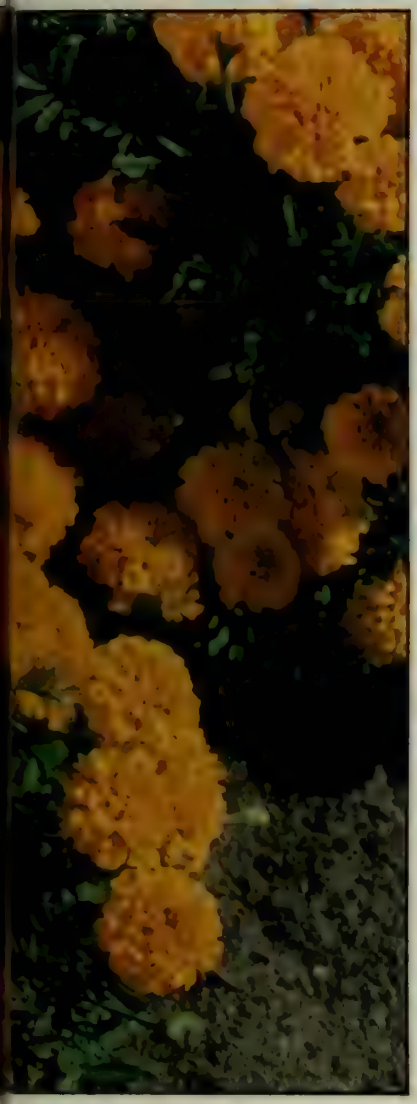
You can expect high yields of medium-size round fruit from this early-maturing hybrid tomato. Quick Pick, *right,* responds well to staking and is resistant to verticillium race I, fusarium race I and race II, nematodes, and tobacco mosaic virus.

BING CROSBY HYBRID TEA

This 1981 All-America Rose selection, *second right,* performs consistently well, just as its namesake did. In the spring, the large, mildly fragrant flowers are a brilliant medium-ripe-persimmon orange, with a slight fluorescent glow. Later blooms are deeper in color, a pleasant reddish orange. The cut flowers last well in indoor bouquets.









GRAND DUKE HYBRID KOHLRABI

This 1979 All-America Silver Medal Winner, *left*, matures extra early, 45 to 50 days after sowing. The bulbs are delicious either raw or quick-cooked along with the tender, edible tops. Grand Duke Hybrid is resistant to black rot.





SUNBIRD HYBRID SUNFLOWER

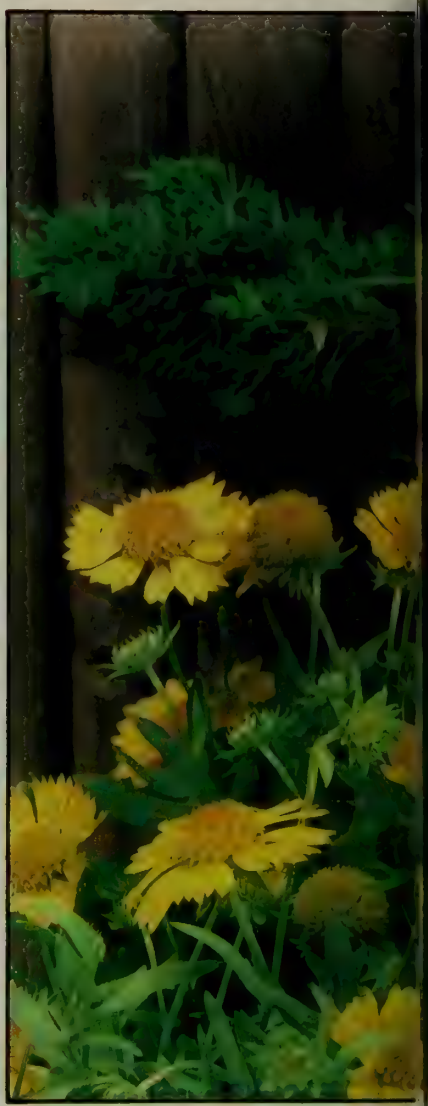
Here's another early bird—the flowers appear on this sunflower about 68 days after you plant the seed. The flower heads, *second left*, don't fall over as they do on some other varieties. Later, the plump, edible seeds are great for nutritious snacks or for bird feed.

ROSE STARLET ZINNIA

This 1980 introduction blooms a bit later than its relatives, but the salmon rose double flowers are worth the wait. Rose Starlet, *left*, grows bushy and upright to a height of about 13 inches. You can use it in borders or containers or as a little floral hedge.

THE NEWEST *flower & vegetable varieties*





AFTERNOON DELIGHT PORTULACA

Now you can enjoy the bright colors of portulaca into the evening, thanks to a 25-year Japanese breeding effort. It has finally spawned a portulaca that stays open all day. Portulaca (often called rose moss or moss rose) is ideal for sunny areas with poor soil, where little else thrives. Low-growing Afternoon Delight, *right,* has large double flowers in a wide color range.

SUNSET COSMOS

The three- to four-inch orange, semi-double flowers of Sunset Cosmos, *right,* appear on four- to six-foot-tall stalks of fernlike foliage. Because of its height, cosmos makes a great background plant in flower borders. (It's shown at right with Showboat marigolds.) The cut flowers are ideal for bouquets. Cosmos prefer full sun.

Photographed at Old Westbury Gardens

SALVIA SALMON PYGMY

This dwarf salvia, *second right,* reaches a height of only six inches, so it's perfect for front-of-the-border locations. And it's extremely flexible—you can give it either full sun or partial shade. Salvias usually bloom from July until frost. If you like, you can dry the flower spikes; cut them at their peak.

Photographed at Old Westbury Gardens







YELLOW GOBLIN GAILLARDIA

Full grown at just 12 inches, Goblin, *left,* is the first really dwarf, compact gaillardia. This half-hardy perennial blooms from late June through the summer and requires full sun. In cold climates, Goblin will die back in the winter.





TINKERBELL NICOTIANA

Also called flowering or ornamental tobacco, nicotiana is often grown for its sweet fragrance. Tinkerbell, *second left,* is a compact dwarf nicotiana which attains a height of ten to 12 inches. It is available with red, rose, light pink, white, and lime-yellow flowers. In hot areas, this annual prefers partial shade. Elsewhere, it likes full sun.

BUTTERFRUIT SWEET CORN

You can feast on Butterfruit roasting ears about 72 days after you plant the seed. The stalks of the medium-yellow corn, *left,* are only four to five feet tall, an asset in most gardens. Butterfruit is much sweeter than many other varieties and keeps well in the refrigerator.

By Denise L. Caringer
and Robert E. Dittmer



HOW TO MAKE YOUR BEDROOM LIVE BIGGER

Today, "bedroom" may be a misnomer because we expect a lot more from the room than sleeping space. In even the smallest bedroom, we want a spot for reading, hobbies, television, lounging, music, letter writing, or even enjoying a quiet meal for one or two.

The reason we're demanding more of bedrooms is quite simple: with high housing and energy costs, few of us can afford a room that serves only one purpose. Today's bedrooms must earn their keep by providing multipurpose havens—private places where we can relax and recharge.

How can you make your bedroom measure up? Start by studying these smart-looking, multipurpose retreats. The rooms—large and small—offer ideas that can make your bedroom play many roles.

SUBDIVIDE A SMALL ROOM WITH A MINI WALL

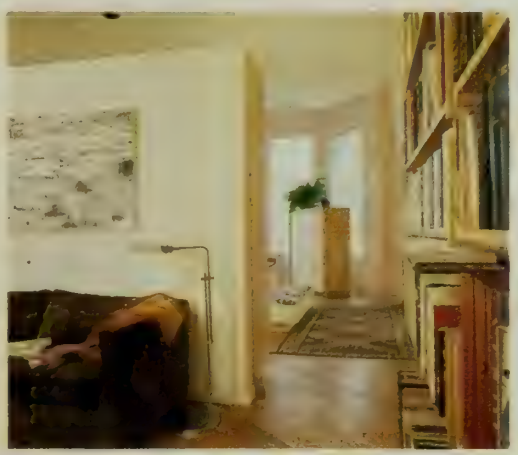
Photographs Jessie Walker Architect Marvin Ullman, AIA

This relaxing two-room haven was carved out of an 1895-vintage Victorian house during remodeling.

The owners—parents of two active children, 13 and 11—wanted a restful sleeping area, and also a private spot for reading, writing, and lounging. They got both by building a six-foot-eight-inch-high storage wall that creates separate sleeping and study areas in what had been one large room. It's an idea that could work in a much smaller bedroom, too.

The compact study includes a love seat flanked by adjustable floor lamps for reading; a coffee table that is sturdy enough to support weary feet; a small desk; and yards of wall-hung bookshelves. A kilim rug adds vivid color and pattern.

The sofa backs up to the divider wall, which is built only partway to the ceiling to allow natural light from the sleeping area's west-facing bay window to brighten the study. On the sleeping side, the divider wall includes drawers that hold folded clothing and linens without taking up much floor space.



The small sleeping area is made visually larger by keeping furnishings to a minimum. A simple white platform bed cantilevered over a recessed base is covered with a bright antique quilt. The bed projects from a built-in headboard, which includes more bookshelves.

Because an adjacent walk-in closet holds most other clothing, the only additional furniture needed in the sleeping area is a tall chest of drawers and a chrome and leather armchair that complement the mood of functional simplicity.

Buying Information, page 160

FREE UP FLOOR SPACE WITH VERTICAL UNITS

Photographs: Mike Dieter. Architect: Doug Frey, AIA

If your bedroom is small, take your cue from the couple who live here. They more than doubled the storage in the small bedroom of their 1930s bungalow and at the same time freed up precious floor space for a lounge chair.

Before the bedroom was updated, a conventional dresser and five-drawer chest gobbled up floor space but fell far short of meeting the young family's storage needs.

New furniture solved the problem. Working with an architect, the couple made use of previously wasted vertical space by building simple floor-to-ceiling storage units above and around the queen-size bed. The clean-lined units efficiently hold everything from folded clothing and linens to stereo gear and kids' toys. (If you're not handy with a hammer and saw, consider similar ready-made modular bedroom pieces. These usually include tall or stackable storage units for either side of the bed, with a headboard and light bridge or shelves in between.)



The custom-made upholstered bed was designed as much for lounging as sleeping. It tucks neatly into the center of the built-ins below a large window. The deep windowsill (below and behind the headboard) is used, too, as a place for plants, a telephone, stereo speakers, and a clock radio. Fluorescent reading lights are built into the headboard behind a panel of white acrylic.

The vertical units liberated enough floor space for a small but comfy armchair, a reading lamp, and a slatted table that does triple duty—as a stool to reach the high storage compartments, an ottoman, and a place for a portable television.

MAKE SPACE MULTIFUNCTIONAL WITH MODULARS



Photographs Fred Lyon. Design Robert Filler. Field editor Helen Heitkamp

What can parents do when their kids' activities and toys take over the family room? Create an adults-only room for office work, television, music, and reading.

For pointers, check this multipurpose room. Working with an ordinary-size bedroom, the homeowners created a comfortable sleep spot, an inviting den, and a sleek, efficient home office.

To do it, they used modular units that can be separated and moved as needs change. The custom-made units are similar to buyable bedroom modulars available in finished or unfinished woods, as well as in lacquered or plastic laminate finishes. In this room, the efficient modulars sweep around most of two walls and incorporate storage, desk space for two, and adjustable reading lamps. No space is wasted; the headboard has a flip-up top with linen storage inside, and a sliver of wall space above the desk surface is pigeonholed for correspondence.



But the real star of this room is the footboard. Its shelves measure 20 inches from front to back and are deep enough to hold a television (which can be viewed from the apricot-chintz-covered bed), books, a video recorder, and stereo equipment. The 39-inch-high footboard unit also acts as a divider, hiding the home entertainment pieces when the couple lounge in the small sitting area just beyond the bed.

The modulars were painted gray—a restful color for a bedroom and also an appropriate hue for a home office. The painted finish is strictly practical, too—the surfaces can be wiped clean, mars can be quickly touched up with more paint, and the color can be changed easily.

Since ample natural light is provided by sliding glass doors on one wall, the owners opted to remove a large window located where the headboard is now. This created more privacy, as well as wall space for display of a large painting and family memorabilia.

Buying information, page 160

MAKE A KIDS' ROOM PLAYFUL WITH PLYWOOD AND PAINT

Here's a big kid-proof bedroom/playroom with ideas that can be adapted to a smaller space.

An inexpensive homemade plywood "island" provides the two lively youngsters who share the room with a place for games, artwork, and snacks. The L-shaped island, solid on the front, is painted with a bold graphic; the inside is open to reveal shelves that hold toys and folded clothing or linens. (A similar island can be created by painting and bolting together ready-made unfinished wood shelving units.)

Hand-painted graphics in bold colors are great for updating an old color scheme and delineating different activity areas. Here, for example, the graphics begin on the wall and continue across the island to visually encircle the area.



Beyond the island is an open space for more active play. The area is "furnished" with practically indestructible pillows, covered in a durable fabric that inspired the design of this cheery room's bright painted graphics.

The "high-rise" bunk bed, one of two beds in the room, frees up floor space below for more kid-level shelving. The bed is supported on one of the room's two carpeted platforms.

Under the windows, a built-in carpeted ledge provides a scuff-proof window seat for reading or lounging. Using carpeted platforms like these is a smart way to create play and seating areas. Even a child can keep the platforms clean with a lightweight vacuum cleaner. Also, they provide "furniture" that can't be knocked over during predictable rough-and-tumble play times.

BREAK A BIG ROOM INTO COZY GROUPINGS



Photographs: Mike Dieter. Design: Robert E. Dittmer and Morley Smith

Sometimes a bedroom with too much space can present decorating problems as difficult as those posed by a mini-size room. This master bedroom in an old, refurbished house shows how ample space can be put to good use.

Since an adjacent dressing area handles most storage needs, the main problem was how to make this large room both functional and inviting. The solution was to treat the room as a multipurpose retreat.

Large-scale furniture pieces and plants, as well as red fabric-covered walls, add a cozy warmth to the oversize room. Shirring the fabric onto rods mounted near the ceiling and floor also was a good way to conceal unsightly cracked plaster. (To achieve the luxurious fullness of this wall treatment, you'll need to use fabric that measures two times the width of the walls.)

The bed, a present-day interpretation of an old sleigh bed, is made of pine and finished with a white-tinted stain for a fresh, almost-bleached look. Clear acrylic panels create a headboard and footboard that do not visually interrupt the graceful lines of the old-fashioned-looking bed.



Just beyond the bed on one side of the room is a sunny bay window. A skirted table and two wicker chairs—one with a pullout footrest—create a comfortable spot for reading or enjoying a quiet Sunday brunch for two. A lush indoor tree enhances the gardenlike feeling. This grouping is tied together by a blue rag rug, which also provides cool color contrast. Nearby, a narrow "wall" of shirred fabric articulates the division between the sitting and sleeping areas.

A windowed corner on the other side of the room holds a grouping of plants, a Windsor chair, and a white Parsons table that doubles as a writing surface and dressing table.

Contributing to the charm of this updated country scheme are mellow pine window shutters.

Buying information, page 160

Gardener's log

"Love your neighbour, yet pull not down your hedge."
—George Herbert, 1640

Lock up!

A robbery occurs on the average of every ten seconds in the United States. You may think you've taken adequate precautions by locking the front door before going out a side or rear entrance to work in the yard. But a daring thief can watch your movements and slip inside through the unlocked door when your back is turned. Then he can ransack your home and boldly carry your treasures out the front door. Worse yet, you may surprise him in the act if he didn't lock the door through which he entered your house.

To protect yourself and your possessions, always lock all doors and windows when you go outside to garden. Don't try to hide the key under the doormat or flowerpot; carry the key with you, on a chain around your neck or ankle if you don't have reliable pockets.



Sweet Peas

IN THE NORTH

Fork it over

It's time to turn your compost heap. You may find that some of it is already suitable for putting on flower and vegetable beds. To speed up decomposition, keep the heap moist and add an activator such as fresh animal manure, nitrogen fertilizer, or a commercial compost activator. All three will increase microbial action and thereby speed up the breakdown process within the pile.

If you raked your autumn leaves onto the compost heap last fall, they should be usable compost by this coming fall.

Watch for leprechauns, too

St. Patrick's Day is traditionally a good time to plant sweet pea seeds (depending upon the weather, of course), because the young plants develop good roots in moist, cool soil. While you're planting, sow seeds of alyssum, cosmos, and snapdragon, too. You also can reseed any bare spots on your lawn now. Don't try to work the soil at this time; just seed directly on the surface.

IN THE SOUTH

Trade in a troublesome turf

A ground cover may be the answer if your lawn is plagued by poor light or improper drainage, or is too steep to mow safely. From the Gulf area north, English ivy, periwinkle, and pachysandra are dependable. Ajuga is good anywhere from Miami to Richmond. Liriope is fine from North Carolina to south Florida. And aluminum plant or purple queen works well as far north as Jacksonville, Florida.

Roll out the "chuck wagon"

Apply a complete plant food to almost everything this month: lawns, dogwood, hollies, camellias, azaleas, gardenias, citrus, peaches, plums, pears, persimmons, and figs. For centipede grass, this one feeding is enough. It's also enough for azaleas on heavy clay soils of Louisiana and Texas, but azaleas will need a second boost in June on loose, sandy soils of Florida and Georgia. Feed all tropicals, too. For shrubs, scatter the fertilizer out at the drip line, since that's where the feeder roots are.

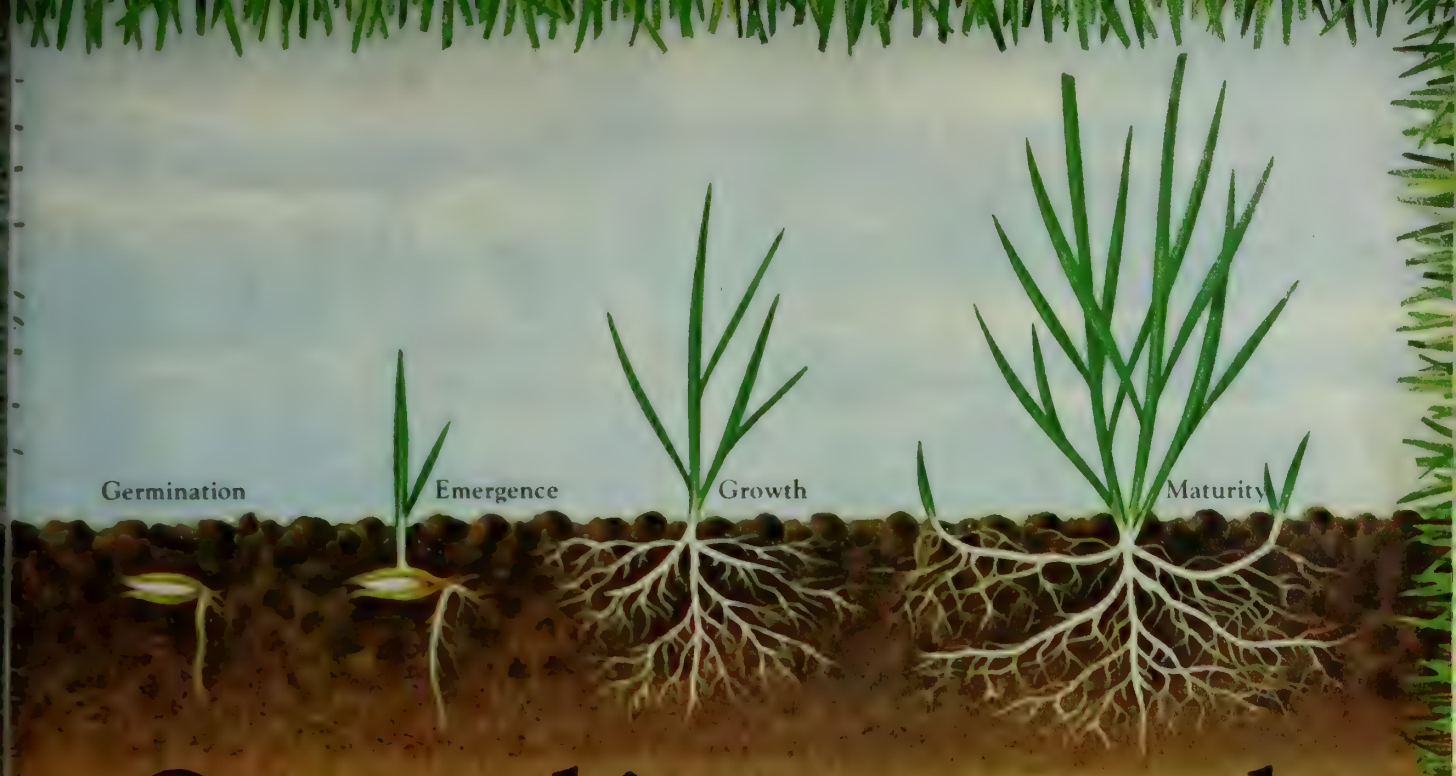
IN THE WEST

Plot your color

Start your procession of summer color with gladiolus. Plant corms in batches of 25 at two-week intervals from now until June, and be sure to pick sunny locations. For July to September bloom, put your faith in montbretias and tigridias. These sun-lovers reward you with yellow and orange flowers. Red, pink, or white amaryllis are excellent in pots or set in sunny borders. The blue agapanthus, also called lily-of-the-Nile, rates the best as a long-lasting summer bloomer, and it does well in either sun or part shade. The many-colored tuberous begonias are fine for shady beds and lath houses, and in pots for portable color.

Pinch out the centers of your pelargoniums now to keep the plants bushy. Then pinch again next month, and you should have a beautiful crop of flowers for Mother's Day. Feed your pelargoniums lightly when the buds form.

Illustration: Steven Schindler



Our seed is guaranteed to have a future.

It takes a pretty robust seed to germinate and survive. That's why, at Scotts,® we sort the seed that goes into our mixes.

We get rid of most of the weak immature seeds that have little chance of making it and keep the plump mature seeds that are full of vigor. In fact, we're so particular, last year we rejected over five million pounds of seed that didn't measure up to all our standards.

The plump healthy seeds in our Family® mixture have food reserves to help them sprout and grow faster. They also grow roots that can dig down faster for food and water, so more seedlings survive.

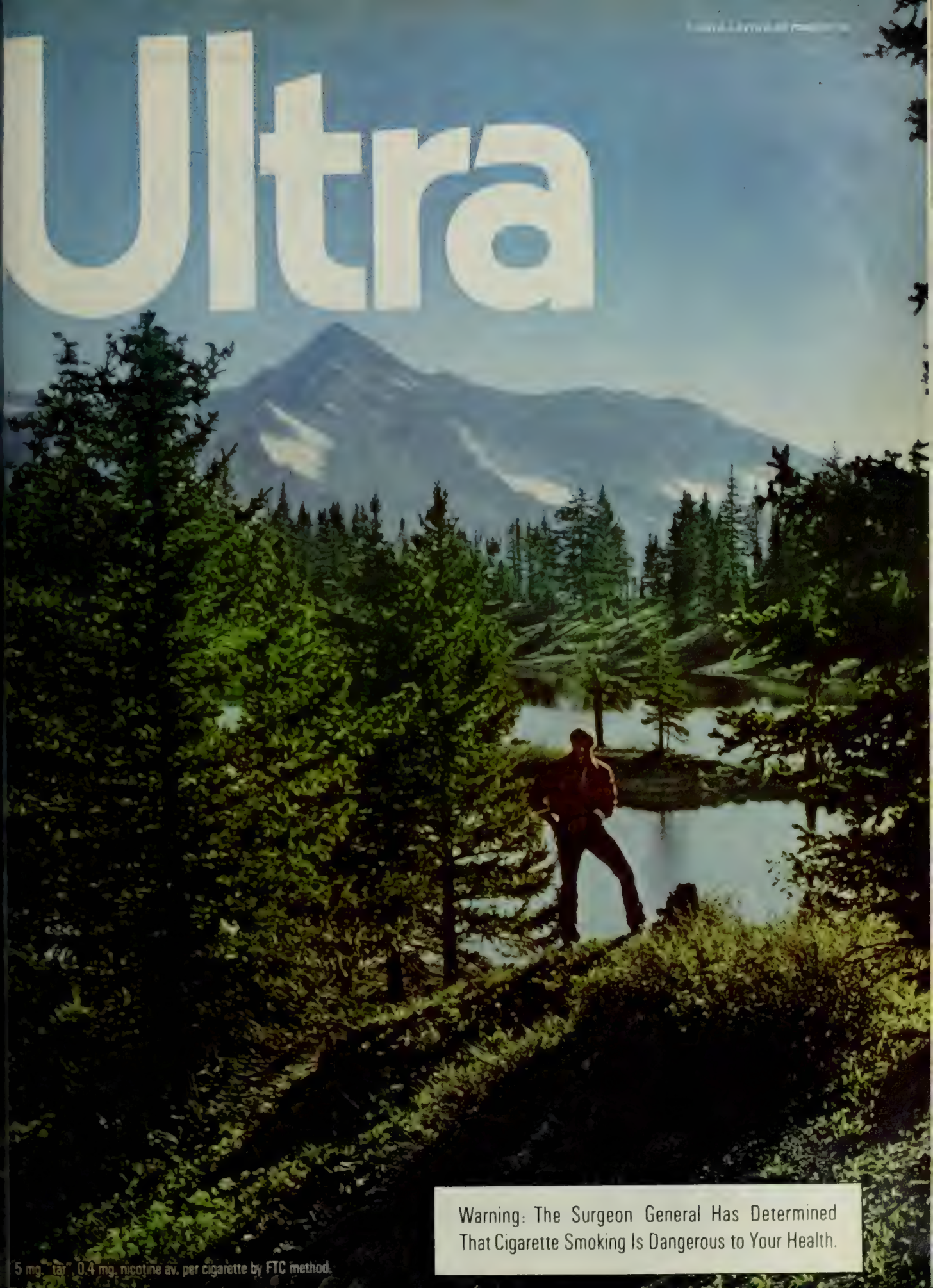
Family seed will give you a green, fine-textured lawn that's a joy to behold. And it comes with this simple guarantee, "If for any reason you are not satisfied with results after using this product, you are entitled to get your money back. Simply send us evidence of purchase and we will mail you a refund check promptly."

When you have seed like this, you can afford to have a guarantee like that.



©1980. The O. M. Scott & Sons Company. All rights reserved.


Salem
Salem
ULTRA
100s
20 CIGARETTES
Menthol Fresh
Salem
ULTRA
100s
Salem
ULTRA
20 CIGARETTES
Menthol Fresh
Salem
ULTRA
Ultra low tar.
High country taste.
Above all in refreshment.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

5 mg. "tar", 0.4 mg. nicotine av. per cigarette by FTC method.

Dan Kaercher

New Cost-Cutting Dental Care Options

Though dental costs haven't risen as rapidly as some other prices, they still can take a big bite out of the family budget. Fortunately, aggressive marketing is cutting some prices as more dentists compete to treat fewer cavities (thanks largely to the long-term preventive effects of fluoridation). Employers, too, are helping by offering dental insurance as a fringe benefit. Even with all the options, the best way to cut costs still is prevention. Today there's a surprising number of new preventive measures you can use to keep your smile—and your pocketbook—looking good. Here's how to be a smart dental consumer.

Retail dentists: Can they offer quality for less?

"Retail dentists" (so-called because their offices are located in department stores) claim that they can save you as much as 20 to 40 percent on dental bills.

Such services were launched after restrictions on professional advertising were dropped in 1977. There are now up to 200 retail dental offices nationwide (many are located in Montgomery Ward and Sears stores).

Like the stores they are found in, retail practices usually are open evenings and weekends, as well as weekdays. Unlike traditional solo practices, most retail practices include specialists as well as general dentists. Typically, retail dentists own their own practices and are part of a network of offices set up by a franchising or administrative company.

Because of their size, retail dental practices can spread the cost of expensive equipment among several dentists, buy supplies in volume at a discount, and even operate an on-site dental lab. Ronald F. Saverin, president of DentCare Systems Ltd. (the largest dental franchise company with 50 offices, mostly east of the Rockies) quotes these prices: exam including X rays, cleaning, and preventive care—$30; simple silver filling—$10; upper or lower dentures (not including extractions)—$130.

Of course, you shouldn't assume that the fees of a retail dentist are always cheaper than a traditional dentist's. You can find out for sure by comparing prices for the same services. As in any competitive situation, there may be some dentists who slash advertised prices while inflating nonadvertised prices.

Some traditional dentists warn of assembly-line dentistry and slipshod work. But retail dentists are like any other dentists: You'll find good ones and incompetent ones. Don't settle for less than the same quality of care you would expect from a traditional dentist.

Dental school clinics: An option near you?

Dental students get almost all their practical training at clinics right at the university. This offers you savings that range from 20 to 50 percent or more, depending on which of the 60 or so dental schools you go to.

Though the work is done by students, it's closely supervised by faculty dentists. Each step must be checked by a faculty member before a student can continue. Though necessary, this requirement tends to slow things down—it's not at all uncommon for a student to see only two patients a day.

Be forewarned, too, that you may not be eligible for treatment at the dental school clinic. Since the major goal is student training, faculty members often screen patients to see if their problems fit in with the dental students' studies.

You may find clinics in some hospitals where dental specialists get their training. Check with your local dental society about your options.

Dental insurance: Does it pay off?

Dental insurance is the fastest growing fringe benefit offered by employers: 75 million people are covered today, up from only two million in 1965, according to the American Dental Association (ADA). Though many employers foot the entire bill, some offer the plans on a sharing basis—you pay part of the premiums, the company pays the other part.

Joining a dental insurance or similar prepaid plan is difficult if your employer doesn't offer the benefit. Since only people with dental problems seem to want the policies on an individual basis, the few plans available are extremely expensive or limited.

Unlike most health insurance, dental plans do encourage measures to prevent problems before they occur. Services such as exams, X rays, and teeth cleaning often are totally covered. Other services are set up on a copayment basis: The plan pays a certain percentage (or set dollar amount) and you pay the rest. The more expensive the procedure, the more you are asked to pay. You might pay only 20 percent of the cost of a filling, say, but 50 percent of the cost of dentures. In the best plans, the deductible, which varies widely in amount, doesn't apply to preventive care.

To decide whether dental insurance is for you,

continued

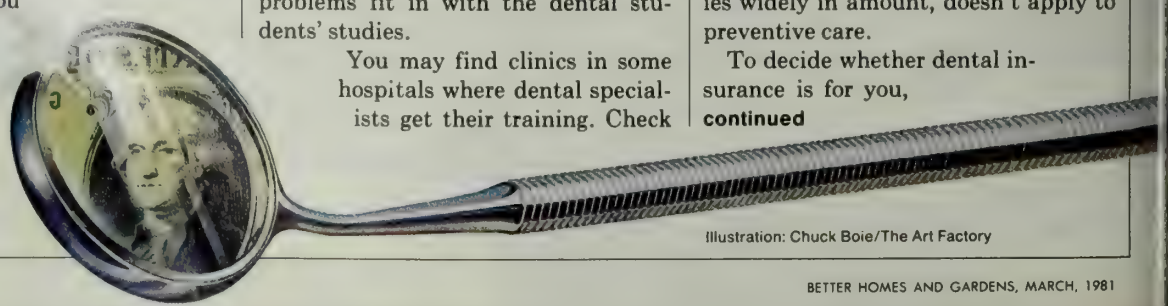


Illustration: Chuck Boie/The Art Factory



The new pantyhose from L'eggs that looks and feels like real silk.

Day or night, new Sheer Elegance pantyhose from L'eggs are soft as silk, smooth as silk, with a fit that's pure L'eggs. You'll love how they look and feel...like real silk stockings.

Sizes A, B, & Queensize.

· 1980 Leggs Products.
*Sheer Elegance is a registered trademark of L'eggs Products for pantyhose.

Nothing beats a great pair of L'eggs

Dieting can lead to stress

Dieting. It's a tricky business. Eat less than 2000 calories a day and you'll probably lose weight. But you may not get all the vitamins and iron you need. Unless you're on a diet recommended by your doctor—based on your life-style and the state of your health—dieting may lead to stress and a nutritional imbalance.

What is stress?

Stress is your body's reaction to any physical condition that places an unusual demand on it. And it can upset your nutritional balance. When you deprive yourself of essential vitamins, stress can cause your body to turn to its reserve supplies to make up the difference. If prolonged, a vitamin deficiency can develop.



B-complex and C. Vitamins the body doesn't store.

Your body absorbs two kinds of vitamins from the food you eat, fat-soluble and water-soluble. The fat-soluble vitamins are heavily stored in your body as a reserve supply for emergency use. But most of the water-soluble vitamins, B-complex and C, are stored in very small amounts and must be replaced every day. That's why, when a fad diet causes your body to use its reserves, the B and C vitamins can soon be depleted. And that's why supplementation is often advised.

A touch of womanhood in a high potency vitamin.

STRESSTABS® 600 with Iron. It concentrates on the vitamins the body doesn't store—with a high potency supply of B-complex and 600 mg of vitamin C—to help you avoid B and C losses. Equally important, STRESSTABS® 600 with Iron also provides 27 mg of iron, plus 100% of the U.S. Recommended Daily Allowance of folic acid and vitamin E.

Talk to the experts.

Ask your doctor or pharmacist about the complete STRESSTABS® family—STRESSTABS® 600, STRESSTABS® 600 with Iron and STRESSTABS® 600 with Zinc. Products of Lederle Laboratories, the company that brought meaning to the stress formula vitamin.



© Lederle Laboratories, 1979

continued

Dental care options

start by figuring the amount you would pay per year for the coverage. Take into account both the premiums and your anticipated out-of-pocket expenses. Then see how this amount compares with your regular yearly costs.

Low-cost dentures: For the elderly

Elderly persons living on fixed incomes are hit hard by denture costs. Recognizing this, dental societies and universities in 40 states and some public health departments and Medicaid plans have programs to furnish low-cost dentures.

The service is provided by local dentists on a voluntary basis. The cost to the patient usually is based on a sliding income scale or a discount. In some cases, there is no charge. Although there may be income requirements as well as age restrictions, persons as young as age 55 or 60 are sometimes eligible. Call your city, county, or state dental society for information.

Denturism: A controversial option

To get denture care in any state, you must be examined by a dentist or prosthodontist (a dental specialist). Then he or she arranges for a dental laboratory to make the false teeth according to these specifications. When the dentures are completed, the dentist does the final fitting.

Some dental technicians who call themselves "denturists" want laws that will allow them to provide the complete denture service themselves—at about half the price (excluding extractions).

In 1979 and 1980, bills were proposed in 19 state legislatures to give denturists more responsibility (which already has been granted to denturists in Canada). None of the bills passed. But in an Oregon initiative, denturists did win (by a wide margin) the right to fit dentures provided a dentist certifies in writing that the patient's mouth is free from disease. In three other states, a denturist can work with patients as long as a dentist supervises.

Most dentists are opposed to the denturist concept. Dr. Lyman Johnson, a member of the ADA Council on Prosthetic Services and Dental Laboratory Relations, says, "Mouth tissues change after teeth are lost. If a denture doesn't fit properly—and isn't readjusted as the mouth changes—gum disease and deterioration of the underlying bone structure can result."

Denturists argue that there is little risk involved when denturists fit dentures. Which side is right? An FTC investigation of the issue, now under way, may provide some answers.

Prevention: Still the best policy

Pay a little now to save a lot later; it's still the best way to avoid high dental bills. Despite the wisdom of this advice, half of us don't even see a dentist for an annual checkup.

Much is happening in the field of preventive dentistry. Perhaps the most promising research is under way at the National Institute of Dental Research (NIDR) and at several universities. The goal: to develop a vaccine that could make us immune to the decay-causing bacteria *streptococcus mutans*.

Such a vaccine would revolutionize dentistry. But until then, there are several preventive tactics you can use.

Fluoride: The best decay-fighter

Fluoride, a trace nutrient, combines with tooth enamel, making it harder and thus helping ward off decay. Most authorities say that you need fluoride in two ways—applied topically to the teeth and consumed in drinking water. Since fluoride on the teeth continually dissolves, you need a steady supply.

Today you can get fluoride in a number of forms. *Fluoride mouth rinses* such as Fluorigard™, StanCare™, and Fluorinse® are especially effective for children (although such rinses are not recommended for children under six).

Your dentist can apply *highly concentrated fluoride* to your teeth, a practice often recommended for children and adults with special decay problems. *Fluoride toothpastes* vary in effectiveness according to dental experts; those that carry the seal of the ADA Council on Dental Therapeutics have been proved effective (although they are not necessarily the only effec-

continued



Stainless sample$1.

Oneida Sample Center
P.O. Box 9777, New Brighton MN 55197

Great beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $1. for each spoon ordered. Complete services can be purchased at fine stores everywhere. Offer is limited to a choice of up to three spoons, one spoon per pattern.

- ☐ ACT I
- ☐ AMERICAN COLONIAL
- ☐ CAPISTRANO
- ☐ CHATEAU
- ☐ DOVER
- ☐ FANTASY
- ☐ LOUISIANA
- ☐ MICHELANGELO
- ☐ PAUL REVERE
- ☐ POLONAISE
- ☐ SATINIQUE
- ☐ SHELLEY
- ☐ SOLAR II
- ☐ TOUJOURS
- ☐ VENETIA

Name
(Please print)
Address
City
State Zip

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 12/31/81. BG031

ONEIDA
The silver cube. Our silversmiths' mark of excellence.

Use the treatment hospitals use for hemorrhoidal irritation.

For problems such as hemorrhoidal irritation, where itching, burning and discomfort occur, 2,500 hospitals throughout the U.S. choose Tucks pre-moistened pads. With good reason.

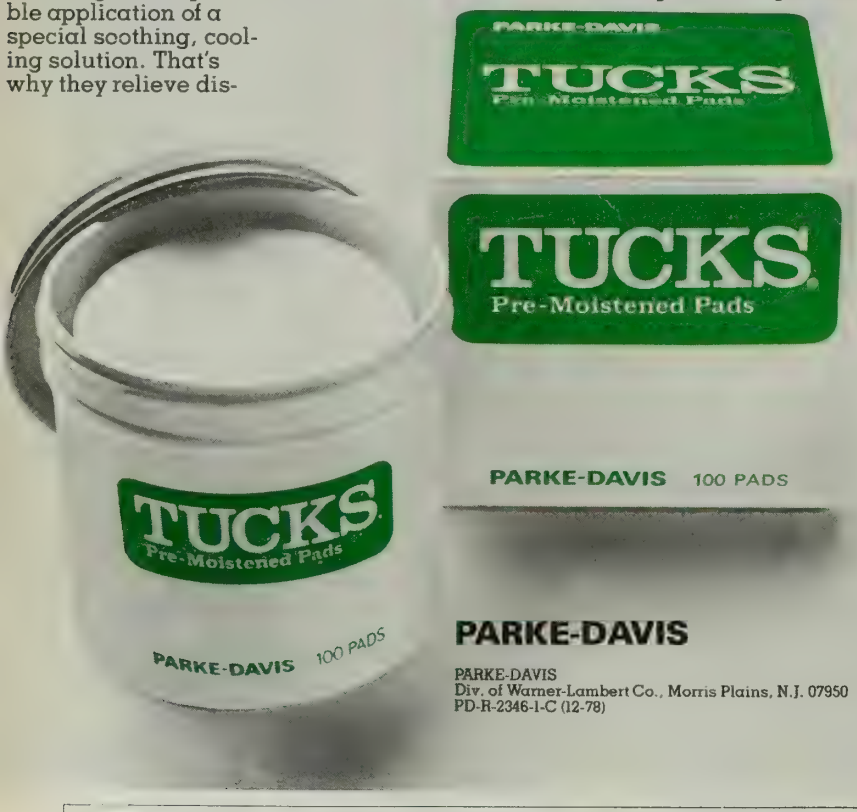
Developed by a doctor to soothe, cool and help relieve itch and irritation in one of your most sensitive areas. Tucks pads are specifically designed for extra softness, to allow the gentlest possible application of a special soothing, cooling solution. That's why they relieve discomfort so effectively, even for people who also use ointments or suppositories.



Hygienically cleansing. Inadequate hygiene can cause annoying hemorrhoidal irritation. But with the helpful cleansing action of Tucks, irritation can often be stopped *before* it starts.

Tucks pads come in jars of 40 and 100, and in individually wrapped Take-Alongs. So you can always keep a supply handy.

Tucks, from Parke-Davis. The treatment used by 2,500 hospitals.



PARKE-DAVIS

PARKE-DAVIS
Div. of Warner-Lambert Co., Morris Plains, N.J. 07950
PD-R-2346-1-C (12-78)

continued

Dental care options

tive fluoride toothpastes).

The cheapest and most effective form of dental decay prevention is *fluoridated drinking water.* Children who drink fluoridated water have 50 to 65 percent fewer cavities; and as adults, they have 40 to 50 percent fewer decayed, missing, or filled teeth. In some communities and rural areas without fluoridated water, youngsters are given *fluoride tablets* to chew daily. The tablets are distributed at school (with parents' permission) or obtained through the family dentist.

Fluoridation has been endorsed by over 50 leading health organizations. Yet only half the people in this country live in communities where the water supply is fluoridated (almost 11 million Americans drink water that is naturally fluoridated). It has been charged that fluoride produces heart disease, mutant genes, and cancer. However, researchers have found no differences between the disease and death rates of cities with and without fluoride over 20-year periods.

Sealants: To protect cavity-prone teeth

Plastic-like sealants are sometimes applied to the chewing surfaces of children's back teeth, since that's where 50 percent of all decay occurs. Children are treated mainly between ages six through nine because 95 percent of the decay on the first permanent molars occurs by age nine.

Several studies have shown that this technique can be highly effective. However, a number of dentists still doubt its efficiency. They point out that in some cases, sealants come off after only six months, although they are supposed to last several years. Widespread acceptance of the technique probably won't come until the development of sealants that stay on more consistently.

Costs can range from $4 to $15 per tooth. Get your dentist's recommendations for your children.

Orthodontics: Treat now, save later

Years ago, orthodontics (teeth straightening) was thought of only as a corrective procedure. Now dentists think that many orthodontic problems, caught early enough, can be solved with very little treatment.

Sometimes the need for full braces can be completely avoided—or at least minimized. If a child loses a baby tooth prematurely, say, a space maintainer can keep adjacent teeth from "crowding" the permanent tooth.

Preventive orthodontics can be particularly effective in cases where thumb-sucking has caused front baby teeth to protrude. When the child is psychologically ready (around age four or five), a tongue/thumb guard—a painless device that makes thumb-sucking difficult—can be placed behind the teeth to permit the permanent teeth to come in straight later. This procedure may sound drastic, but it avoids considerable future expense, pain, and inconvenience. The cost is $75 to $150. If deferred until the teen years, treatment could cost $1,500 to $2,000.

—Emily Freeman

Do you know what your body knows about vitamin C?

Cut your arm. Burn your hand. Break a leg.
None of these will heal properly without adequate vitamin C along with other essential nutrients. Nor will severe bruises or wounds heal properly.

Sore throat. Earache. High fever.
All can begin with an infection that overwhelms your body's natural defenses. Vitamin C, along with other essential nutrients,optimizes your body's natural capacity to resist illness and helps keep your tissues healthy.

Up tight or up in smoke.
With both acute stress and heavy cigarette smoking, the plasma levels of vitamin C in your blood may be lowered. So, you could be robbing your body of this essential vitamin without even knowing it.

Up your iron.
Vitamin C increases your body's ability to absorb iron from food when they are taken together. Iron is the most common deficiency in the diet, and may be related to a loss of energy.

There are many reasons why your body needs an adequate intake of vitamin C. Yet your body doesn't make it. Vitamin C must come from food or vitamin supplements. So, eat a balanced diet. You can also look for fortified foods when you shop or take a supplement containing vitamin C every day just to be sure.

Vitamin Communications, Hoffmann-La Roche Inc., Nutley, N.J. 07110

Vitamins. Something you can do for your health.

RCD 3276

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

8 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC Method.

Extra low tar never tasted so good.



TRUE 100's

Margaret McMahon

idea NOTEBOOK



Photograph: Harry Hartman

Versatile work unit

A mobile kitchen work island that doubles as a bar is Daystrom's newest addition to its "Acrobats" line of multipurpose furniture. The unit is made of tough, decorative laminates with an oak or butcher block finish. Closed, the unit is a 30-inch square and open, it becomes a 15x60-inch serving bar. If space is minimal, the island also can be used in an L-shaped position. There's a storage drawer at each end, and inside there are two shelves with a wire retainer to keep bottles from tipping over. This practical unit, which costs about $500 is suitable for both the kitchen and the living room. For more information write Daystrom Furniture, Inc., P.O. Box H. P. 3, High Point, NC 27261.

House-buying handbook

If you're thinking about buying a house, you'd probably like to get some friendly, level-headed advice that will help you make a wise decision. You'll find just such advice in the *Homebuyer's Information Package—A Guidebook for Buying and Owning a Home,* which was published recently by the U.S. Department of Housing and Urban Development. The book presents a clear overview of the whole decision-making process, including shopping for a house, dealing with contracts and financing, and managing your money.

Humorous illustrations, easy-to-understand graphics, and a loose-leaf format make the book an entertaining thumb-through. Detailed worksheets also are included. Best yet, the guidebook is a bargain at only $4.95.

You can order the book from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402.

On-the-wall table

You can make a little bit of space go a long way with the new Cardan Drafting Board from Rangine. It's available as a single unit to be attached to the wall, or as part of the Rakks architectural pole shelving system. You can adjust the 24x32-inch table to any height and any angle from horizontal to vertical. The sleek and slim board is made of white high-pressure laminate trimmed in black vinyl molding and features an aluminum catchall channel at the bottom. The wall model protrudes only 1½ inches when it is attached and can be used as a desk, a display surface, or even a projection screen. The unit with two 3-foot vertical standards is $110; add a shelf and the price is $130. A lamp bracket, which will fit several widely available lamps with round stems, is available for either the Rakks poles or standards. The system was designed by Keivan Towfighy. You can order a free brochure describing the entire Rakks system from Rangine Corporation, 14 Felton Street, Waltham, MA 02154.

continued



Solve Your Most Common Home Problems!

New and Revised from Better Homes and Gardens®

A pocketful of **Guide-To** miracles for almost any household project! 18 new and revised titles in easy-to-handle booklet form! Contains over 900 pages and more than 1,000 illustrations covering Home Insulation, Bathrooms, Landscaping and much more! **Save by ordering all 18 Today! Booklets are $1 each, 5 for $4.00, 12 for $8.00, all 18 for $10.00. Include 95¢ postage and handling.**

tity

___ No. 02249 All 18 Booklets
___ No. 02209 Bookshelves and Storage
___ No. 02205 Patios and Decks
___ No. 02206 Kitchen Planning
___ No. 02218 Landscaping and Fencing
___ No. 02208 Family and Rec Rooms
___ No. 02211 Bathroom Planning
___ No. 02248 Insulating Your Home
___ No. 02210 Painting and Wallpapering
___ No. 02219 Fireplaces
___ No. 02232 Floors, Walls, and Ceilings
___ No. 02233 Home Upkeep and Repair
___ No. 02235 Basic Home Carpentry
___ No. 02242 Houseplants
___ No. 02234 Repairing and Refinishing Furniture
___ No. 02204 Enlarge-A-Room
___ No. 02237 Masonry and Concrete
___ No. 02223 Plumbing Repairs
___ No. 02224 Electrical Wiring Basics

Not Shown

Better Homes and Gardens®

Dept. 2TB, Box 374
Des Moines, Iowa 50336

Name _____

Address _____

City _____

State _____ Zip _____

*TAX NOTE Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

Credit Card Orders Only To use your credit card, fill in the boxes below — or on orders of $10 (entire set) PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll Free not available in Alaska and Hawaii.)

Credit Card No

Expiration Date Month Year

AMERICAN EXPRESS master charge VISA

OUR POLICY: Full refund if not completely satisfied.



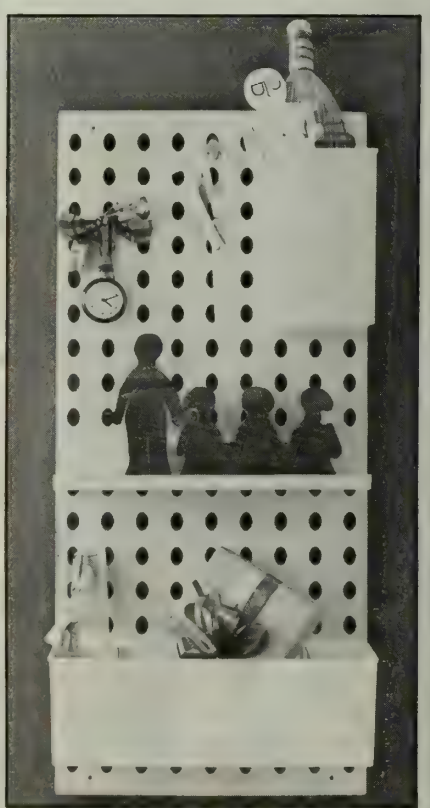
de-To Booklets Short cuts that save you hours . . . extra touches that assure **professional** results material buying hints that save you lots of dollars . . . that's what the editors of Better Homes and dens® Guide-To series have put into each and every booklet — to make sure your do-it-yourself ects are the fun, rewarding experiences they're meant to be. Each booklet is pocket size for on-the-job venience. Easy to follow and fully illustrated directions take you step-by-step from start to finish. Save by ordering the booklets you need for today's and tomorrow's projects. Complete and return the e coupon **today!**

continued

idea NOTEBOOK

Stylish organizer

Wall-hung storage systems are great for organizing pots, jars, tools, and all the essential doodads we collect. One exceptionally efficient system is Syroco's new WorkRack, which consists of pegboard-type panels with various components that attach to the panels with special tight-fitting hooks. A panel, which can be hung horizontally or vertically, is 30 by 13½ inches. There are six components: two shelves, two bins, a knife holder, and a paper towel roller. The system is made of high-gloss ABS plastic and comes in white, yellow, brown, and red. A panel is $16, hooks are $2 for six, and components range from $8 to $12.50. For more information, write Syroco, Syracuse, NY 13201.



Photograph Harry Hartman

RECAPTURING A SIMPLER PLACE AND TIME

THE COUNTRY STORE THIMBLES

A collection of twenty-five fine porcelain thimbles recalling America's golden days. Each thimble hand-decorated with 24 karat gold.

Available exclusively from Franklin Porcelain. Please order by March 31, 1981



PHOTOGRAPH BY R. CHAMBERLAIN—SHOSTAL ASSOCIATES THIMBLES SHOWN APPROXIMATELY ACTUAL SIZE

There was always a wood-burning stove, a large cracker barrel and a long wooden counter piled high with bolts of calico and flannel. And on the walls were shelves of cans and boxes of soap, tobacco, seeds and foodstuffs that symbolized America's emergence as the most productive nation in the world.

It was the Country Store. Perhaps the most American of all establishments—and certainly a symbol of some of the most carefree years America has known. It was not only the emporium where women bought all the goods they needed, it was also the center of social life in hundreds of tiny communities across America.

Now, you can recapture the simple pleasures of that time—with a very special collection of twenty-five fine porcelain thimbles, bearing original artwork based on the official trademarks of twenty-five companies whose names were household words around the turn of the century.

Here are the two "*Campbell's Soup* Kids"... the *Heinz Pickles* shield... the two little chicks on the *Bon Ami* box... the little girl and her umbrella from *Morton Salt*... each design based on the actual packages and advertisements that our grandparents recognized in the Country Store. And each authenticated by the company itself.

A collecting tradition that's uniquely American

Both individually and as a collection, The Country Store Thimbles provide a fascinating trip back in time—not only because of their delightful and unusual art, but also because they add a new dimension to a collecting tradition that is uniquely American.

For hundreds of years, the thimble

A

© 1981 FP

VA

BUSINESS REPLY CARD
FIRST CLASS PERMIT NO. 1 FRANKLIN CENTER, PENNSYLVANIA

POSTAGE WILL BE PAID BY ADDRESSEE

FRANKLIN PORCELAIN
Franklin Center, Pennsylvania 19063

NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES



A handsome hardwood rack is provided for the display of all twenty-five porcelain thimbles.





has held a special fascination for people of almost all cultures all over the world. But in America, thimbles played a special role. American companies saw in thimbles not just a practical household item, but also an excellent opportunity to advertise to even greater numbers of consumers. And so they provided customers with thimbles marked with their companies' names and slogans.

Each Country Store thimble bears an *original* design created exclusively for this collection—not merely a reproduction of an early package or advertisement. And each design has been fully approved for inclusion in the collection by the company involved.

Each design will be fired on a fine porcelain thimble, encircled top and bottom with *hand-painted* bands of *pure 24 karat gold*. Each will be crafted by the master artisans of Franklin Porcelain, a division of The Franklin Mint—and one of the very few facilities in America capable of such painstaking work. Yet, despite the care and time that must be taken with each individual thimble, the price for each one is just $12.50.

And with the collection you will receive a handsome wood display rack in which to display your thimbles at no additional cost. Crafted of solid hardwood, the frame is stained a rich brown to accent the thimbles. And the rack can be hung on the wall of any room in your home, enabling you to display all twenty-five thimbles beautifully and easily.

To add still further to the enjoyment these delightful thimbles will bring to your home, each will be accompanied by a specially written commentary about the product—and the company that produced it. Old advertising claims, how the products were developed and marketed, how the companies themselves grew . . . all authenticated by the company itself.

A collection to treasure for generations

The Country Store Thimbles form a collection that is likely to be treasured by your family for generations to come as an unusual and beautiful reminder of a very special time in our history.

But the collection is available only by direct subscription and only through Franklin Porcelain. It will be crafted *solely and exclusively* for those who enter valid subscriptions for this series.

The thimbles will be sent to you at the convenient rate of one each month. But since it will take time to craft these fine porcelain thimbles, it is important that the subscription application at left be mailed no later than March 31, 1981. Send your application directly to Franklin Porcelain, a Division of The Franklin Mint, Franklin Center, Pennsylvania 19091, by that date.

SUBSCRIPTION APPLICATION

THE COUNTRY STORE THIMBLES

Franklin Porcelain
A Division of The Franklin Mint
Franklin Center, Pennsylvania 19091

Please mail by March 31, 1981.

Please enter my subscription for The Country Store Thimbles, consisting of 25 fine porcelain thimbles, each hand-decorated in 24 karat gold. My thimbles will be sent to me at the rate of one per month, and a custom-designed hardwood display rack will also be sent to me without additional charge.

I need send no money now. I will be billed $12.50* for each thimble in advance of its shipment.

**Plus my state sales tax*

Mr.
Mrs.
Ms. _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

Signature _____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE.

POWDER TO THE PEOPLE WITH DIRTY CARPETS.



Powder to the people with pet stains, powder to the people with hallways that look like highways.

Plush Powder.

Plush™ is the heavy duty rug cleaning powder with the power of borax.

Simply sprinkle, damp mop and vacuum in fifteen minutes. Plush penetrates deeply with less rubbing, to remove even stubborn pet stains and odors. It leaves no rings or residue.

In fact, Plush can clean up on any other way of cleaning your carpet; aerosols, liquids, even steam machines.

And anybody who says different is all wet.

LIMITED WARRANTY TO CONSUMER ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE



PLUSH

HEAVY DUTY RUG CLEANING POWDER WITH BORAX.

Elegant Vegetable Dishes

Imaginatively prepared vegetables can add the finishing touch to an out-of-the-ordinary dinner or jazz up an everyday meal. Our classy trio of vegetable side dishes will help you make the most of leeks, carrots, cauliflower, yellow squash, and pea pods. What's more, these dishes are as easy as they are elegant.



PEA POD MARINATED SALAD

Save the leftover marinade to use as a salad dressing another time—

- **1 cup fresh pea pods *or* sugar snap peas *or* ½ of a 6-ounce package frozen pea pods, thawed**
- **1 cup sliced fresh yellow squash *or* ½ of a 10-ounce package frozen yellow squash, thawed**
- **⅔ cup sliced fresh mushrooms**
- **½ cup salad oil**
- **⅓ cup white wine vinegar**
- **¾ teaspoon salt**
- **½ teaspoon sugar**
- **½ teaspoon dried basil, crushed**
- **Fresh watercress *or* torn fresh spinach leaves**
- **Alfalfa sprouts**

If desired, cook pea pods or snap peas in boiling, salted water for 1 to 2 minutes; drain. Cover and chill pea pods. Cook yellow squash, covered, in boiling, salted water for about 5 minutes or till crisp-tender; drain. In bowl combine squash slices and mushrooms. In a screw-top jar combine salad oil, wine vinegar, salt, sugar, and basil. Cover and shake well. Pour dressing over squash and mushrooms; toss gently to coat vegetables. Cover and chill several hours or overnight. Just before serving, add pea pods to vegetable mixture, tossing gently to coat. Drain marinade from vegetables. Arrange watercress or spinach leaves on platter or individual serving plates; spoon drained vegetables atop. Garnish with sprouts. Makes 3 or 4 servings.

CHILLED VEGETABLE-YOGURT BISQUE

You also can serve this soup hot—just reheat over low heat—

- **2 medium carrots, thinly sliced (1 cup)**
- **1 cup cauliflower flowerets**
- **1 10¾-ounce can condensed cream of celery soup**



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOODS



1 cup milk
1 8-ounce carton plain yogurt
2 teaspoons snipped dried chives

In a medium saucepan cook carrots and cauliflower, covered, in a small amount of boiling salted water about 10 to 15 minutes, or till tender; drain well. Place cooked vegetables in blender container or food processor bowl along with the cream of celery soup and milk. Cover and process till smooth. Add yogurt and chives; process just till blended. Season to taste with *salt* and *pepper*. Cover and refrigerate mixture several hours or till thoroughly chilled. If desired, stir in a little additional milk for thinner consistency. Serve chilled with a dollop of yogurt and sprinkle with additional snipped chives, if desired. Makes 6 to 8 servings.

LEEKS IN SHRIMP SAUCE

The sauce goes well with cooked broccoli, asparagus, and cauliflower, too—

4 large leeks (1 pound)
1 tablespoon butter *or* margarine
1 tablespoon all-purpose flour
¼ teaspoon salt
⅛ teaspoon dried tarragon, crushed
⅔ cup light cream *or* milk
½ of a 6-ounce package (1 cup) frozen cooked tiny shrimp, thawed and well drained
2 tablespoons dry white wine
Paprika

Wash leeks thoroughly, removing any sand; trim off roots and tops, leaving 2 to 3 inches of the green tops. Remove the outer 2 or 3 layers of leaves; discard. Bias-slice leeks into 1-inch chunks. Cook leeks, uncovered, in boiling salted water about 12 minutes or till tender; drain well. Cover and keep warm while preparing sauce.



Photographs: Dieter

Meanwhile, in a medium saucepan melt butter or margarine; stir in flour, salt, tarragon, and a dash *pepper*. Stir in light cream or milk all at once; cook and stir till thickened and bubbly. Cook 2 minutes more. Stir in shrimp and white wine; heat through. Place cooked leeks in shallow serving dish or platter with rim; pour hot shrimp sauce over. Sprinkle lightly with paprika. Makes 6 servings.

Buying information, page 160



Coconut Dream Pie...as simple as a, b, c.

2 envelopes DREAM WHIP® Whipped Topping Mix
2¾ cups cold milk
1 teaspoon vanilla
2 packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 baked 9-inch pie shell, cooled

a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining 1¾ cups milk and the pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.

c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.



© General Foods Corporation 1980. Dream Whip, Jell-O, Baker's and Angel Flake are registered trademarks of General Foods Corporation.

CAN YOUR DENTURES PAS



Read why Complete, with its unique cleansing system, gets dentures so clean you can actually feel the difference.

Run your tongue over your dentures. If they don't feel really smooth and clean, try Complete®.

Complete is unlike any other denture cleanser. Its unique cleansing system contains smaller, rounded particles. These particles not only clean right down in the denture itself, but also polish your dentures smoother, so stains and film have nothing to hang on to.

And Complete removes not only tough stains, but

MONEY

Margaret Daly

TAXES:

Could A Tax Pro Save You Money?

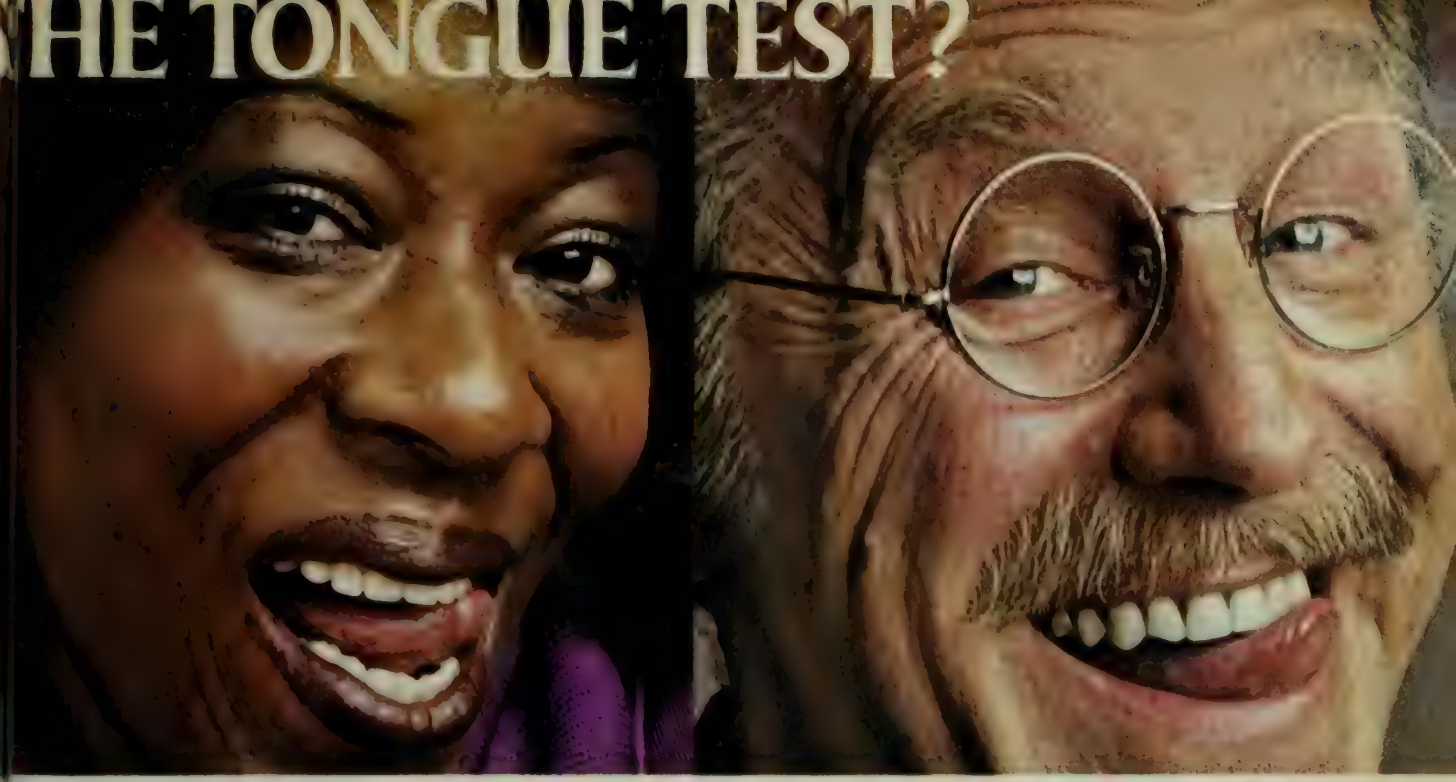


Will you do better itemizing or taking the standard deduction this year? Would income averaging help hold down your tax bill? How do you get credit for child care costs, energy improvements to your home, alimony payments, support of an aging parent?

What if you moved to a new job and weren't reimbursed for your expenses? Can you qualify for a medical deduction? Will the government reimburse you for a casualty loss? How can you get the best tax break on your capital gain when you sold your house?

Those are just some of the questions that perplex many taxpayers—questions professional tax preparers should be able to answer. Though there's no guarantee a pro will save you money, a good one should be able to steer you through the complexities of your return and possibly spot some tax breaks you might have overlooked. Also, some tax preparers will use a computer or other means to figure your return alternative ways before deciding which method will cost you least in taxes.

No matter who prepares your return, you'll first have to pull together your income and expense records. That's a good opportunity to get an overview of your taxes. Use last year's return plus a guidebook such as the one from the IRS, J. K. Lasser's *Your Income Tax*



(1981, Simon and Schuster, $4.95), or H&R Block's *Income Tax Workbook* (1981, Macmillan, $4.95). You may find your return is not complicated at all, and you won't need help. Even if you do decide to go to a professional, organizing your information in advance should help you get the most out of the tax preparer's services.

Tax preparers vary greatly in experience, training, and professional standards. Fees vary, too, according to how complicated your tax situation is and which preparer you choose. One bonus: The fee is deductible on your next return so long as you itemize deductions.

The IRS

Three kinds of help are available from the IRS at no charge. First, you can phone them toll free for answers to specific questions. But to get constructive answers, you must be clear and precise in framing your questions. Also, you may have some difficulty getting through on the phone during tax time.

Second, you can go to your local IRS office—almost 1,000 are open during the tax season—and they may prepare your return for you. However, that service is set up primarily for people who cannot do their own returns, perhaps because of a disability. The IRS will prepare other returns in person only when time and their work load permit, and they are hard-pressed during tax season. The IRS does supply a self-help group program at its offices, with an employee guiding several people at once through their returns step by step. You may need a lot of patience, though —plus a willingness to forgo privacy.

The third kind of help provided by the IRS is to figure returns by mail. Usually this service is reserved for people who qualify for the short form, 1040A (standard deduction instead of itemized deductions; adjusted gross income $20,000 or less—$40,000 for joint returns—coming only from wages, salary, tips, dividends, interest, pensions and annuities). Simply fill in the basic information (identification, dependents, income) and mail the form by April 15. They'll compute the tax and send you a bill for whatever you owe; if you pay within 30 days after receipt, no interest or penalty will be charged. They'll also handle certain long-form (1040) returns by mail—but again, the standard deduction requirements and income ceilings apply.

National tax services

The best-known and largest service (ten million returns last year) is H&R Block, which has 8,676 offices throughout the country. The present charge for doing a short-form return is about $10. Fees vary for long forms depending upon complexity, but the average fee for personal returns last year was less than $30. They also provide a special executive service which starts at about $50 a return. Generally, Block's fees cover preparation of state and local returns as well.

Convenience is one of H&R Block's strong points. During tax season Block keeps its offices open evenings and weekends. You can make an appointment or come in on a first-come, first-served basis. Block agrees to pay any interest and penalties for additional taxes that result from errors it makes on the return, but not from misstate-

continued on page 70



The pleasure is back.



BARCLAY

99% tar free.™

Also available in 100's and Box

ings and Box, 1 mg. "tar", 0.2 mg. nicotine;
00's, 3 mg. "tar", 0.4 mg. nicotine
v. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



probably best to steer clear of these shops unless you are certain of their credentials.

Many local banks, credit unions, and other institutions offer tax preparation services, too. You may feel comfortable with an institution you know. Often, however, you'll find that these institutions simply farm out the work to tax experts you could approach just as well yourself. As a result, fees may be higher.

Enrolled agents

There are over 23,000 of these specialists throughout the country. Some of them have passed a demanding examination from the IRS; others are former IRS employees who meet the government's qualifications for the job. The agents are schooled in many of the more complicated aspects of tax accounting, including individual and business taxes, trusts, and estates. Fees vary considerably, so be sure to ask in advance. Look for enrolled agents through their ads; or contact your IRS District office.

Accountants

There are two kinds—regular public accountants and certified public accountants (CPAs). Many states do not require licensing for public accountants, so you may have trouble gauging the degree of expertise. All CPAs have had to undergo a rigorous 2½-day exam to gain the CPA standing, however, and in most cases they have had more education and training than regular accountants.

Most accountants charge by the hour. Fees vary, but at

continued from page 67

Taxes

ments you have made about your finances.

Although H&R Block generally does not utilize computers to figure your return, they ask a number of questions to determine which form you should file and whether one way of figuring your return might be more favorable to you than another.

The main problem with H&R Block is sheer volume. During the tax season they hire thousands of temporary employees, from students to housewives. They do go through at least a 75-hour training program, but the competence of preparers will vary. Also, employees are under pressure to handle as many returns as possible.

You'll probably do best with this kind of service when your tax situation is relatively uncomplicated—not involving securities transactions or the sale of a home, for example. Another major national service of this kind is that offered by the Beneficial Financial Company at almost 2,000 offices.

Local services

Storefront tax preparation shops seem to crop up like mushrooms as April 15 approaches. There are no national examination or licensing standards to control quality of service and degree of expertise. Nor is there a guarantee even of a training program such as H&R Block provides. It's





When choosing a tax preparer, remember that you are ultimately responsible for paying any extra tax, plus interest and penalties (though some preparers will pay the latter two items if they were at fault). Your best protection all around: Gather complete and accurate records to begin with, and choose a tax preparer with a good reputation who is qualified to handle a return like yours.

Tips for using a tax pro

- Go early in the year.
- Find out whether the tax preparer is in business year round; you want to be sure he or she will be available if your return is challenged.
- Get a firm commitment about costs in advance. Find out whether the fee includes local returns.
- Ask if the preparer will figure your return more than one way; you could save money.
- Never deal with someone who promises you a refund before looking over your finances, or someone who suggests the refund be handled through his or her office.
- Make sure the preparer signs your return.
- Never sign a blank return.
- Find out the preparer's policy about paying interest or penalties for taxes that result from errors in the return. (No matter what, you'll have to pay the additional tax.)
- Ask if your preparer will appear for you if you're challenged by the IRS. (Actually, preparers are required to if the IRS asks them to appear.)
- Check the tax return before you mail it.

least $40 or $50 an hour is usual for a regular accountant. You'll pay more for the expertise of a CPA—often $150 or more for a return. (By using computers, some CPAs have brought those charges down for returns that aren't especially complex.) You probably should use a CPA if your income is over $35,000 and came at least in part from investments, tax-exempts, securities, trusts, rents, and so forth. Also consider a CPA if you were involved in a home sale during the year, supported someone other than an immediate member of your family, or used your car or home for business.

Tax lawyers

Fees usually start at $40 or $50 an hour and can run considerably higher. You'll probably need this kind of expertise only if you're in a very high income bracket and anticipate some complicated legal problems. A tax lawyer will also review returns prepared by accountants.

How accurate are the pros?

According to some official surveys and numerous spot-checking canvasses by the media and consumer groups, there's a good deal of inaccuracy on returns prepared by the pros. (CPAs generally rate best.)

Nevertheless, the IRS determined an "accuracy rate" for 1979 returns of 95 percent for commercial preparers (who handled almost 35 million returns) and 95.6 percent for the IRS on the 143,000 returns they prepared in person (not by mail). In general, most problems stem from misinterpretation of tax law rather than errors in math and simple information.



YOU DON'T HAVE TO MAKE SPACE



You don't have to crowd your countertops or rearrange your kitchen for the Spacemaker Microwave Oven from General Electric. It fits right over your range, where it's out of your way and still easy to get to. And the Spacemaker oven comes with an exhaust fan and work light for your range.

The Spacemaker oven doesn't just save counter space; it gives you plenty of cooking space. Room for a 3-quart casserole or a 12-lb. turkey, and wide enough to hold two serving dishes side by side. So you can cook two side dishes or reheat a meat and a vegetable at the same time.

But maybe the most amazing thing about the Spacemaker oven is its Automatic Cooking Control, an electronic sensor system that makes microwave cooking easier. It allows you to prepare everything from frozen entrees to casseroles without worrying about time, temperature, or power settings. Just indicate the kind of food you're cooking, press the start button, and that's all you do until your food is ready. Even roasts can be automatically cooked "rare," "medium," or "well done." Also a 3-digit Cook Code™ control automatically lets you prepare hundreds of recipes found in the GE Cookbook.

If you want a microwave oven that saves space, looks good, and makes cooking easier than ever, get the Spacemaker oven from GE.

For your nearest Spacemaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.

We bring good things to life.

GENERAL ELECTRIC

FOR A SPACEMAKER™ MICROWAVE OVEN.



Thrifty Fireplace Face-Lift

Is your aging fireplace an eyesore instead of an eye-stopping focal point? Here's how you can give it a new facade with inexpensive industrial tubing.

The first step in updating this vintage fireplace was to remove the old mantel. Then electrical metallic tubing, usually used to hold electrical wiring, was cut to fit the exposed wall surface. The tubing, which is available in ten-foot lengths at most electrical supply stores, can be easily trimmed with a knife or sharp scissors.

To prevent the lengths of tubing from functioning as chimneys when the fireplace is in use, the tube ends were sealed. Then the tubes were joined with couplings, which also can be found in electrical supply or hardware stores.

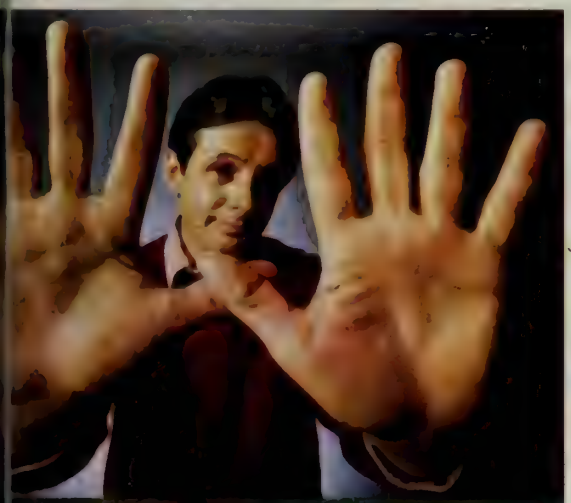
The finished facade, as shown here, was simply butted into place and attached to the wall with toggle bolts.

To install the facade permanently, wall-mount a frame made of ⅛-inch-thick sheet metal to support the tube front. (A local machine shop would be able to custom-cut a metal sheet to size.) Attach the tubing to the frame with couplings, and secure the frame with toggle bolts.

Once the new facade is in place, spray it with fire-proof paint for long-lasting protection.



Photograph: D. Randolph Foulds. Design: Interalia Design Associates, Inc.
Field editor: Estelle Bond Guralnick





DRY, ROUGH SKIN. IT COULD INVADE YOUR FAMILY.

INTRODUCING ALL-FAMILY ROSE MILK® WITH EXTRA MOISTURIZERS.

Now there's a new line of defense for the skin. All-Family Rose Milk.

This all-new skin care lotion has extra moisturizers to smooth and soften the roughest skin.

Greaseless, stainless, All-Family Rose Milk absorbs fast and has a fresh outdoor fragrance everyone can enjoy.



20¢ SAVE 20¢ 20¢

ON NEW ALL-FAMILY ROSE MILK SKIN CARE LOTION

TO THE DEALER. You are authorized to redeem this coupon for 20¢ when presented by the consumer as partial payment on one All-Family Skin Care Lotion package and no other brand. You will be paid the face value plus 7¢ handling, providing coupon is redeemed in accordance with terms of the offer. Invoices proving sufficient purchases of Rose Milk to cover coupons submitted must be shown on request. Coupons accepted from retail distributors only. Any sales tax must be paid by consumer. Cash value 1/20 of 1¢. Offer void where prohibited, taxed, license required or otherwise restricted by law. Mail to: Rose Milk, The J. B. Williams Co., Inc. P.O. Box 1754, Clinton, Iowa 52734. Expires September 30, 1982

STORE COUPON BHG/81

OFFER LIMITED TO ONE COUPON PER PACKAGE

22170 100055

Kim Garretson

Good News

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

Cleanup helpers for car and bath



These two polymer coatings—one for car windshields and one for bathroom surfaces—can ease your cleaning chores. For cars, the product at left acts as an "invisible windshield wiper." Once windshields, windows, and mirrors are treated with the wipe-on coating, the rain, sleet, and snow will bead up and roll off the glass, instead of filming on the surface. In fact, during high-speed driving in bad weather, you may have to turn on your windshield wipers only occasionally.

You can apply the bathroom cleaner like a polish to almost any surface—bathtub, shower, toilet, mirrors, chrome fixtures, tile walls and floor. Then to remove smudges, fingerprints, splashes, and bathtub ring, you simply rinse or wipe the surface. Rarely will you need to use harsh detergents or abrasive cleaners. One application should last several months.

Rain-X Automotive Glass Treatment, about $4.50. Total Finish Bathroom Care, about $4. Unelko Corp., 506 Raft Dr., South Holland, IL 60473.

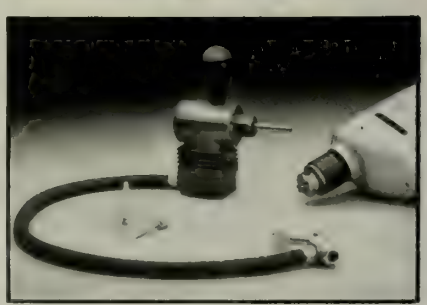
Reroofing kit



This $10 kit (which includes one bundle of shingles) can help you decide if you're up to the task of reroofing your house. The paper template helps you lay a few short rows of shingles on the roof to practice the procedure and check the color. Also included are a cost estimator and complete instructions. (The $10 is refunded if you buy shingles for reroofing.)

RIY Kit, about $10. The Celotex Corp., Roofing Products Div., 1500 Dale Mabry, Tampa, FL 33607.

Air pump



With this device, you can turn your power hand drill into an air pump that can inflate tires, pools, rubber boats, and balls. The pump can be attached to any ⅜- or ¼-inch electric or cordless drill. Included with the pump kit are an air nozzle, a sports air pin, and a plastic toolbox.

Model MP-1, about $25. Miracle Products, Inc., Plymouth Industrial Park, Terryville, CT 06786.

Neater, quieter spray painter



Photographs: William N. Hopkins

The nozzle has been eliminated from this electric spray painter for neater, cleaner painting, quieter operation, and easier cleaning. The paint spins in a rotary pattern within the device. A variable gate control adjusts the width of the painting swath, from one-half inch up to 18 inches, and overspray is minimal. A flow control valve lets you adjust the consistency from fine to heavy, and you never need to thin the paint, even heavy latex. The one-quart paint container snaps onto the sprayer; there are no threads that can become clogged by old paint. The container is made of polypropylene, so it wipes clean with a damp cloth. The triangular base distributes the weight of the painter evenly to add stability when you set it down. You can use just about any paint or coating: oil-base and latex stains, paints, and varnish, plus epoxy and polyurethane.

Roto Flo Painter, about $120. Graco, Inc., P.O. Box 1441, Minneapolis, MN 55440.

continued

WHY NO-WAX FLOORS NEED HELP.

Understanding how the shine on your no-wax floor works is the first step towards understanding why it needs the special care of Brite.

So here's that straight talk.

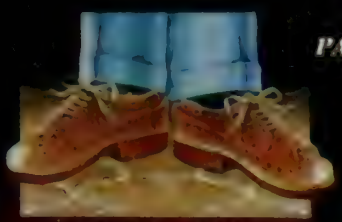
HOW YOUR NO-WAX FLOOR SHINES

Many no-wax floors are covered with lots and lots of little dimples.



And these dimples are covered with a tough polyurethane finish. Which causes them to act like tiny mirrors, reflecting light from different angles, to give your floor its sparkling shine.

NOW MEET THE CULPRITS



Little by little feet tramp in dirt, and wear away the shine from even the toughest polyurethane finish.

STRAIGHT TALK FROM BRITE ABOUT THE SHINE ON YOUR NO-WAX FLOOR.

Cleaners can be culprits too. Especially since many of them can leave a dulling residue.

HERE'S THE BRITE IDEA!

The floor care experts at Johnson Wax spent years studying no-wax floors.

And, out of all their knowledge and laboratory testing came Brite.

The difference is clear. Brite's clear formula is designed to clean and shine no-wax floors without wax.

clear

Brite cleans. Brite shines. Brite protects.

In fact, Brite may be the only product you'll need to keep your no-wax floor looking beautiful.

Just squirt it on and damp mop. In minutes, you'll discover why we can honestly say, "For a beautiful no-wax shine... Nothing Shines Brighter than Brite."

ANY QUESTIONS?

Need more help caring for your no-wax floor? Just write our floor care expert, Carol Hansen, c/o S.C. Johnson & Son, Inc., Racine, WI 53403

©1981 S.C. Johnson & Son, Inc.



Enjoy smoking longer without smoking more.



Low tar Saratoga 120's

© Philip Morris Inc. 1981

15 mg "tar," 1.1 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

continued

GoodNews

Repair and marking tubing



Slip a piece of this polymer tubing over any object, hold it over a candle flame or steam from a kettle, and the tubing will shrink to snugly fit the object. The product can shrink to half its diameter and will conform to most irregular shapes. You can use it to insulate wire splices; cover rusty or splintered wood and metal tool handles; and permanently mark tools, keys, stereo wires, etc. The tubing comes in five colors and eight diameters, up to 1½ inches.

ThermoFix Shrink-to-Fit Tubing, about $1.49 to $7.99 per package. Raychem Consumer/Commercial Division, 2201 Bay Road, Redwood City, CA 94063.

Vacuum tool



If you're a fumble fingers in handling glass, this little tool will help you with the task. You simply press its strong suction cup against a smooth surface, then use the tool to carry or place the object. You can set glass panes in windows and tabletops, and tiles in their places on walls and floors. To release the tool, you simply press the button.

Little Genie Vacuum Tool, about $4. Reyco Industries, P.O. Box 345, North Lima, OH 44452.

WIN THE ENERGY SAVING WAY TO WASH.

Enter the Dash/White-Westinghouse Sweepstakes, and you could win this energy-saving washer and companion dryer. They're called the White-Westinghouse Space Mates,® a standard-size laundry pair in just 27 inches of horizontal space. And they can also be installed side-by-side, under a counter.

The White-Westinghouse front-load washer gets your clothes really clean, but can use less water than standard size, top-loading washers. So you need less energy for heating the water. Less detergent and bleach, too. Add up all those savings, and the White-Westinghouse can save you money every time you wash.

So see your White-Westinghouse dealer and let him show you our Space Mates, or our conventional free-standing models. And enter the Dash/White-Westinghouse Sweepstakes to win one of 575 prizes (Grand Prizes—25 Space Mates). No purchase necessary. See details and entry form below.



White-Westinghouse
930 Ft. Duquesne Blvd., Pittsburgh PA 15222
A Division of White Consolidated Industries

©1981 The Procter & Gamble Company.

ENTER THE ENERGY-SAVING DASH/WHITE-WESTINGHOUSE SWEEPSTAKES

WIN ONE OF 575 PRIZES

25 GRAND PRIZES

The energy-saving front-loading White-Westinghouse washer (Model LT170) plus companion dryer (Model DE170), truly a grand prize for any home. This White-Westinghouse set is the washer and dryer for today (approximate retail value is $950.00).

50 FIRST PRIZES

The energy-efficient front-loading White-Westinghouse washer (Model LT870, approximate retail value $630.00).

500 SECOND PRIZES

Concentrated Dash—approximately a six-month supply. 500 Dash coupon booklets containing twelve coupons, each coupon good for one free Dash Giant Size, will be awarded (approximate retail value $22.00).

Sweepstakes void in Ohio and wherever prohibited by law. Entries must be postmarked by May 14, 1981 and received by May 28, 1981.

DASH/WHITE-WESTINGHOUSE SWEEPSTAKES OFFICIAL RULES HERE'S HOW TO ENTER: NO PURCHASE REQUIRED

1. On this official entry blank or plain piece of 3" x 5" paper, hand-print your name, address and zip code and fill in the missing words in the following:
To use the right amount of Dash, use____ or____ cup in normal-capacity top-loading automatics and about____ cup in front-loading automatics.
The missing words can be found on the side of any Dash package or see Rule #4.
2. Enter as often as you wish, but each entry must be mailed separately to: Dash Sweepstakes, P.O. Box 2030, Blair, Nebraska 68009
3. Each entry must be postmarked between January 15, 1981 and May 14, 1981, and received by May 28, 1981. The odds of winning will be determined by the number of entries received by May 23, 1981.
4. You may also obtain the missing words by sending a SEPARATE stamped, self-addressed envelope to: Dash Package Information, P.O. Box 7151, Blair, Nebraska 68009
5. Winners will be selected in random drawings from among all entries received, under the supervision of the D L. Blair Corporation, an independent judging organization whose decisions are final. Taxes, if any, are the sole responsibility of the winners. All prizes will be awarded. Only one prize per name or address.
6. The sweepstakes is open to residents of the U.S., except employees and their families of Procter & Gamble, White-Westinghouse, their affiliates, subsidiaries, advertising agencies and judging agencies.
7. Offer void in Ohio and where prohibited by law. All Federal, State and local laws and regulations apply.
8. Prizes—A total of 575 prizes will be awarded. The prizes are:
—25 sets of one White-Westinghouse front-loading washer (Model LT170) and one White-Westinghouse dryer (Model DE170). Winners will have choice of available colors. Prize includes delivery, but winners must assume all installation fees.
—50 White-Westinghouse Model LT870 front-loading washers. Winners will have choice of available colors. Prize includes delivery, but winners must assume all installation fees.
—500 Dash coupon booklets containing twelve coupons, each coupon good for one free Dash Giant Size, a total of 588 oz. free per booklet.
No substitutions of prizes are permitted. Approximate retail value of the White-Westinghouse washer and dryer set is $950.00, of the washer (Model LT870) is $630.00 and of the Dash coupon booklet is $22.00.
9. For a list of major prizewinners, send a SEPARATE, stamped, self-addressed envelope to: Dash Sweepstakes, P.O. Box 6468, Blair, Nebraska 68009.

ENTER THE DASH/WHITE-WESTINGHOUSE SWEEPSTAKES OFFICIAL ENTRY BLANK (NO PURCHASE REQUIRED)

To enter, fill in the missing words in the following:

Use the right amount of Dash._____to_____cup in normal capacity top-loading automatics and about_____cup in front-loading automatics.

NAME_____
(PLEASE HAND PRINT)

ADDRESS_____

CITY_____ STATE_____ ZIP_____

Mail your entry to: Dash Sweepstakes P.O. Box 2030, Blair, Nebraska 68009


Last Chance
to Buy at
These Low Prices
This is the FINAL OFFER at these LOW PRICES. Inflationary pressures require a moderate price increase effective May 31, 1981. However, those who enter a new subscription before that date will be guaranteed price protection at current prices for the first two full years of enrollment. Act immediately to beat the scheduled price increase, and be eligible to continue to buy these luxurious volumes at today's low prices well into 1983.
Jane Eyre
THE THREE MUSKE DEERS
DUMAS
The Canterbury Tales
Geoffrey Chaucer
THE SEA-WOLF
JACK LONDON
Fathers & Sons
by Ivan Turgenev
Great Expectations
DICKENS
Treasure Island
Robert Louis Stevenson
THE RETURN OF THE NATIVE
THOMAS HARDY
The Luxury Of Full Leather Bindings
Do not confuse these masterful editions with other volumes which feature partial leather bindings on the spine only.
There is no comparison! Every book in this collection is fully bound in genuine leather. Once you have experienced owning editions of such superlative quality, you will fully appreciate the extraordinary difference.

The 100 Greatest Books Ever Written

The world's greatest works of literature bound in genuine leather and accented with real 22kt gold.

It is not difficult to list the world's greatest books. The titles and authors leap quickly to mind. And for good reason. The books that have been recognized as great, generation after generation, are part of the world we live in. They have shaped our lives, our language, our values, our outlook.

These books include novels like Melville's *Moby Dick,* Dickens' *A Tale of Two Cities,* Hawthorne's *Scarlet Letter,* Bronte's *Wuthering Heights.* They include serious—yet highly readable—works of thought like Plato's *Republic*...heroic epics like Homer's *Iliad*...sharp-witted satire like Swift's *Gulliver's Travels*...brilliant poetry like Whitman's *Leaves of Grass.*

On everyone's list would be the great works of Shakespeare, Chaucer, Dante, Darwin, and Twain. These are books you want on your bookshelf. Books you want your children and their children to read. And now you can have them—the ultimate private library.

The Volumes Themselves are Works of Art

Your pride in this collection will be twofold—arising both from the significance and stature of each literary masterpiece ...and from the sheer beauty of each volume. Every volume in this unique private library will exemplify the ultimate in the art of printing, binding, and illustration.

Genuine Leather Bindings

Today it is rare to find books bound in genuine leather. The cost of such bindings and the time required to create them has made the crafting of such bindings an almost vanishing art. **But each book in this collection will be bound in genuine leather!**

Intricate Cover Designs Accented With Real 22kt Gold

Each luxurious leather binding will be deeply inlaid with real gold on the spine and in perfectly-matched golden designs on the front and back covers. Then, to bring out the full beauty of each cover design, the pages will be gilded along all three sides with a special golden finish.

Elegant Finishing Touches

Each volume will have beautiful endsheets of rich moiré fabric and a matching ribbon page marker. Each volume will be bound with a "hubbed" spine that is characteristic of only the finest books. In every respect, this is to be a collection which rivals anything seen in the great private libraries of days gone by.

Exciting Diversity

The hallmark of a distinctive library is diversity. Therefore, the volumes in the

(continued on next page)



(continued from previous page)

collection will vary in size, in the leathers used, in the distinctive cover designs, and in the illustrations. Yet the collection as a whole will exhibit an unmistakable harmony, because the volumes will be of consistent quality throughout.

Convenient Acquisition Plan

Because of the extreme care and craftsmanship required in printing and binding, the books in the collection will be issued at the rate of one per month. It will give you great pleasure to see your collection becoming more impressive with each passing month.

Comparable books bound in genuine leather command as much as $50 to $75 per volume. However, you will be pleased to learn that the volumes in this collection will be priced at only $33.50 each for the first two full years. Future volumes will be similarly priced subject to minor periodic adjustments to reflect varying material costs.

If you desire, you may return any volume within 30 days for a full refund. Moreover, you may cancel your subscription at any time.

R.S.V.P.

To accept this invitation, you need only complete the Preferred Subscription Reservation and return it to us. This simple step is all that is necessary for you to begin building a private library of your own that is sure to be envied by all who see it.



Last Chance to Buy at These Low Prices

This is the FINAL OFFER at these LOW PRICES. Inflationary pressures require a moderate price increase effective May 31, 1981. However, those who enter a new subscription before that date will be guaranteed price protection at current prices for the first two full years of enrollment. Act immediately to beat the scheduled price increase, and be eligible to continue to buy these luxurious volumes at today's low prices well into 1983.



MUST BE POSTMARKED BY MAY 31, 1981 TO QUALIFY FOR TWO YEAR PRICE PROTECTION AT CURRENT LOW PRICES 459

The 100 Greatest Books Ever Written

The Easton Press
47 Richards Avenue
Norwalk, Conn. 06857

No payment required. Simply mail this subscription reservation.

Please send me the first volume of **The 100 Greatest Books Ever Written** bound in genuine leather and reserve a subscription in my name. Further volumes will be sent at the rate of one book per month at $33.50* each. This price will be guaranteed for the next two full years.

A list of books scheduled for future monthly shipment will be sent to me. I may indicate which titles on this list, if any, I do not want to receive, thereby insuring that I never receive any books I do not want. I understand that I may return any book within 30 days for refund, and that either party may cancel this subscription agreement at any time.

**Plus $1.75 per book for shipping and handling.*

Payment Options (Check One):

☐ Charge each volume to my: ☐ Master Charge ☐ VISA

Credit Card No. _____ Expiration Date _____

☐ Enclosed is $35.25**(payable to Easton Press) for my first volume.

☐ Bill me $35.25**prior to shipment for my first volume.

Name _____

Address _____

City, State, Zip _____

Signature _____

**Connecticut residents pay $37.90 to include sales tax.

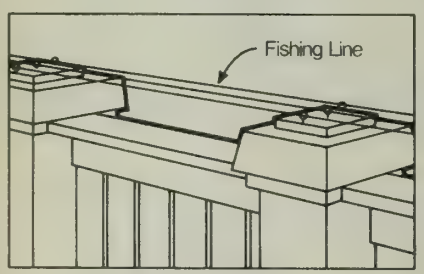
Tips, Tools & Techniques

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See the box below for submission details.

PROBLEM: Birds that light on your redwood privacy fence frequently "whitewash" it, making it unsightly.

SOLUTION: Screw three or four small screw eyes into the top edge of the fence every few feet and thread a strand of lightweight plastic fishing line through each as shown. Because birds can't grasp the line with their feet, they won't attempt to light on it. And when you're a short distance from the line, you won't be able to see it at all.

C.M., Washington, Pa.



PROBLEM: You haven't come up with a system for painting your window screens that lets you paint both sides and all the edges at one time.

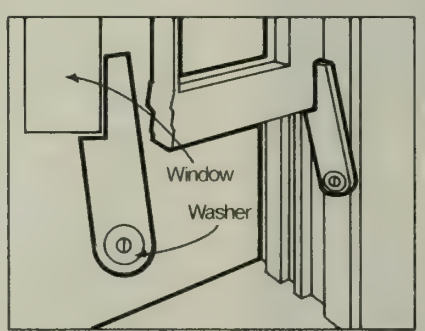
SOLUTION: String up some clothesline in your garage or basement and hang the screens from the line with S-shaped hooks made of clothes-hanger wire. If the screens have no hangers attached, screw small screw eyes into the top edge of each one. You'll probably want to hold on to the screen as you paint most of it, then let it hang freely while you apply the last dabs of paint.

R.M., Denver, Colo.

PROBLEM: The double-hung windows in your house won't stay open unless you prop them up with a stick or board, which looks ugly.

SOLUTION: The best remedy is to replace the windows or add channel inserts. A short-term solution, however, is to cut a small catch as shown from a scrap of thin plywood or lattice. Paint the plywood to match the window trim. Attach the catch to the window stop at the desired height with a wood screw. (A washer between the stop and the plywood piece and another between the screwhead and the wood will keep the stop from binding.) This little catch looks better than that old stick and is more convenient, too.

N.A., Foley, Ala.



PROBLEM: When you're trying to prune a limb from a tree, good limbs above it interfere with the action of your bow saw. To saw the lower limb, you must apply upward pressure on the blade, and that isn't easy.

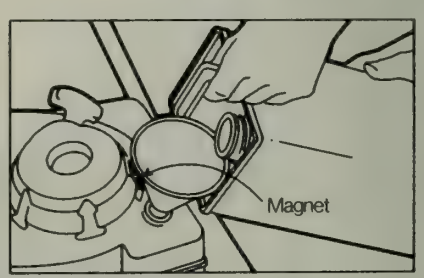
SOLUTION: First make a small cut on the bottom of the limb. Then remove the saw blade and reinsert it upside down in the bow frame. (Position the blade *above* the limb and the bow *below* the limb before you insert the blade.) Then you can pull down on the saw as you work it back and forth.

C.H., Whittier, Calif.

PROBLEM: The gas-filler plug of your power lawn mower is in a hard-to-reach location, so you must use a funnel to add gas and oil. The procedure really calls for three hands—one to hold the funnel and two more to hold the heavy can.

SOLUTION: If you use a steel funnel, hold it in place with a small magnet positioned between the funnel and the mower. If you use a plastic funnel, glue the magnet to the funnel. Now you can use both hands to hold the gas can, as shown.

E.M., Sarasota, Fla.



Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.

Super Sours begin with Seven.



For a super Whiskey Sour, start with the very special taste of Seagram's 7 Crown. Add 1½ oz. Seagram's 7 to the juice of one lemon and one tsp.of extra fine sugar. Shake, strain over ice and garnish with an orange slice and a cherry. A Seagram's 7 Sour is super! Enjoy our quality in moderation.

Seagram's 7 Crown

Where quality drinks begin.



SEAGRAM DISTILLERS COMPANY, N.Y.C. AMERICAN WHISKEY—A BLEND. 80 PROOF.


MERIT
Ultra Lights
MERIT
Ultra Lights
MERIT Ultra Lights
MERIT
Ultra Lights
MENTHOL
ULTRA LOW TAR
MERIT
Ultra Lights
MENTHOL
MERIT Ultra Lights
FINE TOBACCOS
Only
4 mg tar
Regular &
Menthol

Merit Announces New Merit Ultra Lights!

Now the MERIT idea has been introduced at only 4 mg tar– New MERIT Ultra Lights. A milder MERIT for those who prefer an ultra low tar cigarette. New MERIT Ultra Lights. It's going to set a whole new taste standard for ultra low tar smoking.

MERIT
Ultra Lights

© Philip Morris Inc. 1981

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC Method

Only Mannington JT88® floors have Never-wax protection.

Protection so thick, tough and lasting your floor will never need a vinyl dressing to keep it shiny.

Protection so resistant even iodine can't penetrate it.

One careless drop of a bottle would ruin most no-wax floors. But not even iodine, black shoe polish or hair coloring stains Mannington. Send for the free booklet below and find out why. Mannington Never-wax. Never more stain resistant. Never more wear resistant. And never more beautiful.



For this FREE booklet or the names of the Mannington dealers nearest you, call toll-free 1-800-345-8112. In Pennsylvania, toll-free 1-800-662-2444.



Lustrecon
Pattern 6127

mannington™

Mannington Mills, Inc., P.O. Box 30, Salem, NJ 08079.

® Mannington Mills, Inc.
© Mannington Mills, Inc. 1980

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., NY, NY 10022 (212) 751-2253

Rise 'n Shine 'n Save $1.10

Save 50¢ now, and 60¢ later. See details below.

Save 15¢ on Total,* the great tasting cereal that gives you 100% of the Recommended Daily Allowance of nine important vitamins and iron.

Save 20¢ on Cremora,* the non-dairy creamer with the richer, creamier aroma in the jar. And a creamy taste you just can't beat.

Save 15¢ on Welch's,* America's best tasting grape juice, made from 100% juice, enriched with vitamin C and contains no added sugar.

Save 60¢ on your next bread purchase. See offer below or local store display for details.

Receive by mail a 60¢ coupon good on your next purchase of bread when you send in proofs of purchase from each of the products shown above. You must have an official mail-in certificate to participate in this offer. If your supermarket has no certificates, write to Box 179, Minneapolis, MN 55460. All requests must be mailed separately. Limit one certificate per family or address. Certificate requests must be received by March 31, 1981. Offer void in Washington State and wherever else prohibited, taxed, or restricted by law.

So tear out attached coupons and tomorrow morning rise 'n shine 'n save.



FREE
BREAD OFFER
(see above for details)

C., 477 Madison Ave., NY, NY 10022 (212) 751-2253

STORE COUPON

U46

Save 15¢

on your next purchase of

WHEAT OR CORN

total®

any size

Multi-Vitamin and Iron Supplement Cereal



COUPON EXPIRES MARCH 31, 1982

15¢ General Mills U46

10¢ STORE COUPON 10¢

Save 10¢

on any

Seven Seas®

Brand Dressing



10¢ STORE COUPON 10¢

15¢ STORE COUPON 15¢

Save 15¢

on 64 oz.

Welch's Bottled Grape Juice



Coupon expires December 31, 1981.

15¢ STORE COUPON 15¢

Save 15¢

on any size of

RyKrisp® BRAND Snack Crackers

Seasoned, Sesame or Natural



Coupon Expires August 31, 1981

® © R P Co 1981 96 RK 96

15¢



ssing.
vo
d, or any cracker occasion.
bottle, the shaking keeps
taste in Italian dressings.
orites.





Kids and their mothers have made Cheerios one of Americ leading cereals. That's because kids love that delicious toast oat taste and moms love the fact that Cheerios has almost sugar (only 1 gram per serving). With Cheerios on your tab everyone will agree...breakfasts have never been better!

Thematics® Stand-Out Insert™ is a trademark of





STORE COUPON

10¢ 10¢

Save 10¢

on any size bottle

ReaLemon®
Reconstituted Lemon Juice



Coupon expires December 31, 1981

10¢ 10¢

STORE COUPON

U40

Save 15¢

on your next purchase of

Crispy Wheats 'n Raisins®



COUPON EXPIRES MARCH 31, 1982

15¢ General Mills U40

STORE COUPON

7¢ 7¢

Save 7¢

on any size, any flavor
Wyler's® Bouillon,
Instant or cubes

Wyler's Bouillon,
America's # 1 Bouillon



Coupon expires December 31, 1981

7¢ 7¢

STORE COUPON

20¢ 20¢

Save 20¢

ON YOUR NEXT PURCHASE OF

BLUE BONNET®



Another fine product of
Standard Brands INCORPORATED

20¢ 20¢

STORE COUPON

23¢ 23¢

Save 23¢

on

Pepperidge Farm® Old Fashioned Muffins



COUPON EXPIRES MARCH 31, 1982

23¢ 23¢

NOT A STORE COUPON

Send now for your

FREE

"Dining at Home" savings book and save over

$1100.00*

on famous name kitchenware and tableware products!



See reverse side for details.
*Based on rebate values plus mail order discounts compared to manufacturer's suggested retail prices.

BLUE BONNET

Only Mannington JT88® floors have Never-wax protection.

Protection so thick, tough and lasting your floor will never need a vinyl dressing to keep it shiny.

Protection so resistant even iodine can't penetrate it.

One careless drop of a bottle would ruin most no-wax floors. But not even iodine, black shoe polish or hair coloring stains Mannington. Send for the free booklet below and find out why. Mannington Never-wax. Never more stain resistant. Never more wear resistant. And never more beautiful.



For this FREE booklet or the names of the Mannington dealers nearest you, call toll-free 1-800-345-8112. In Pennsylvania, toll-free 1-800-662-2444.



Lustrecon
Pattern 6127

mannington™

Mannington Mills, Inc., P.O. Box 30, Salem, NJ 08079.

® Mannington Mills, Inc.
© Mannington Mills, Inc. 1980

Thematics™ Stand-Out Insert™ is a trademark of S

Rise 'n Sh

Save 50¢ now, and 60¢
See details below.

Save 15¢ on Total, the great tasting c
that gives you 100% of the Recommer
Daily Allowance of nine important vitar
and iron.

Save 20¢ on Cremora, the non-dairy
creamer with the richer, creamier arom
jar. And a creamy taste you just can't b

So tear out attached coupo



Save 10¢



on any flavor *Seven Seas*® Brand Dressing

MR. GROCER: We will redeem this non-assignable coupon for face amount plus 8¢ handling only if you obtained it from [illegible] buying the item involved, providing you have sufficient stock to cover coupons presented, and when presented by dealer in [illegible] prohibited, taxed or otherwise restricted by law. Mail [illegible] Anderson, Clayton & Co., P.O. Box [illegible], Dallas, Texas [illegible]. Expiration date December 31, 19[illegible]. Limit one coupon per customer. © 1981 Anderson, Clayton & Co.

46800 100409

STORE COUPON

U46

Save 15¢

on your next purchase of



WHEAT OR CORN *total*® any size

TO CONSUMER: This coupon good only on the product indicated. Only one coupon redeemed per purchase. Any other use may constitute fraud. Coupon not transferable.

TO RETAILER: As our agent, accept this coupon on the purchase of the specified product. General Mills will redeem each coupon you so accept for the face value plus 7¢ handling charge. Mail this coupon to General Mills, Inc., Box 9800, Minneapolis, Minnesota 55460 for redemption. Coupons will not be honored if presented through third parties not specifically authorized by us. Any attempt to redeem this coupon otherwise than as provided herein shall constitute fraud. Invoices proving quantities you purchased must be submitted on request to corporate headquarters. Coupons subject to confiscation and void if marking when terms not complied with.

Void where prohibited, licensed, or regulated. Good only in U.S.A., A.P.O.'s F.P.O.'s. Cash value 1/100 cent.

COUPON EXPIRES MARCH 31, 1982

15c 3[illegible] U46

STORE COUPON

SAVE 15c

on any size of RyKrisp® Brand Snack Crackers

CONSUMER: [illegible] coupon, you redeem have [illegible] and are [illegible] by the required [illegible].

RETAILER: [illegible] purchase of face value plus 7¢ handling [illegible] Rykrisp Company, P.O. Box [illegible], Bettendorf [illegible] for cash only if presented by a [illegible] or a clearing house approved by us and only for use at the retail store. Retailer must submit on request invoices proving purchases of [illegible] sufficient stock to cover [illegible] presented for redemption. This coupon is [illegible] transferable and nonreproducible. Any [illegible] must be paid by customer. Offer good only in U.S.A., A.P.O.'s & F.P.O.'s. Void where prohibited, taxed or [illegible] Cash redemption value of 1/20 of 1¢.

LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

Coupon expires August 31, 1981

® [illegible]

96 RK 96

STORE COUPON

SAVE 15c

on 64 oz. Welch's Bottled Grape Juice

TO DEALER: For each coupon you accept as our authorized agent, we will pay you the face value of this coupon plus 7¢ handling, provided you and your customer have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown on request. Void if redeemed by other than retail customer. If prohibited, taxed or restricted, customer must pay sales tax. Limit one coupon per customer. For prompt payment send to Welch Foods, Inc., P.O. Box 1120, Arlington Heights, Ill. 60006. Cash value 1/20 of 1¢. Offer expires on December 31, 1981



FREE BREAD OFFER
(see above for details)

Thematics® Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., NY, NY 10022 (212) 751-2253

Make A Great Light Lunch

With A Shake & A Crunch.



RyKrisp® brand crackers and Seven Seas Viva™ Italian dressing.

Now, wholesome whole-grain ***RyKrisp® crackers*** give you two great tastes—Seasoned and Sesame—to enjoy with lunch, salad, or any cracker occasion.

And with ***Seven Seas Viva™ Italian*** in the exclusive Shaker Top bottle, the shaking keeps the flavors from separating. Blends them perfectly for the best taste in Italian dressings.

And now's the perfect time to save on these light lunch favorites.

KIDS AND MOMS AGREE

Breakfast begins with Cheerios



Kids and their mothers have made Cheerios one of Americ leading cereals. That's because kids love that delicious toast oat taste and moms love the fact that Cheerios has almost sugar (only 1 gram per serving). With Cheerios on your tab everyone will agree...breakfasts have never been better!

Thematics® Stand-Out Insert ® is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., NY, NY 10022 (212) 751-2253

One bite of this fish chowder and you'll be hooked.



Savory Fish Chowder

- 4 slices bacon or 3 tablespoons margarine
- ½ cup chopped celery
- ½ cup chopped onion
- 1 clove garlic, chopped
- ½ cup unsifted flour
- 6 cups water
- 8 teaspoons Wyler's® Chicken-Flavor Instant Bouillon or 8 Chicken-Flavor Bouillon Cubes
- 1½ cups diced potatoes
- 1 pound white fish fillets, cut into pieces
- ⅓ cup ReaLemon® Reconstituted Lemon Juice
- 2 cups light cream
- 3 tablespoons chopped pimiento
- Parsley

In Dutch oven, cook bacon until crisp; remove, crumble. In drippings or margarine, cook celery, onion, garlic until tender. Stir in flour. Gradually stir in water and bouillon; bring to boil. Add potatoes. Reduce heat, cover; cook 10 min. Stir in fish and ReaLemon, cook 15 min. Add cream, pimiento; heat. Garnish with parsley, bacon. Refrigerate leftovers. (Makes about 2½ quarts)



Wyler's Bouillon. The great flavor builder.
New Improved ReaLemon Reconstituted Lemon Juice. Now with an extra lemon twist for extra lemon taste.





In your grocer's freezer

Taste new Orange-Cranberry Muffins. Our most fruitful endeavor since Blueberry.

Start your day by butterin' up a hot, old-fashioned Orange-Cranberry Muffin. Or try Blueberry Muffins, burstin' with fruit. There's golden-brown Corn Muffins and Bran Muffins with Raisins, too. Four mighty delicious ways to melt a pat of butter!

U40

Save 15¢

on your next purchase of

Crispy Wheats 'n Raisins®

TO CONSUMER: This coupon good only on the product indicated. Only one coupon redeemed per purchase. Any other use may constitute fraud. Coupon not transferable.

TO RETAILER As our agent, accept this coupon on the purchase of the specified product General Mills will redeem each coupon you so accept for the face value plus 7¢ handling charge Mail this coupon to General Mills, Inc. Box 900, Minneapolis Minnesota 55460 for redemption Coupons will not be honored if presented through third parties not specifically authorized by us Any attempt to redeem this coupon otherwise than as provided herein shall constitute fraud Invoices proving quantities you purchased must be submitted on request to corporate headquarters Coupons subject to confiscation and/or marking when terms not complied with

Void where prohibited, licensed, or regulated. Good only in U.S.A., A.P.O.'s, F.P.O.'s. Cash value 1/100 cent.

COUPON EXPIRES MARCH 31, 1982

15¢ General Mills U40

STORE COUPON

SAVE 10¢

on any size bottle
ReaLemon®
Reconstituted Lemon Juice

Retailer: Borden will redeem this coupon for 10¢ plus 7¢ for handling when submitted as part payment for any size of ReaLemon Any sales tax must be paid by the consumer Invoices showing purchase within the last 90 days of sufficient stock to cover coupons must be shown on request Coupons must not be assigned or transferred by you. Good only in U.S.A. Cash value 1/20 of one cent. For payment, mail to Borden, Box 1720, Clinton, Iowa 52734. GOOD ONLY ON REALEMON. ANY OTHER USE CONSTITUTES FRAUD. Limit: one coupon per purchase

Coupon expires December 31, 1981

53000 101518

STORE COUPON

SAVE 20¢

ON YOUR NEXT PURCHASE OF
BLUE BONNET®
Light™ Tasty
Spread

RETAILER: Standard Brands will pay the face value plus 7¢ for handling charges, provided you and your customer have complied with the terms of this offer, any other application constitutes fraud Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request Void if prohibited, taxed or restricted Good only in U.S.A and APO/FPO locations Customer must pay any sales tax Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Redeem only through our representatives or by mailing to Standard Brands Incorporated, P.O. Box 1708, Elm City, North Carolina 27898

TO HOMEMAKER:
This coupon is good only on the product indicated.
Any other use constitutes fraud.
LIMIT—ONE COUPON PER PURCHASE.
EXPIRATION DATE—SEPT. 30, 1981.

STORE COUPON

SAVE 7¢

on any size, any flavor
Wyler's® Bouillon, instant or cubes
Wyler's Bouillon, America's # 1 Bouillon

Retailer: Borden will redeem this coupon for 7¢ plus 7¢ for handling when submitted as part payment for any size of Wyler's® Bouillon. Any sales tax must be paid by the consumer. Invoices showing purchase within the last 90 days of sufficient stock to cover coupons must be shown on request. Coupons must not be assigned or transferred by you. Good only in U.S.A. Cash value 1/20 of one cent. For payment, mail to Borden, Box 1720, Clinton, Iowa 52734. GOOD ONLY ON WYLER'S® BOUILLON. ANY OTHER USE CONSTITUTES FRAUD. Limit: one coupon per purchase.

Coupon expires December 31, 1981

53000 101567

STORE COUPON

To receive your **FREE** "Dining At Home" Savings Book, mail in four (4) Universal Product Code Symbols from any combination of the following packages: Blue Bonnet® Soft, Soft Whipped, Diet Margarine or Blue Bonnet Light Tasty Spread to:

"DINING AT HOME"
Savings Book
P.O. Box K
Rochester,
New York 14618

Example of proof of purchase.

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

Note Offer not valid with proofs of purchase from UPC numbers 00822 00815 or 00852 Offer expires September 30 1981 Allow 8 weeks for delivery Void where prohibited by law Standard Brands, Inc., 110 Aliens Creek Road, Rochester, N.Y. 14618

SAVE 23¢

on Pepperidge Farm®
Old Fashioned Muffins



CONSUMER: One coupon per purchase. Good only on product indicated. Consumer pays any sales tax. Not valid in Pepperidge Farm Thrift Stores. **GROCER:** Redeem on terms stated for consumer upon purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. For reimbursement of face value plus 7¢ mail to COUPON REDEMPTION PROGRAM, Box 1000, Elm City, N.C. 27898. Failure to produce on request invoices proving purchase of stock covering coupons may void all coupons submitted. Void if taxed, restricted, prohibited or presented by other than retailers of our products. Cash value 1/100¢ Pepperidge Farm, Incorporated.

COUPON EXPIRES 3/31/82
TAKE THIS COUPON TO YOUR GROCER

..477 Madison Ave., NY, NY 10022 (212) 751-2253



sins. big you can see the difference.
lakes, Crispy Wheats 'n Raisins.
of MMmmm...sure isn't raisin bran
so No Ma'am!

BLUE BONNET®'S savings book!

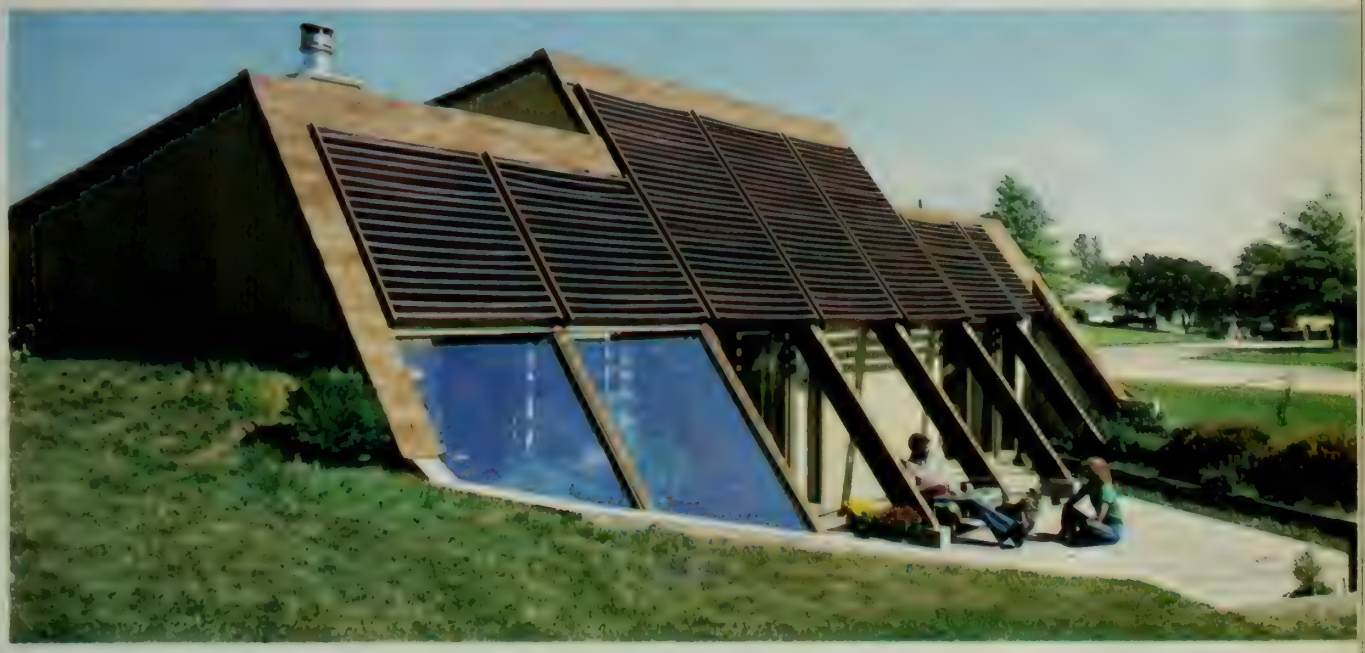


vings on products
cturers:

tric	Mr. Meat Smoker	Revere Ware	Toastmaster
	National Presto	Rubbermaid	Waring
	Nautilus	Seth Thomas	Wear-Ever
	Nordic Ware	Simon & Schuster	Whirlpool
	Oneida	Taylor Instruments	
	Phoenix Glass	Thermometer Corp. of America	

the back of the order form on the left.





Photographs: Bob Hawks Architect: C. F. Abercrombie

A SUBURBAN EARTH-SHELTERED HOUSE AT A SENSIBLE PRICE

By CarolAnn Shindelar

A neighborhood tract development is probably the last place you'd have expected an earth-sheltered home to put down roots. But the fact is, earth-integrated homes are just as practical for city dwellers as they are for country folk. This jewel of a home in a Salina, Kansas, subdivision makes the point beautifully. There it sits on a corner lot, nestled among the split-levels, the ranches, and the story-and-a-halfs, looking as if it were destined to be there.

However, there is one important difference between it and any of the unbermed houses on the block: This house costs a *lot* less to heat. It gets a whopping 76 percent of the energy it needs for free, compliments of the unimpeded south sun. And that means a lot to homeowners Fred and Lila Abercrombie when gusty winds and bitter snows hit Kansas each winter. The Abercrombies' average monthly electric bill last year was $32—which includes their electric hot-water heater and heat pump. And they get all of this efficiency at a square-foot cost that's no more than that of any of their neighbors.

Only Mannington JT88® floors have Never-wax protection.

Protection so thick, tough and lasting your floor will never need a vinyl dressing to keep it shiny.

Protection so resistant even iodine can't penetrate it.

One careless drop of a bottle would ruin most no-wax floors. But not even iodine, black shoe polish or hair coloring stains Mannington. Send for the free booklet below and find out why. Mannington Never-wax. Never more stain resistant. Never more wear resistant. And never more beautiful.



For this FREE booklet or the names of the Mannington dealers nearest you, call toll-free 1-800-345-8112. In Pennsylvania, toll-free 1-800-662-2444.



Lustrecon
Pattern 6127

Mannington Mills, Inc., P.O. Box 30, Salem, NJ 08079.

® Mannington Mills, Inc.
© Mannington Mills, Inc. 1980

mannington™

Thematics® Stand-Out Insert™ is a trademark of S

Rise 'n Sh

Save 50¢ now, and 60¢
See details below.

Save 15¢ on Total, the great tasting c
that gives you 100% of the Recommen
Daily Allowance of nine important vitar
and iron.

Save 20¢ on Cremora, the non-dairy
creamer with the richer, creamier arom
jar. And a creamy taste you just can't b

So tear out attached coupo



STORE COUPON

10¢ Save 10¢

on any size bottle
ReaLemon® Reconstituted Lemon Juice



Coupon expires December 31, 1981

STORE COUPON

U40 Save 15¢

on your next purchase of
Crispy Wheats 'n Raisins®



COUPON EXPIRES MARCH 31, 1982

15c U40

STORE COUPON

7¢ Save 7¢

on any size, any flavor
Wyler's® Bouillon, Instant or cubes
Wyler's Bouillon, America's # 1 Bouillon



Coupon expires December 31, 1981

STORE COUPON

20¢ Save 20¢

ON YOUR NEXT PURCHASE OF
BLUE BONNET®



Another fine product of
Standard Brands INCORPORATED

STORE COUPON

23¢ Save 23¢

on
Pepperidge Farm® Old Fashioned Muffins



COUPON EXPIRES MARCH 31, 1982

NOT A STORE COUPON

Send now for your
FREE
"Dining at Home"
savings book and save over
$1100.00*
on famous name kitchenware and tableware products!



See reverse side for details.
*Based on rebate values plus mail order discounts compared to manufacturer's suggested retail prices.

BLUE BONNET

Thematics® Stand-Out Insert™ is a trademark of **SYNERGISTIC MARKETING, INC.**, 477 Madison Ave., NY, NY 10022 (212) 751-2253

Hey! This isn't Raisin Bran!





It's Crispy Wheats 'n Raisins. With golden crisp wheat flakes, touched with honey. And lots of big sun-grown raisins. Raisins so big you can see the difference. Crispy Wheats 'n Raisins. MMmmm...sure isn't raisin bran. No Ma'am!

Save over $1100.00* with BLUE BONNET'S FREE "Dining at Home" savings book!







BLUE BONNET® is offering savings on products from these leading manufacturers:

American La France	Dazey	Mr. Meat Smoker	Revere Ware	Toastmaster
Borg-Erickson	General Electric	National Presto	Rubbermaid	Waring
Caloric	W.J. Hagerty	Nautilus	Seth Thomas	Wear-Ever
W.R. Case	Walter Kidde	Nordic Ware	Simon & Schuster	Whirlpool
Continental Gourmet Corp.	KitchenAid	Oneida	Taylor Instruments	
Cosco	Mikasa	Phoenix Glass	Thermometer Corp. of America	

*To get your savings book, see details on the back of the order form on the left.





Photographs Bob Hawks Architect C. F. Abercrombie

A SUBURBAN EARTH-SHELTERED HOUSE AT A SENSIBLE PRICE

By CarolAnn Shindelar

A neighborhood tract development is probably the last place you'd have expected an earth-sheltered home to put down roots. But the fact is, earth-integrated homes are just as practical for city dwellers as they are for country folk. This jewel of a home in a Salina, Kansas, subdivision makes the point beautifully. There it sits on a corner lot, nestled among the split-levels, the ranches, and the story-and-a-halfs, looking as if it were destined to be there.

However, there is one important difference between it and any of the unbermed houses on the block: This house costs a *lot* less to heat. It gets a whopping 76 percent of the energy it needs for free, compliments of the unimpeded south sun. And that means a lot to homeowners Fred and Lila Abercrombie when gusty winds and bitter snows hit Kansas each winter. The Abercrombies' average monthly electric bill last year was $32—which includes their electric hot-water heater and heat pump. And they get all of this efficiency at a square-foot cost that's no more than that of any of their neighbors.

EARTH-SHELTERED HOUSE





When you step inside this sunshiny house, you don't even realize that it's windowless on three sides. Only the south face is open to the sun—lots of sun, as you can see in the living room photo *(right).* And one of the key factors in this home's efficient use of energy is the way that south wall opens up to the sun in winter and closes off to the sun in summer.

In winter, the sun's warming rays penetrate deeply into the living spaces of the house; excess warmth settles in the quarry tile floor and 5½ inches of concrete underneath. After sundown, the floor steadily radiates all the warmth it's saved during the day, and movable insulation (in the form of thermal shutters) covers the windows to keep all that free heat inside.

The east and west exterior walls act as heat sinks, too—they're constructed of eight inches of poured concrete and topped with a smooth layer of plaster inside. Four inches of rigid insulation on the outside of those walls, plus two inches of perimeter insulation, keep the house snug as the proverbial bug all winter long.

But what happens in summer? The answer lies in those seven sections of 2x4s stacked across the south glass *(above).* They shade the interior during most of the summer, when the sun is higher in the sky. And since the sun is overhead, it doesn't even penetrate the sliding glass doors leading to the deck. Inside the house, movable insulation is drawn across the windows and doors to further reduce incoming solar heat.

One feature of this home works year round, and that's the tons and tons of earth stacked up against the north, east, and west sides *(top).* Earth is a marvelous moderator of temperature, which varies only a few degrees at a depth of eight to ten feet. So, the blanket of earth wrapped around the Abercrombie house provides a cozy, temperate environment inside, no matter what the season.

The exterior views of the house serve to dispel the myth that earth-sheltered dwellings can only be built into a hillside, or at the very least, on a site with a slope. This house was set into an ordinary city lot and is sheltered with only the soil that was already there—just shifted a bit by a bulldozer.

continued





EARTH-SHELTERED HOUSE





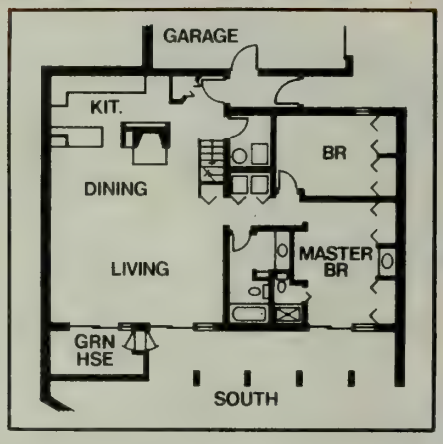
No matter how well a home is integrated into its environment, it can't be termed a success unless it works for the people who inhabit it, too. Fred and Lila Abercrombie have been living in their sod-surrounded home for almost two years now, and they've thoroughly enjoyed the experience. They like the freedom of the home's open-plan living/dining area and relish not having to decorate tiny, walled-up rooms. (Note from the plan how the open activity area is buffered neatly from the sleeping zone by two bathrooms and a space for mechanical equipment.)

Both Fred and Lila also delight in the open-counter kitchen *(above).* It's an integral part of the informal activity area, so the chef of the day never feels isolated.

When quiet time is needed, the upstairs loft is a great place to retreat to *(right).* The Abercrombies use it as a study, and Lila stores her sewing equipment there, too. As you can see in this photo, the soaring ceiling makes the small (1,300 square feet) house seem much larger than it is.

The photo of the loft also provides a good view of the movable insulation covering the south glass. The silver louvers on the upper bank of glass open automatically when the sun hits them, and close again at sunset. During the summer, Fred and Lila usually tie them shut, as shown in the master bedroom photo *(top),* to keep the sun out all day. Fred designed and built shutters to cover the patio doors, too. The shutters swing open to let in light and warmth. Those in the master bedroom are similar, except they're covered with a different fabric.

Buying Information, page 160





Raised-Bed Gardening

FOR BIGGER YIELDS IN LESS SPACE

By Douglas A. Jimerson

For centuries Asian and European gardeners have been producing vegetables in raised beds. Now, this system of growing vegetables intensively in raised beds or mounds is beginning to catch on with American gardeners. One of the advantages of the raised-bed system is that it allows you to grow more and better vegetables in less space. Plus, planting your crops in a raised bed enables you to plant, weed, and harvest the vegetables without having to walk on the soil. One of the best raised-bed gardens in the country belongs to Peter and Sylvia Chan. To improve the soil in their garden, Peter and Sylvia dug a system of raised beds similar to those used in southern China. The finished garden measures 50x25 feet and consists of ten 25-foot-long raised beds. The beds are four feet wide and separated by foot-wide paths. On the following pages we'll show you how the Chans turned their once unproductive backyard into a "food factory."



Photographs: Karlis Grants, Peter and Sylvia Chan. Field editor: Cathy Howard

At first glance, the Chan system of gardening might look complicated. Yet, once established, this type of garden is more productive than a conventional flat garden—and best of all, requires a lot less work. Remember, a raised bed is permanent. That means there's no need to redig or till the garden every spring as you must do with a flat garden.







During cold weather, a cover made from plastic sheeting is unrolled over the top of the cold frames to protect the seedlings, top left. *Peter uses a bulb planter to make the planting holes in the beds,* top right. *Crops like lettuce,* above, *are planted successively.*

Peter and Sylvia keep the garden in constant production. Crops like broccoli, lettuce, German broccoli, beets, kohlrabi, and spinach are started indoors three to five weeks before they are to be set into the garden. Peter believes vegetables should only be used when they are at the peak of freshness, so he's careful not to overplant. He starts small amounts of each vegetable variety. This way the family isn't swamped with more produce than they can handle, and valuable garden space isn't wasted on over-the-hill produce.

When the seedlings are about an inch high, they are moved into individual two-inch pots. Once established in the pots, the young plants are moved outdoors into a portable cold frame.

The two cold frames Peter uses are made from pieces of 1x2 redwood lumber. The frames measure 3x4 feet and fit comfortably over any of the raised beds. Clear plastic sheeting covers the cold frames.

After a week or so in the cold frame, the seedings are moved into their permanent locations in the garden. Peter uses a bulb planter to make planting holes in the beds, carefully spacing the holes at the proper intervals for each crop. Then, he adds a little dehydrated chicken manure to the bottom of each hole and tops the fertilizer with a thin layer of soil to prevent damage to the seedlings' roots. Later, as the crops grow, Peter feeds them once a week with a dilute solution of manure tea. Crops like peas and beans are sown directly in the beds in two-inch deep furrows. After making each furrow, Peter sprinkles a little dehydrated chicken manure in the bottom. Then, he plants the seeds.

Raised-Bed Gardening







Stones removed from the raised beds are used to line the four-foot-wide path down the center of the garden, top left. *Surprisingly, when carrots are grown in clumps,* top right, *they all develop normally and little weeding is necessary. To save space, Peter trains beans and peas to grow up string supports,* above. *Cucumbers, too, are grown in this manner.*







A ½-gallon wine bottle filled with water, top left, *provides melons and cantaloupes with a constant supply of moisture. Plastic sheeting is used to protect the young melon plants in early spring,* top right. *As the melon vines grow, the fruit is tied to string supports,* above.

Carrot seeds, which germinate slowly in the garden, are started indoors too. Peter sows 12 to 15 carrot seeds directly in a two-inch pot. As the plants germinate, he thins them to reduce the pot population to about seven plants.

After hardening off in the cold frame, each clump of carrots is planted in its own planting hole; none of the plants are thinned. Surprisingly, all the carrots grown in this manner develop normally and little space is wasted. Seeds of crops like peas and beans are sown directly in the beds in two-inch-deep furrows.

Cantaloupes and Chinese melons require a warm soil for good growth, so Peter grows them in wooden boxes; sunshine striking the sides of the boxes keeps the soil warmer than the soil in the raised beds.

Peter's melon boxes have no bottoms and are designed to sit on top of the raised beds. As the plants' roots fill the box, they can continue growing into the raised bed below.

Melon seeds are started indoors early in the season. When the plants are an inch or two tall, they are moved directly into the melon boxes. For the first few weeks the young plants are covered by a clear plastic sheet to protect them from late frosts. When frost danger has passed, the plastic cover is removed.

A steady flow of moisture is important for vigorous melon growth, so Peter fills a ½-gallon wine bottle with water and upends the bottle in the soil of the box. As the water slowly drains out of the bottle, the plants are kept slightly moist at all times. Each bottle of water lasts about two or three days.

Raised-Bed Gardening







Tomatoes thrive in a raised-bed garden and are easy to harvest, top left. *Peter lets only the main stem and two side branches of each tomato plant develop,* top right. *All other branches are pinched off as they appear. As the tomatoes mature, Peter clips all the leaves from the bottom eight inches of each plant for better air circulation around the plants,* above.



The raised beds are watered in the early morning once or twice a week, above. *Seedlings are watered more frequently. Peter Chan's book,* Better Vegetable Gardens the Chinese Way, *is available ($4.95) from Graphic Arts Center, P.O. Box 10306, Portland, OR 97209.*

Peter buys his tomato plants as seedlings from a local nursery. When he brings them home, he repots each one in a four-inch pot and places them in a protected location in the garden. In a week or two, he transplants them in the raised beds.

When the tomato seedlings are about 15 inches tall, Peter prunes all but two side branches from each plant. These two side branches and the main stem are allowed to develop and mature. Each stem is tied to one of three stakes around the plant. As other branches develop, they too are removed.

Later, when the plants are taller, all the leaves from the bottom six to eight inches of the plants are removed. Peter feels that this increased air circulation around the plants helps to keep diseases like wilt from getting a foothold.

Good soil preparation is the key to this garden's success. First, the location of each bed is marked off with twine. Then, a sharp spade is used to turn over the soil in the bed to a depth of ten or 12 inches. The center of the bed is dug first. As the soil is turned over, rocks, weeds, grass, and other debris are removed.

After the digging, the level of the bed is higher than the area around it because the soil is in a well-worked state; no new soil has been added to the bed.

All this might sound like a lot of work, but remember that once established, a raised bed is permanent. There's no need to redig or till the garden every spring as you must do with a flat garden. Raised beds also dry out quicker in the spring, giving you a head start on the season. And, you don't have to wait until the garden is tilled to plant your early crops.



HOW TO UNSCRAMBLE A PROBLEM KITCHEN

By Joan McCloskey

In an ideal world, each kitchen would be individually tailored to the family that uses it. But in the real world, many of us either inherit an inadequate kitchen when we buy a new house or outgrow the kitchen we designed many years ago. For whatever reason, if your present kitchen poses problems, it may be time for a remodeling.

The three case histories presented here might provide the nudge you need to get started. Each family lets you in on the joys, woes, and ultimate rewards of a kitchen redo. Some of their solutions to common kitchen design problems might work for you, too. Now let's meet Tom and Joan Day.

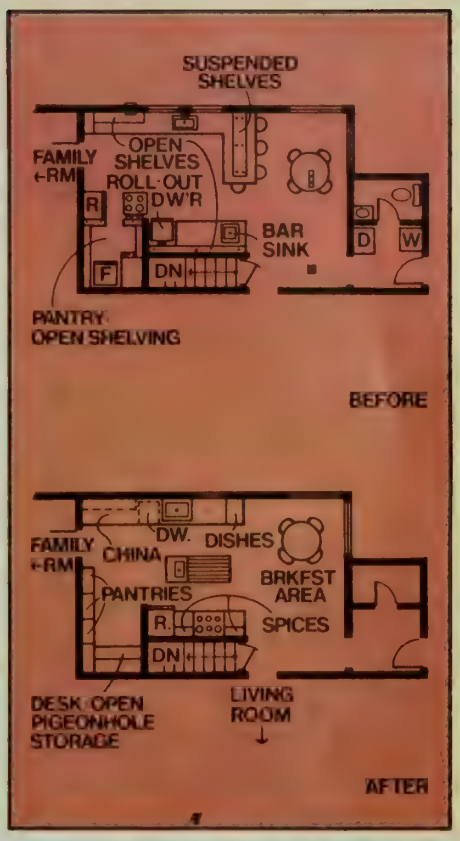
PROBLEM:

For too many years, Tom and Joan Day made do with a kitchen so poorly designed that preparing meals was like running an obstacle course. There were no counters adjacent to the major appliances, and the portable dishwasher was inconveniently parked by the wall opposite the sink—it was almost easier to do the dishes by hand than to roll the machine over to the sink. In addition, the exhaust fan that should have been located over the stove was installed on the opposite wall, so cooking odors lingered long after dinner.

SOLUTION:

The Days first considered a professional kitchen designer, but when he gave them an expensive estimate, they quickly decided to tackle the room themselves. "We knew our limitations, however," Tom says. "If we felt a job was too much for us, we hired it out to a subcontractor."









Photographs: Ernest Braun. Cabinet design: Earl Woodall. General design: Tom and Joan Day. Field editor: Helen Heitkamp

First of all, the Days gutted the 24x12-foot room with gusto and put up new plasterboard. Then they eliminated the funny old pantry and used the space for Joan's desk.

When the Days ripped up the old linoleum and plywood subfloor, they had hoped that the Douglas fir floor beneath would be worth retaining. However, it turned out to be in such bad shape that they decided to add new random oak flooring themselves. "It was just like putting a jigsaw puzzle together," Tom recalls. "We had to make a pattern on the floor and then lay out all the pieces to make sure that the design would work."

The whole work area was keyed to the 6x3-foot chopping block island. It's outfitted with a small bar sink, disposer, and pop-up shelves for the mixer and food processor.

The pot rack is Tom's design. It's made of copper tubing and sheet brass and measures five feet by 22 inches. Tom glued all the parts together with a construction adhesive and treated the whole network with polyurethane. The rack was designed to provide hanging space inside and outside for cooking utensils and skillets.

The range wall features pecan cabinets and glass doors. Glass canisters full of baking staples and pastas are visible through the doors, but the containers don't collect dust as they would on open shelves. To the left of the range is a pull-out cutting board. "That's where I put cakes and cookies to cool," says Joan.

The changes to the sink side of the room were less major than to the range side. All the windows were framed with 1x4 beveled pecan wood trim to match the cabinets. A dado and new wallpaper also were added around the dining table.

Buying information, page 160



PROBLEM-SOLVING KITCHENS

Like many major kitchen remodelings, this one required the combined efforts of homeowner and architect. The architect removed partitions and streamlined the traffic flow. But it was the homeowner who added those personal touches that make this kitchen one of a kind.

PROBLEM:

When these homeowners bought their 1930s "neo-colonial" home, they did it in spite of the kitchen. The "before" plan was a warren-like jumble of back hall, laundry room, an 8x10-foot kitchen, and a pantry. Not only that, the tiny kitchen itself was riddled with problems: inadequate storage, lack of counter space, and obsolete appliances.

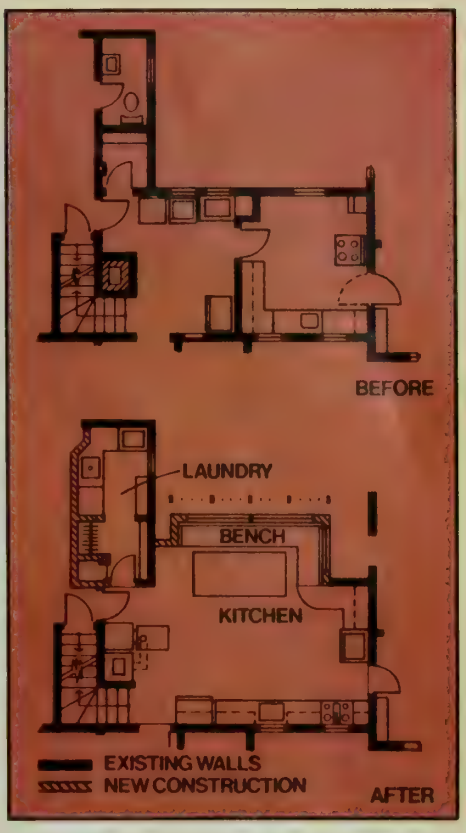
SOLUTION:

To solve the problems and improve the looks of the kitchen, the owners enlisted the help of an architect. He relocated the laundry appliances and incorporated the laundry room space with the kitchen (see the "after" plan), creating the sunny family center that the owners wanted.

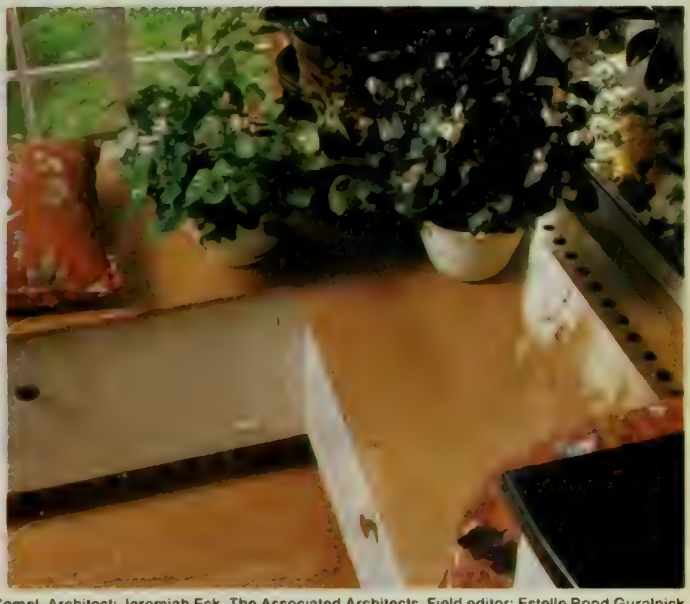
Two features of the original kitchen were retained at the owners' insistence: the small-paned windows and the old-fashioned painted wood cabinets *(opposite, top)*. These helped set the mood for the remodeled kitchen.

To gain the open space necessary for the new family kitchen, the architect substituted a concealed beam for the partition that separated the laundry from the small kitchen. The existing beams were sandblasted as part of the renovation. The architect also bumped out the room five feet to gain a new bay window with a built-in window seat to complement the two existing bay windows in the dining room and study. The









Photographs: Maris/Semel. Architect: Jeremiah Eck, The Associated Architects. Field editor: Estelle Bond Guralnick

new bay faces south to capitalize on passive solar energy. To relate the new window to the other windows, the architect used two 5x5-foot glass sliders that can be opened in the summer. Since the sliders are not available with small panes, the architect built a wood trellis two feet outside the glass to give the illusion of small panes *(above)*. Deciduous vines were planted on the trellis to provide shade in the summer without blocking the sun's winter rays.

To keep the kitchen toasty warm in the winter, 1¼-inch-diameter holes *(far right)* were drilled along the baseboard kick space and on the windowsill itself. The holes direct warm air into the kitchen from the radiator that's hidden behind the storage bench.

The owners refurbished the original wood cabinets *(top)* with stained wood knobs that have an old-fashioned flavor. The rounded counter end is reminiscent of the 1930s, too.

Surfacing materials were particularly important to the owners. They chose slate for the counters because it requires minimum maintenance. (Slate tops are available in 2x6-foot lengths.) The joints are sealed with a special slate sealant, and the counters themselves can be treated with a solution of half linseed oil and half turpentine.

Oak flooring, the oak window seat, and the wood-burning stove all contribute to the kitchen's casual, lived-in look. The original chimney wall has been closed off and is used as an incinerator. In the remodeling, plaster was removed to expose the brick face and a brick step-back hearth was added. Behind the stove is a slate ledge large enough to hold a portable television set. Below the ledge is an opening where logs can be stored.

Buying information, page 160



PROBLEM-SOLVING KITCHENS

The Brodys wanted a live-in kitchen where the whole family could cook together and relax together without getting in each other's way. Two workhorse islands help zone the kitchen/keeping room for both activities.

PROBLEM:

According to Helene and Elliott Brody, their old kitchen was gloomy enough to depress a confirmed optimist. The cabinets were dark and poorly constructed, and the floor was a dismal dark green linoleum. But the drab color scheme wasn't the only problem; a peninsula cut up the room so traffic jammed rather than flowed (see the "before" plan).

When one of the cabinet shelves collapsed under the weight of the Brodys' dinnerware, Helene decided that the time had come for a total remodeling—not just a face-lift.

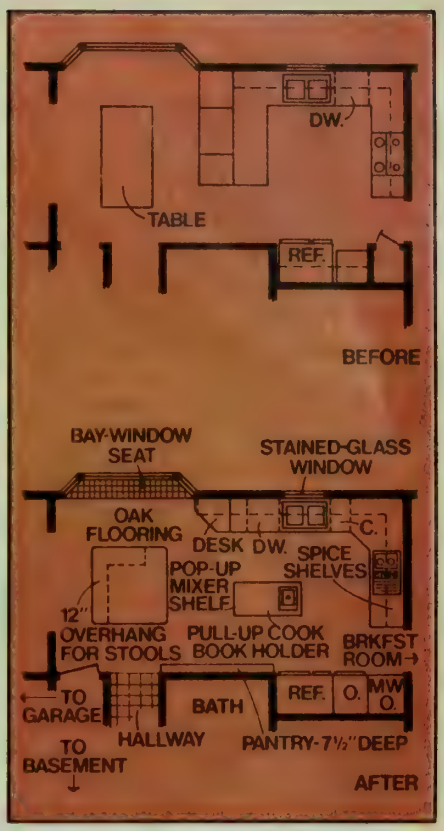
SOLUTION:

To zone activities and handle a lively flow of family traffic, the Brodys installed two islands. The large island *(above)* with its deep overhang is an ideal place for quick meals and also acts as a work surface. The 12-inch overhang wraps around the island on two sides *(above)* to allow stools to scoot beneath.

Three doors on the left side of the island open to deliver pop-up shelves. The same kind of pop-up shelves supply extra work space for the smaller island, too; one is shown partially extended, *above*. Another shelf in the large island swings up to present the food processor at a convenient working height (*lower left, opposite*); then it can slide back down to its storage space to free the laminate surface for working.

The ceiling sets the tone for the coun-









Photographs: William N. Hopkins. Design: George Granseth. Interior design: Don Williams, Younkers. Field editor: Maxine Schweiker

try mood the Brodys wanted. Pine car siding is coupled with dark beams to create a pattern that accentuates the woody look. Adding to the casual feeling is the diagonal random-width oak flooring. The overhead lighting fixture is surfaced in earth-toned tiles that match those on the bay window seat.

The second island *(top* and *lower right)*. is a real workhorse. It's outfitted with a stainless-steel bar sink that Elliott uses during big parties. Another flip-up shelf here holds often-used small appliances. Helene chose a butcher block top for this island since she uses it primarily for vegetable slicing and chopping chores.

Behind the small sink is an ingenious device—a pop-up cook book holder that keeps the book handy yet off the counter. A plastic shield protects the book from spots and splatters.

Tall appliances—the wall ovens, microwave oven, and refrigerator—are located against the traffic wall. A pullout shelf under the microwave oven makes a handy resting spot for dishes hot from the oven. A low cabinet at the left of the ovens holds paper products and all of the microwave cookware.

The actual working core of the kitchen is a compact triangle consisting of a double sink, self-venting cooktop, dishwasher, and trash compactor. Expanses of almond-toned laminate counters allow the cook plenty of space to spread out ingredients and utensils.

Pecan doors along the oven wall (see the plan) hide a floor-to-ceiling pantry that's only 7½ inches deep. But shallow though it is, it's sufficient to hold quantities of canned and bottled goods. One advantage of the narrow shelving is that cans and bottles are readily accessible and never get lost in a far corner.

Buying information, page 160

EATING BETTER FOR LESS

By Marlene Brown

Do you get the feeling that you're losing the battle against ever-rising food prices? Don't throw in the kitchen towel! We're about to prove that even today you can keep your budget in line and still enjoy tasty, nutritious meals. To do it, you first need to cope with the two most notorious food budget busters: costly meat and wasted leftovers. But just as important, you must learn to recognize and make use of bargains.

On the next few pages are a dozen tasty new recipes. They're designed to help you capitalize on meat that's on special . . . vary your menus with protein bargains you may be overlooking . . . and recycle leftovers into entrées as tempting as the first go-rounds. And each recipe costs less than 80 cents a serving.

But the story we have to tell goes beyond the recipes. There's also a handy clip-and-save, dollars-and-cents chart on smart meat, fish, and poultry buying, plus a market basketful of tips to help you make the most of your food funds. So start deflating inflation—deliciously!



Photographs: William Sladcik. Food stylist: Fran Paulson

Take Advantage Of Meat Specials

It makes as much sense for cooks to read grocery store ads each week as it does for investors to check the stock market reports. By perusing the ads, you can take advantage of the buys that fit your budget and your taste. Our use-what's-on-special recipes work equally well when prepared with different meats or poultry, so you can substitute a good bargain for a more expensive cut, without sacrificing an iota of flavor. Remember, the economy of a cut depends on the amount of cooked lean meat you end up with, not simply the price per pound. Turn to page 110 for a handy guide to comparing the cost of meat cuts, poultry, and fish.

Snap up specially priced pork chops or chicken or turkey parts to make ***Spicy Pork Chop Skillet*** *(top right)*. Smother the meat or poultry in a spicy tomato-wine sauce that's studded with raisins and olives.

Combine your ground meat purchase (we chose ground turkey) with seasoned stuffing mix and pork sausage to make two marvelous mini meat loaves. Serve ***Turkey and Dressing Loaves*** *(bottom right)* with a cranberry-catsup sauce.

Even if the prices of steaks or chops seem out of sight, you can serve ***Steak With Parsley Pesto*** *(bottom left)* for a modest outlay. Start with dollar-wise beef top round, beef chuck or pork steaks, or lamb chops broiled with a coating of parsley and Parmesan.

Pot roasting isn't limited to beef. Try pot-roasting chicken, as shown, or even a turkey breast, pork, or lamb roast, to make our delicious ***Buttermilk Pot Roast*** *(top left)*. Serve with the creamy gravy, and round out the platter with the best produce bargains you can find.

Recipes begin on page 116.
Buying information, page 160



Diversify With Offbeat Bargains

The key to trimming the fat from food costs is to look beyond the most popular meat and poultry selections and try some offbeat bargains. As these recipes prove, the payoff can be delicious.

For starters, take advantage of the rock-bottom prices on meats with lots of bone, such as beef shank crosscuts. They're great in ***Chili Beef Stew With Whole Wheat Dumplings*** *(top right).* Canned chili with beans and brown 'n serve sausage round out the protein in this winter-day specialty.

You can "catch" fish at sensible prices year round by choosing lesser known fresh or frozen varieties such as turbot, pollack, whiting, or mullet. To make ***Cape Cod Pasta*** *(bottom right),* net some thrifty whitefish fillets and combine them with canned clams in a vegetable sauce.

Another offbeat bargain well worth discovering is tofu (soybean curd). Teamed with nuts, seeds, and beans, it can make small amounts of cheese or eggs go a long way. Case in point: ***Tofu-Lentil Pie*** *(bottom left)* which features a layer of lentils and tomato under a tofu-cheese-egg topper.

And don't overlook variety meats. True to their name, they can add variety to your menus for a nominal fee. A bargain-priced platter of beef ***Tongue With Carrot Sauce*** *(top left)* is not only easy on the budget but tastes like an expensive restaurant entrée.

Recipes begin on page 116.
Buying information, page 160




EATING BETTER
FOR LESS

Capitalize On Leftovers

If the leftover foods in your refrigerator carried price tags, wouldn't you be more likely to use them? The truth is, they represent a very real cost to you in terms of your original food investment, so it's wise to treat them as working capital.

If you're often left with small amounts of meat or vegetables, freeze the leftovers until you accumulate meal-sized amounts. Then put them to good use in these special recipes.

A quiche is a classic way to corral leftovers deliciously. To make ***Individual Quiches in A Crepe*** *(top center),* you use two crepes for each crust, then pour on a hearty filling of eggs, cheese, spinach, and whatever cooked meat you have on hand.

Mold yesterday's cooked turkey, chicken, beef, or pork with cucumber, bacon, and chopped romaine, and you have today's gourmet ***Turkey-Romaine Mousse*** *(top right).* Wrap the loaf in steamed romaine leaves if you like, and slice and serve it on bread slices for a refreshing cold supper. This loaf also makes a low-cost but high-class hors d'oeuvre.

You'd never know it's the second time around for cooked mashed potatoes, vegetables, and Sunday's roast when they're glamorized in ***Self-Sauced Potato Puff*** *(bottom right).* The top is a cheesy soufflé while a basil-flecked vegetable-meat sauce bubbles beneath.

Mock Schnitzel With Lemon *(bottom left)* is a thrifty takeoff on the Austrian classic. Leftover meat slices are coated in a bread crumb-sesame seed mixture and sautéed just till crisp and hot. Serving spaetzle alongside is a long-standing tradition.

Recipes begin on page 116.
Buying information, page 160





EATING BETTER FOR LESS

FOOD NOTES

Eating Better for Less

Shopper's Guide to Best Protein Buys

Getting the best buy in meat, poultry, or fish is simply a matter of figuring the cost per serving. You divide the cost per pound by the number of servings per pound you can expect from a cut of meat, poultry, or fish after the bones and fat have been removed.

There's no need to get bogged down by the arithmetic: in the chart below, all the calculating has been done for you. For instance, if you're considering buying pork spareribs at $1.79 per pound, the chart shows you'll get two servings per pound at 90 cents a serving. A boneless pork roast priced at $2.19 per pound will yield six servings per pound at 36 cents per serving. Even though the boneless pork costs more per pound than pork spareribs, the boneless cut is the better buy. Clip this money-saving chart for easy reference.

For more buying tips, turn to page 112.

COST - PER - SERVING GUIDE TO MEAT, POULTRY, AND FISH

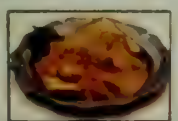
Price per pound	Cost per serving (6 servings/lb.)	Cost per serving (4 servings/lb.)	Cost per serving (2 servings/lb.)
	Meat: Boneless cuts such as beef and pork roasts, steaks, ham, stew meat, liver, bacon, frankfurters, and luncheon meats; canned meat. *Fish:* Canned fish and seafood.	*Meat:* Cuts with some bone such as bone-in roasts, steaks, hams, and chops, ground meat, and and sausage. *Poultry:* Boned breasts, boned and rolled roasts. *Fish:* Fillets, block frozen fish, shelled seafood.	*Meat:* Meats with much bone, such as short ribs, shanks, spareribs and country-style ribs, hocks and oxtail. *Poultry:* Whole broiler-fryers, roasters, and stewing chickens, chicken and turkey parts (except wings and backs).
.99	.16	.25	.50
1.09	.18	.27	.55
1.19	.20	.30	.60
1.29	.22	.32	.65
1.39	.23	.35	.70
1.49	.25	.37	.75
1.59	.26	.40	.80
1.69	.28	.42	.85
1.79	.30	.45	.90
1.89	.32	.47	.95
1.99	.33	.50	1.00
2.09	.35	.52	1.05
2.19	.36	.55	1.10
2.29	.38	.57	1.15
2.39	.40	.60	1.20
2.49	.42	.62	1.25
2.59	.43	.65	1.30
2.69	.45	.67	1.35
2.79	.46	.70	1.40
2.89	.48	.72	1.45

Hot sandwiches taste better when you remember the Campbell's



Golden Tomato Rabbit

3 slices bacon
1 medium onion, chopped
1 can (10¾ ounces) Campbell's Tomato Soup
¼ cup milk
1 cup shredded, sharp process cheese
Toast points



In saucepan, cook bacon until crisp; remove and crumble. Cook onion in drippings until tender. Blend in soup, milk and cheese. Heat until cheese melts; stir occasionally. Serve over toast; garnish with bacon and parsley. Makes about 1½ cups.

Italian Meatballs with Mushrooms

1 lb. ground beef
½ lb. hot Italian sausage (casing removed)
½ cup fine, dry bread crumbs
1 egg, slightly beaten
½ cup finely chopped onion
½ tsp. salt
1 can Campbell's Golden Mushroom Soup
¼ cup water
1 small clove garlic, minced
¼ tsp. oregano leaves, crushed
6 long, hard rolls, slit and toasted



Mix thoroughly beef, sausage, bread crumbs, egg, onion and salt; shape into 24 meatballs. In skillet, brown meatballs; pour off fat. Add soup, water, garlic and oregano. Cover; cook over low heat 20 minutes or until done. Serve in rolls. Makes 6 sandwiches.

Easy Eggs Benedict

1 can Campbell's Cream of Mushroom Soup
3 egg yolks
2 tbsp. lemon juice
Generous dash hot pepper sauce
½ cup melted butter or margarine
Sliced Canadian bacon or ham, heated
English muffins, split and toasted or toast
Poached eggs



In blender, combine soup, egg yolks, lemon juice and hot pepper sauce. Cover; blend on high speed a few seconds. With blender *still* on high speed, remove cover. *Very slowly* pour butter in a steady stream into soup mixture. Blend 3 minutes more or until thick. Pour into saucepan. Heat; stir occasionally. Arrange bacon on muffins; top with eggs. Pour sauce over all. Makes 6 servings.

Campbell Cookbook Offer

Please indicate the number of hard-cover cookbooks you'd like to order in the space provided below:

"Cooking with Confidence in your Microwave" @ $7.95 ea. _____

"The International Cook" Cookbook @ $4.00 ea. _____

"The Creative Cook" Cookbook @ $3.95 ea. _____

THEY MAKE IDEAL GIFTS.

Send check or money order with your name, address and zip code to Cookbook, Box 1305, Maple Plain, MN 55348. Offer good only in U.S.A. Void if taxed, restricted or forbidden by law. Offer expires 12/31/81. Campbell Soup. Co., Camden, NJ 08101.

They always eat better when you remember the soup.

A bit of old Italy



Enjoy the exotic Italian flavor of this delicious 5-minute side dish—Noodle Roni Parmesano! Tenderthin egg noodles, a blend of Parmesan and Romano cheeses, seasonings and herbs. Noodle Roni Parmesano—a bit of old Italy. From Golden Grain, the makers of Rice-A-Roni.



ENJOY THESE OTHER NOODLE RONI SIDE DISHES—STROGANOFF AND ROMANOFF.

begins on page 104

Eating better for less

BUYING RED MEATS

When shopping for meat, you can use a basic rule of thumb if you don't have the chart for reference: for boneless and lean meats, expect 5 to 6 servings per pound; for meat with some bone or fat, 4 servings per pound; and for meats with large amounts of bone or fat, 2 servings per pound.

Steaks and chops are among the most prized cuts of meat. These cuts come mainly from the rib, short loin, and sirloin parts of the beef, veal, or lamb carcass, and the loin of pork. Since those portions or muscles get the least exercise, they'll be the tenderest after a minimum amount of cooking. They also tend to be the most expensive meats you can buy.

You can enjoy these tender cuts more often if you use the Meat-Buying Chart on page 110 to determine the best value for your money. Also take advantage of family-size packages of pork chops or thinly sliced sirloin steaks at special prices. Top round steak usually costs less per pound than eye of round steak.

Roasts can be a thrifty option, not only because they contain some of the more desirable steaks and chops, but also because the initial price per pound is usually lower than if you purchased the chops separately.

You can purchase a large family-size roast which will provide both the tender and less tender cuts. Divvy it up yourself to provide several different meals. For example, you can portion a pork roast into chops and bite-sized chunks for kabobs. A beef chuck blade pot roast can be divided 3 ways: use the blade and center meat portion for cubed meat for a stew, reserve the top blade section for a small pot roast, and cut up the center muscle for a beef pot pie or stir-fry.

Bony meat cuts such as beef, lamb, or ham shanks, ribs, pork hocks, and oxtail have a place in every budget. The bones and meat add a wonderful flavor to soups and stews, since all these cuts require long, slow simmering to make them tender. Though these cuts will yield only about 2 servings per pound, you can make the meat go further by supplementing it with small amounts of beans, lentils, or cheese.

Ground meats, whether beef, veal, lamb, pork, ham, or turkey, all provide 4 servings per pound. However, you'll find that the fat content will affect the price, particularly with respect to ground beef.

The fat content of ground beef is regulated by federal and state laws. By law, ground beef must be at least 70 percent lean. Some package labels will carry the statement "not less than X percent lean" (or no more than X percent fat), but this type of labeling is strictly voluntary.

Ground beef may be labeled ground chuck, ground sirloin, or ground round to show the cut of meat that was used. When fat content information isn't given, use this rule of thumb to help you judge the amount of fat present in the meat: ground chuck usually contains the most fat, and ground round the least.

The fat content of ground pork, veal, lamb, ham, and turkey is not governed by state law, but ground turkey, veal, and lamb are the leanest of the group.

VERSATILE VARIETY MEATS

To add a new dimension to menus, call on variety meats, because they're high on nutrition and low on waste. Liver, heart, kidney, and tongue are rich in iron and B vitamins and have virtually no bone and little fat. And since there's less demand for these cuts of meat, they're inexpensive enough for you to enjoy them often.

The beef variety meats are the best known and most popular; the veal, pork, and lamb counterparts are less common. Some retail stores do not stock heart, kidney, or tongue; you might have to special-order them. Tongue offers the most variety; you can buy it fresh, smoked, or pickled. Fresh tongue is cheapest.

POULTRY POINTERS

Poultry, whether it's fresh or frozen, will always be a smart buy. If your family is picky about the parts they like to eat, buy bonus packs of chicken pieces which usually contain extra legs, wings, or breasts. Use the bonier parts, such as the backs, necks, and wings, to make a rich stock for soups or stews.

continued

Streusel Swirl.® The 6-meal cake.



We call Streusel Swirl the 6-meal cake because it's ideal for any meal. It's perfect with a simple breakfast, a sandwich lunch or even a sumptuous dinner. Not to mention those coffee breaks, after-school snacks and midnight raids. And it's no wonder—with that scrumptious swirl of flavor inside and luscious light glaze outside. Streusel Swirl cake mix from Pillsbury. It's perfect for any meal.

Pillsbury

© 1980 The Pillsbury Co.

continued

Eating better for less

Start a cache of chicken livers in your freezer—they'll make a gourmet appetizer for a special occasion.

Whole chickens are less expensive than cut-up chickens. When whole broiler-fryers are available at special prices, keep in mind that the larger the bird, the more meat you'll be getting in proportion to bone. More mature stewing hens are a good buy if you're planning to make pot pies, stews, or soups.

Turkeys are another smart purchase year round, although the self-basting types, as well as the boneless turkey roasts, are more expensive. Again, the bigger the bird, the better the buy. Keep an eye out for budget-wise turkey parts; hindquarters and legs are commonly sold in the frozen food section and are good buys.

FISH FACTS

Fish won't make waves in your budget if you shop with an eye toward value. Unless you live near the ocean, you'll probably find that frozen fish is the least expensive form. Block-frozen fish is more economical than fish fillets and steaks. Or, try fish sticks and portions for good value. (Compare the amount of breading on fish sticks or pieces; some brands actually give you little fish for your money.)

Many whitefish, such as haddock, halibut, whiting, cod, flounder, and turbot, are interchangeable in recipes, so you can take advantage of whichever is the least expensive.

Of the canned varieties, tuna and salmon are good buys because they contain little waste. Remember that the whiter the tuna and the redder the salmon, the more they cost.

CHOOSING CHEESE

Adding cheese to a meat or egg dish not only helps stretch the protein, but adds a delicious flavor bonus, too. Buy hard natural cheese such as a



cheddar, brick, or Swiss in wedges or chunks of several pounds, if possible. You can cut a large piece of hard cheese into several small portions and freeze some for later use. When you purchase presliced or preshredded cheeses, you're paying extra for the convenience.

Processed cheeses are cheaper than natural cheeses; but note that the protein content of processed cheeses is slightly lower since they contain more moisture than natural cheeses do.

Choose cottage cheese or farmer cheese over ricotta if your recipe allows and you're watching your pennies.

EGG BUYMANSHIP

Eggs are among the most economical—and versatile—buys you'll find today. If you're confused by the variety of sizes and prices, remember the basic rule of thumb: if the price difference between sizes is *less* than 7¢, choose the larger size.

Eggs are sometimes available in AA, A, and B grades. Grade AA eggs are usually the freshest. You can tell the difference between grades when you break an AA-graded egg next to a B egg: the latter will spread farther. But when it comes to taste, you shouldn't be able to tell them apart. Purchase A and B grades for use in baking and cooking; save the AA grade for frying or poaching.

Eggs not only stand well on their own, they'll add protein power to dishes with small amounts of cheese, meat, or beans.

BEANS, PEAS, AND LENTILS

Beans such as great northerns, garbanzos, kidneys, soybeans, limas, and navy beans as well as peas and lentils are all high in protein. But they must be combined with meat, eggs, cheese, whole grains, nuts, or seeds to make them complete proteins. One cup of cooked dry beans, peas, or lentils constitutes one protein serving when you eat them in combination with one of the supplementary foods just listed.

When it comes to budget stretching, beans, peas, and lentils are ideal because they make the most of a little

continued

What's an easy way to make lunches something scrumptious?



ust open a jar of Cheez Whiz rocess cheese spread. Then fix a ittata, fast. Or skip the mayo nd go for mellow, making tuna andwiches that really stack up. Vith Cheez Whiz, you can skip rating and slicing too. Kraft's reamy blend, made with real heeses, is all ready. Keep it on and to give you a hand, in ways ven a budget will love. Try Cheez Vhiz process cheese spread for nch. It's simply scrumptious.

unchtime Frittata

cup chopped green pepper
tablespoon PARKAY Margarine
eggs, slightly beaten
8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
cup chopped pimiento
reen pepper rings or avocado slices

n 10-inch skillet, sauté green epper in margarine. Gradually dd eggs to process cheese pread; mix well. Stir in pimiento. our egg mixture into skillet. over; cook over low heat 20 inutes. Uncover; continue ooking 5 to 10 minutes or until gg mixture is set. Garnish with reen pepper rings or avocado ices. 4 to 6 servings.

Open-Face Tuna Delights

1 6½-oz. can tuna, drained, flaked
½ cup chopped celery
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
¼ cup chopped onion
6 whole-wheat bread slices, toasted
Lettuce
Thin tomato slices
Thin cucumber slices

Combine tuna, celery, ⅓ cup process cheese spread and onion; mix lightly. For each sandwich, cover toast slice with lettuce, tomato, cucumber and ¼ cup tuna mixture. Top with remaining process cheese spread. 6 sandwiches.

Good cooking's so easy with Cheez Whiz.

10¢ STORE COUPON 10¢
REDEEM PROMPTLY
ONE COUPON PER ITEM PURCHASED

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax.

For redemption mail to:
KRAFT, INC. RFG,
P.O. BOX 1600,
CLINTON, IOWA
52734 P1-9



KRAFT
© 1981 Kraft, Inc.

21000 109302

10¢ OFF Cheez Whiz pasteurized process cheese spread. Any size, any flavor.

10¢ 10¢

© 1981 Kraft, Inc.

continued

Eating better for less

meat or cheese. You'll pay a bit more for some beans that are presoaked, but uncooked. On the other hand, you'll save considerable time and effort.

TIPS ON TOFU

Tofu, or soybean curd, is an Oriental import that's fast becoming a familiar food at produce counters across the country. Packaged in plastic containers, tofu resembles thick bricks of cream cheese. It has a very mild flavor that takes well to added seasonings and condiments.

Tofu becomes a good source of protein when you combine it with small amounts of meats, eggs, or cheeses. Cut tofu into cubes for salads, puree it in a blender to add richness to creamy salad dressings, vegetable soups, or quiches, or add it to a stir-fry during the last minute of cooking. Crumble tofu and stir it into scrambled eggs, or cut it into snack-sized dunkers to go with soy sauce or hot mustards.

The cost per serving for each of the following recipes was based on September, 1980, prices in a Midwestern supermarket. In the case of recipes where a choice of ingredients is given, the cost per serving was calculated using the first option.

Note: Microwave recipes were tested in counter-top ovens. Timings are approximate since ovens vary by manufacturer.

SPICY PORK CHOP SKILLET

5 pork chops, cut ¾ inch thick *or* 2½ to 3 pounds cut-up turkey *or* chicken
¼ cup chopped onion
1 clove garlic, minced
2 tablespoons cooking oil
1 8-ounce can tomato sauce
½ cup dry white wine
1 teaspoon lemon-pepper seasoning
¼ teaspoon dried marjoram, crushed
¼ cup raisins
4 teaspoons cornstarch
2 tablespoons cold water
¼ cup sliced ripe olives (optional)
Hot cooked rice
Parsley sprig (optional)

If using turkey parts, remove wing tips from turkey wings; reserve for another use. In a Dutch oven or large skillet brown pork chops, turkey parts, or chicken pieces, on all sides with onion and garlic in hot oil. Drain off excess fat. Add tomato sauce, wine, lemon-pepper seasoning, and marjoram to skillet. Heat to boiling; reduce heat. Simmer, covered, 20 minutes for pork chops, 30 minutes for turkey or chicken. Uncover, stir in raisins. Simmer, covered, 5 minutes longer for chops, 30 to 40 minutes longer for turkey, 15 to 25 minutes longer for chicken. Remove meat or poultry from skillet; cover and keep warm. Skim excess fat from drippings. Blend cornstarch into cold water; stir into drippings. Cook and stir till thickened and bubbly; cook 1 minute more. Stir in olives, if desired. Cook 1 minute more. Spoon hot cooked rice into serving dish; top with meat pieces or poultry. Spoon some sauce over meat; pass remaining sauce. Garnish meat with a fresh parsley sprig, if desired. Makes 5 or 6 servings. About 75¢/serving.

Microwave directions: If using turkey or chicken, cut large parts in half. In a 12x7½x2-inch nonmetal baking dish micro-cook oil, onion, and garlic till onion is tender, about 2 minutes on HIGH. Arrange pork chops or poultry, skin side up, in baking dish. Combine tomato sauce, wine, lemon-pepper seasoning, and marjoram; pour over meat or poultry in dish. Cook, covered, 8 minutes for chops, 20 minutes for turkey, and 10 minutes for chicken; and give dish a quarter turn every 5 minutes, spooning sauce over meat each time. Stir in raisins. Cook, covered, 2 to 4 minutes for pork chops, 15 to 18 minutes for turkey, and 12 to 15 minutes for chicken, or till meat is done, rotating dish as necessary. Remove meat to warm platter; skim fat from pan drippings. Blend cornstarch into cold water; stir into drippings. Cook, uncovered, about 2 minutes or till thickened and bubbly, stirring after each minute. Stir in olives, if desired. Serve as directed above.

TURKEY AND DRESSING LOAVES

Any leftover meat loaf can be sliced cold for sandwiches, or broken up and added to a pasta sauce—

1 beaten egg
½ cup milk
¾ cup herb-seasoned stuffing mix
3 tablespoons chopped onion
1 tablespoon dried parsley flakes
½ teaspoon salt
⅛ teaspoon pepper
1 pound ground turkey, beef, pork, *or* lamb
8 ounces bulk pork sausage

• • •

¾ cup whole cranberry sauce
¼ cup catsup
Curly endive (optional)

In bowl combine egg, milk, stuffing mix, onion, parsley flakes, salt, and pepper. Add ground meat and sausage; mix well. Divide mixture in half; shape each half into a loaf. Place both loaves in a shallow baking pan. Bake, uncovered, in a 350° oven for 45 minutes. Drain off excess fat. Meanwhile, in small saucepan combine cranberry sauce and catsup. Cook and stir till heated through. Spoon some of the sauce over loaves. Bake 15 minutes more. Place loaves on heated platter; garnish with curly endive, if desired. Reheat and pass remaining sauce with meat. Makes 6 servings. About 50¢/serving.

Microwave directions: Prepare and shape meat loaf mixture as directed; place loaves in a shallow nonmetal baking dish. Micro-cook, uncovered, on HIGH for 5 minutes. Give dish a half turn. Reduce power to MEDIUM. Cook, 10 minutes, giving dish a half-turn after 5 minutes. Remove meat loaves from oven. Drain off excess fat. In a small bowl combine the cranberry sauce and catsup. Cook, uncovered, for 2 minutes or till heated through. Spoon some of the sauce over meat loaves. Cook meat loaves, uncovered, for 10 to 12 minutes more or till meat is firm and loses its pink color and internal temperature is 170°; give dish a half-turn once. Let loaves stand 5 minutes before serving. Reheat remaining sauce, if necessary. Serve as directed above.

STEAK WITH PARSLEY PESTO

Parsley, a year-round bargain, replaces basil in this broiled pesto topper—

1 1-pound beef top round *or* chuck steak *or* 4 pork blade steaks *or* lamb shoulder arm *or* blade chops
Salt and pepper

continued

Hot diggity dollar! Cheese 'n Wiener Crescents.



Save $1.00 and watch the smiles for Cheese 'n Wiener Crescents, made with three delicious favorites: Oscar Mayer® hot dogs, Kraft natural sharp cheddar cheese and Pillsbury Crescent Rolls. Roll some up today, then send away for a $1.00 refund. Now that's a hot item! See details below.



1. Slit Oscar Mayer hot dogs to within ½" of ends; insert strips of Kraft natural sharp cheddar cheese.

2. Place hot dog on shortest side of Pillsbury Crescent dough triangle; roll up.

3. Place cheese-side-up on cookie sheet. Bake at 375° F. for 12 to 15 minutes or until golden brown.

THIS MAIL-IN FORM MUST ACCOMPANY REQUEST

Mail to: The Pillsbury Company
Box 281, Dept. 444
Minneapolis, MN 55460

I have enclosed as proof of purchase the horse and wagon symbol with the net weight declaration from one package of Kraft natural sharp or New York extra sharp cheddar cheese, one label from any Oscar Mayer® wieners or beef franks package, and one label from an 8-oz. can or labels from two 4-oz. cans of Pillsbury Crescent Rolls.

Please send my $1.00 refund to:

NAME _____
(Please Print)

ADDRESS _____ APT_____

CITY_____ STATE _____ ZIP_____

LIMIT: ONE REFUND PER FAMILY OR ADDRESS. Offer expires Sept. 30, 1981 and is good only in U.S.A., its territories and APO/FPO addresses in which this Offer Form is displayed or advertised. Void where prohibited, taxed or restricted. Proofs of Purchase submitted without this Offer Form or by clubs or organizations will not be honored. DUPLICATE REQUESTS WILL CONSTITUTE FRAUD. THEFT, DIVERSION, REPRODUCTION, SALE OR PURCHASE OF THIS FORM IS PROHIBITED.

KRAFT Pillsbury Oscar Mayer

© 1981 Kraft, Inc.

continued

Eating better for less

1 egg
2 tablespoons cooking oil
2 cups lightly packed fresh parsley sprigs
1½ teaspoons dried basil, crushed
1 clove minced garlic
½ teaspoon salt
3 tablespoons grated Parmesan cheese
3 tablespoons fine dry bread crumbs
Broiled onion slices
Butter *or* margarine

Slash any fat edges of meat to prevent curling. Place meat on unheated rack of broiler pan. Sprinkle with salt and pepper. Broil 3 inches from heat according to timings below, turning once and sprinkling with salt and pepper to taste.

Meanwhile, in blender container or food processor bowl place egg, cooking oil, parsley, basil, minced garlic, and the ½ teaspoon salt; cover and blend till parsley is pureed. Stir in grated Parmesan and bread crumbs. When meat is nearly done, spread parsley mixture evenly over top of meat. Place under broiler; broil 3 minutes or till hot. Place meat on board or platter with broiled onion slices. Dot meat with butter or margarine. Slice meat across the grain to serve. Makes 4 servings. About 73¢/serving.

Timing: Top round steak—12 to 14 minutes total for medium doneness
Pork steaks—about 20 minutes total for well done
Lamb chops—about 12 minutes total for medium

BUTTERMILK POT ROAST

1 4- to 5-pound turkey breast *or* hindquarter, *or* one 3- to 3½-pound broiler-fryer chicken, *or* one 3-pound beef pot roast *or* pork shoulder, *or* one 2½- to 3-pound lamb shoulder arm roast
2 tablespoons cooking oil
Salt and pepper
1 10¾-ounce can condensed chicken *or* beef broth
1 teaspoon dried thyme, crushed
½ teaspoon dried rosemary, crushed
2 bay leaves
3 medium red potatoes, peeled and sliced ½ inch thick; *or* 2 large sweet potatoes, peeled and cut in chunks; *or* one 16-ounce can small whole potatoes, drained
1 8-ounce can small whole onions, drained *or* one medium onion, cut in wedges
1 cup fresh, frozen, *or* canned and drained loose-pack peas, halved brussels sprouts, broccoli cuts, sliced carrots, *or* cauliflower flowerets
1 recipe Buttermilk Gravy

In a large kettle or Dutch oven brown poultry or meat in hot oil slowly on all sides; drain off excess fat. Sprinkle with salt and pepper. Add broth, thyme, rosemary and bay leaves. Cover; bake in 325° oven about 3 hours for turkey, 1 hour for chicken, and 1½ to 2 hours for beef, pork, or lamb. Add potatoes and fresh or frozen vegetables the last 15 minutes of roasting. (If using canned vegetables, add to pan during the last 10 minutes of roasting.) Remove meat and vegetables to warm platter; cover and keep warm. Skim fat from pan juices; remove bay leaves. Measure 1½ cups pan juices (add water if necessary).

Prepare Buttermilk Gravy: In a screw-top jar combine ½ cup *buttermilk* and ¼ cup all-purpose *flour*. Cover and shake well. Stir into pan juices. Cook and stir till thickened and bubbly. Cook 1 minute more. Season to taste with *salt* and *pepper*. Spoon some of the gravy over meat and vegetables; pass remaining. Makes 6 servings. About 57¢/serving.

Microwave directions: Combine the broth, thyme, rosemary, and bay leaves. Place poultry or roast inside an oven cooking bag; set bag in a 12x7x2½-inch baking dish or 5-quart casserole. Add broth mixture; seal cooking bag by tying loosely with a narrow strip cut from open end of bag or string (do not use metal twist ties.) Pierce bag in several places. Micro-cook on HIGH 5 minutes. Reduce to MEDIUM; cook 30 minutes more for chicken, 45 minutes for turkey, and 20 to 30 minutes for roasts. Turn meat or poultry over. Quarter fresh potatoes so they'll cook evenly. Place potatoes and fresh or frozen vegetables atop meat. Seal bag as before. Cook for 25 to 35 minutes more or till meat and vegetables are tender. (If using canned vegetables, add to meat 5 minutes before it is done.) Remove meat and vegetables to warm platter; keep warm. Skim fat from pan juices; remove bay leaves. Measure 1½ cups pan juices, adding water if necessary. In a screw-top jar combine the buttermilk and flour; stir into pan juices. Cook on HIGH, uncovered, about 6 minutes, or till thickened and bubbly, stirring after every minute. Season to taste. Serve as directed at left.

CHILI BEEF STEW WITH WHOLE WHEAT DUMPLINGS

Accompany this one-pot meal with a tossed green salad—

1½ pounds beef shank crosscuts
1 tablespoon cooking oil
1 16-ounce can chili with beans
1 medium onion, sliced (½ cup)
2 tablespoons light molasses
1 tablespoon vinegar
1 teaspoon instant beef bouillon granules
1 clove garlic, minced
Few dashes bottled hot pepper sauce
3 cups water
4 ounces brown-and-serve sausage links

• • •

⅔ cup cornmeal
⅔ cup all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
⅔ cup milk
2 tablespoons cooking oil
2 cups fresh brussels sprouts *or* one 8-ounce package frozen brussels sprouts, halved

Trim excess fat from shanks. In Dutch oven slowly brown beef half at a time in the 1 tablespoon oil on all sides; drain off fat. Add chili with beans, sliced onion, molasses, vinegar, beef bouillon granules, garlic, and hot pepper sauce. Stir in water. Bring to boiling. Reduce heat; simmer, covered, for 1½ to 2 hours or till meat is nearly tender. Skim off fat. Remove meat; cool. Remove meat from bones; cut into bite-size pieces. Discard bones. Cut sausages into 1-inch chunks; set aside.

To make dumplings, in mixing bowl thoroughly stir together the cornmeal, flour, baking powder, and salt. Com-

continued on page 122





Kim has two front teeth! So today, something new is on the menu... Gerber Junior Beef & Egg Noodles. Like many of the more than 50 Gerber Junior varieties, the Beef & Egg Noodles that Kim is enjoying today have tender food particles to encourage chewing. And most of Kim's favorite strained varieties of fruit, vegetables, meats, vegetable-meat combinations and desserts are also available in Junior foods. Because at Gerber, we feel very strongly that a varied diet is the best way to insure good nutrition now and good eating habits later on.

Like each of the more than 30 million babies we've helped feed since we began, Kim seemed to grow up overnight. In a few months, it will be time for Toddler Meals. And if we know Kim, it will happen in the blink of an eye.

Gerber®

Babies are our business...
and have been for over 50 years.

Gerber Products Company, Fremont, MI 49412

We've learned a lot about food because we care a lot about babies.

Sweet Savings!

Make these delicious desserts and make up to $2.00





Pudding in a Cloud

So lovely...so light...so luscious.
You get two delicious tastes in every spoonful.

2 cups thawed
BIRDS EYE® COOL WHIP®
Non-Dairy Whipped Topping
1 package (4-serving size)
JELL-O® Brand Chocolate Flavor
Instant Pudding and Pie Filling
2 cups *cold* milk

a) Spoon 1/3 cup of the whipped topping into each of six dessert glasses. Using back of spoon, make depression in center and spread topping up sides of each glass.
b) Prepare pudding mix with milk as directed on package.
c) Spoon pudding mixture into glasses. Chill. Makes six servings.



Coconut Dream Pie

Delicious. It's higher and lighter than plain cream pie, with the fresh taste of Baker's® Coconut.

2 envelopes DREAM WHIP®
Whipped Topping Mix
2-3/4 cups *cold* milk
1 teaspoon vanilla
2 packages (4-serving size)
JELL-O® Brand Vanilla or
Coconut Cream Flavor Instant
Pudding and Pie Filling
1-1/3 cups (about) BAKER'S®
ANGEL FLAKE® Coconut
1 baked 9-inch pie shell,
cooled

a) Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixer bowl. Add remaining 1-3/4 cups milk and the pie filling mix.
b) Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.
c) Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.



© 1981 General Foods Corporation.
Dream Whip, Birds Eye, Cool Whip, Baker's, Angel Flake, German's and Jell-O are registered trademarks of General Foods Corporation

Here's how to make up to $2.00

Make one recipe and receive a refund of 35¢; two recipes, 75¢; three recipes, $1.25. Make all four and make a sweet $2.00.

To qualify, clip the Universal Product Code (UPC) symbols from the following ingredients and affix to this certificate. Check box for each recipe made



1. ☐ **Pudding in a Cloud:** Clip Birds Eye® Cool Whip® Non-Dairy Whipped Topping and Jell-O® Brand Instant Pudding UPC symbols.
2. ☐ **Coconut Dream Pie:** Clip Dream Whip® Whipped Topping Mix, Jell-O® Brand Instant Pudding and Baker's® Angel Flake® Coconut UPC symbols
3. ☐ **Rainbow Cake:** Clip Jell-O® Brand Gelatin and Birds Eye® Cool Whip® Non-Dairy Whipped Topping UPC symbols
4. ☐ **German Sweet Chocolate Pie:** Clip Birds Eye® Cool Whip® Non-Dairy Whipped Topping and Baker's® German's® Sweet Chocolate UPC symbols.

Please send this request for refund(s) to:
Dessert Lovers' Cash Refund
General Foods Corporation
P.O. Box 6093 East Court St.
Kankakee, Illinois 60901

Name _____
(please print)
Address _____
City _____ State _____ Zip _____

This certificate must accompany your request. Reproductions of this certificate will not be accepted. Offer limited to a maximum of $2.00 per family. Offer void where prohibited, taxed or restricted. Allow 6 to 8 weeks for processing. Offer expires March 31, 1982. Offer good only in U.S.A., Puerto Rico and U.S. Gov't. install.

GF GENERAL FOODS





Rainbow Cake

You'll love its moist, fruity taste. What a colorful way to end a meal.

1 package (2-layer size) white cake mix or pudding-included cake mix
1 package (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin
1 cup boiling water
1/2 cup cold water
2 cups thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping

a) Prepare cake mix as directed on package, baking in well-greased and floured 13x9-inch pan. Cool cake in pan 15 minutes; then prick with utility fork at 1/2-inch intervals.
b) Meanwhile, dissolve gelatin in boiling water. Add cold water and carefully pour over warm cake. Chill 3 to 4 hours.
c) Top with whipped topping. Cut into squares and garnish with strawberries, if desired.



German Sweet Chocolate Pie

The whole family will love its great chocolate taste, and you make it in minutes.

1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
1/3 cup milk
2 tablespoons sugar (optional)
1 package (3 oz.) cream cheese, softened
1 container (8 oz.) BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping, thawed
1 packaged graham cracker crumb crust

a) Heat chocolate and 2 tablespoons of the milk in saucepan over low heat, stirring until chocolate is melted. Beat sugar into cream cheese; add remaining milk and chocolate mixture, and beat until smooth.
b) Fold in whipped topping, blending until smooth.
c) Spoon into crust. Freeze until firm, 4 hours. Garnish with chocolate curls, if desired. Store any leftover pie in freezer.



continued from page 118

Eating better for less

bine the milk and the 2 tablespoons cooking oil; add all at once to the flour mixture, stirring just till moistened. Stir cut-up sausages, brussels sprouts, and meat into stew; return to boiling. Drop the dumpling dough from a tablespoon to make 8 mounds atop bubbling stew. Cover tightly and simmer, without lifting cover, for 15 minutes. Serve stew with dumplings in bowls. Makes 8 servings. About 62¢/serving.

Microwave directions: In a 3-quart casserole combine the beef shanks, chili with beans, sliced onion, garlic, molasses, vinegar, beef bouillon granules, and hot pepper sauce. Stir in 2½ cups water. Micro-cook, covered, on HIGH for 5 minutes; stir. Reduce power to MEDIUM; and cook, stirring twice, 30 to 50 minutes, or till beef shanks are tender. Skim off fat. Remove meat; let stand just till cool enough to handle. Remove meat from bones; cut into bite-size pieces. Discard bones. Return to stew along with sausage and brussels sprouts. Cook on HIGH 5 to 10 minutes or till stew is bubbly. Meanwhile prepare dumplings as above. Immediately drop dumplings from tablespoon to make 8 mounds atop stew. Cover; reduce power to MEDIUM and cook 5 to 7 minutes or till dumplings are done. Serve as directed at left.



CAPE COD PASTA

You can use cooked fresh, canned, or frozen vegetables for this inexpensive seafood sauce—

1 pound whitefish fillets *or* frozen block whitefish such as flounder, haddock, halibut, cod, *or* turbot
¾ cup water
½ cup dry white wine *or* water
1 medium carrot, peeled and cut into ½-inch slices
¼ cup sliced celery
5 peppercorns, cracked
¼ teaspoon salt

• • •

¼ cup chopped onion
¼ cup butter *or* margarine
3 tablespoons all-purpose flour
½ cup milk
1 cup sliced cooked vegetables
1 6½-ounce can minced clams
½ teaspoon dried tarragon, crushed
¼ teaspoon dried basil, crushed
½ cup plain yogurt
Salt and pepper

• • •

Hot cooked spinach noodles *or* egg noodles
Tomato slices (optional)

Thaw fish, if frozen, for 20 to 30 minutes at room temperature. In a skillet combine the water, wine or water, carrot, celery, peppercorns, and the ¼ teaspoon salt; cover and bring to boiling. Simmer, covered, for 15 minutes. Meanwhile, cut partially thawed or fresh fish into 1-inch chunks; add to wine mixture. Cover; simmer till fish flakes easily with a fork: fresh fish—about 4 minutes, frozen chunks—6 to 8 minutes. Drain fish and vegetables, reserving broth; cover fish and vegetables and keep warm. Strain reserved broth.

Prepare sauce: In a 3-quart saucepan

gon, and basil. Combine yogurt and remaining tablespoon flour; add to mixture. Mix well. Cook, for 2 minutes; stir. Cook 3 minutes longer or till bubbly. Add cooked fish and vegetables; cook 1 minute more or till heated through. Season with salt and pepper to taste. Serve as directed at left.

TOFU-LENTIL PIE

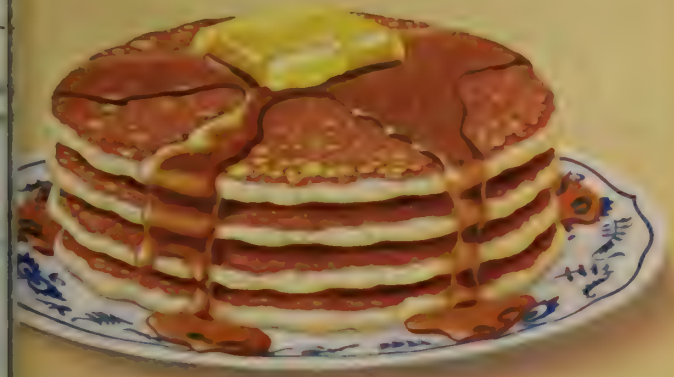
Pastry for one-crust 9-inch pie
2 cups drained, cooked lentils
1 teaspoon Worcestershire sauce
⅓ cup chopped green pepper
¼ cup tomato paste
1 pound tofu, drained and cut in chunks
2 eggs
½ cup cream-style cottage cheese
¼ cup sliced green onion
1 tablespoon snipped parsley
1 clove garlic, minced
½ teaspoon salt
Dash pepper
1 small green pepper, chopped

Line a 9-inch quiche dish or pie plate with pastry. Trim crust to ½ inch beyond edge; flute edge high. Bake in 450° oven for 10 minutes; set aside. Season cooked, drained lentils with salt and pepper. Add Worcestershire, the ⅓ cup green pepper and tomato paste. Spoon mixture into pastry-lined quiche dish or pie plate. In blender container place the tofu chunks, eggs, cottage cheese, green onion, parsley,

continued

RICH,

This stack of pancakes is topped with the leading brand of syrup.



cook onion in the butter or margarine till tender but not brown. Stir in *2 tablespoons* of the flour. Measure reserved fish broth, adding water, if necessary, to make 1 cup liquid. Add to onion mixture along with milk. Cook and stir mixture till thickened and bubbly. Stir in desired cooked vegetables, *undrained* clams, tarragon, and basil. Stir remaining flour into yogurt; add to saucepan. Cook and stir till heated through. Season to taste with salt and pepper. Add cooked fish chunks and vegetables; heat 1 minute more. Place noodles in a serving dish, top with tomato slices, if desired. Spoon sauce over tomatoes and noodles; serve immediately. Makes 6 servings. About 68¢/serving.

Microwave directions: For frozen fish, place wrapped block of fish in microwave. Micro-cook on MEDIUM for 4 minutes. Unwrap fish. Cut fresh or thawed, frozen fish into 1-inch cubes.

In a 2-quart casserole combine water, wine, carrot, celery, peppercorns, and the ¼ teaspoon salt. Cook, covered, on HIGH for 5 to 6 minutes or till water begins to boil. Add fish cubes to wine mixture. Cover; cook for 7 to 8 minutes or till fish flakes easily, stirring once during cooking. Drain fish and vegetables, reserving broth. Strain reserved broth. To prepare sauce, in same casserole cook the onion and ¼ cup butter or margarine, covered, for 2 minutes or till onion is tender. Blend in *2 tablespoons* of the flour. Measure reserved fish broth, adding water, if necessary, to make 1 cup liquid. Add to onion mixture along with milk. Cook, uncovered, for 3 minutes, stirring every minute, till thickened and bubbly. Add the 1 cup desired vegetables, *undrained* clams, tarra-

RICHER!

But this stack is topped with Golden Griddle.® It's richer-tasting than the leading brand, and it's naturally thick.

One squeeze, and the Golden Griddle no-drip spout puts the flavor where you want it. And what flavor! Actually richer-tasting than the leading brand.



© 1980 Best Foods, CPC International Inc.

continued

Eating better for less

minced garlic, salt, and pepper; cover and blend till smooth. Pour mixture over lentil layer in crust. Bake in a 325° oven for 30 minutes. Sprinkle with remaining chopped green pepper. Let stand 15 minutes before serving; cut into wedges to serve. Makes 8 servings. About 40¢/serving.

Microwave directions: Line a 9-inch quiche dish or pie plate with pastry as directed above. Line pastry with paper toweling; fill with dry beans to a depth of 1 inch. Micro-cook, uncovered, on HIGH for 3 minutes; remove beans and paper towel. Rotate dish. Cook, uncovered, 1 to 2 minutes more or till crust is dry. Prepare lentil and tofu layers as directed; pour into crust. Cover with waxed paper. Cook, uncovered, on MEDIUM-HIGH for about 14 minutes, giving dish a quarter turn after 7 minutes. Uncover. Give dish a quarter turn; continue cooking 1 minute more. Sprinkle with the green pepper. Let stand 10 minutes before serving.

TONGUE WITH CARROT SAUCE

Try the delicious sauce with liver or pot roast, too—

1 2- to 3-pound fresh beef tongue
Water
1 pound carrots, chopped (3 cups)
2 cups water
Salt and pepper
2 tablespoons lemon juice
1 beaten egg
¼ cup mayonnaise *or* salad dressing
1 teaspoon all-purpose flour
2 teaspoons fresh snipped chives *or* 1 teaspoon freeze-dried chives
1 teaspoon beef bouillon granules
¼ teaspoon Worcestershire sauce
Snipped chives
Celery tops (optional)

Place tongue in large kettle or Dutch oven; add water to cover. Cover; bring to boiling. Reduce heat and simmer for 2 to 3 hours or till tender. Drain tongue and cool. Meanwhile, cook carrots, covered, in the 2 cups water till tender. Set aside; do not drain. Remove skin and fat from tongue; slice tongue in ¼-inch-thick slices. Arrange tongue slices in a shallow baking dish or casserole, overlapping as necessary. Sprinkle with salt and pepper. Drizzle lemon juice over meat. Heat, covered, in 350° oven for 15 minutes while preparing sauce. For sauce, remove and set aside 1½ cups of the cooked carrots. Place remaining carrots and cooking liquid in blender container or food processor bowl; cover and blend till smooth. Place puree in saucepan with reserved carrots; heat through. Combine egg, mayonnaise, and flour; gradually add some of the hot carrot mixture to egg mixture. Return all to saucepan along with the chives, bouillon granules, and Worcestershire sauce. Cook and stir about 1 to 2 minutes or till mixture is slightly thickened. To serve, place tongue slices on a heated platter; pour some sauce over meat. Garnish with chives and celery tops, if desired. Pass remaining sauce with meat. Makes 8 servings. About 46¢/serving.

continued

UNICAP M®

The multi-vitamin that gives you more.

Unicap M® gives your family more because it's more than just a multi-vitamin supplement, it's a multi-mineral supplement, too! 11 vitamins and 6 minerals your family needs in one tablet for your convenience. Minerals like Zinc, that plays an important role in good body nutrition and Iron, that helps produce red blood cells. They're vitamins and minerals your family needs to maintain a balanced diet. Your family deserves more... Give them the vitamin that gives them more.

Unicap M®





Read and follow label directions. © 1981 Upjohn Co.



Fleischmann's® Yeast presents

ENGLISH MUFFINS IN A LOAF!

The greatest thing since sliced bread.

Just wait until you bake up a recipe and toast a slice. Nooks and crannies inside—crusty outside. Nobody bakes it better than you and Fleischmann's® Yeast.

English Muffin Loaves

Makes 2 loaves

2 packages Fleischmann's® Active Dry Yeast
6 cups unsifted flour
1 tablespoon sugar
2 teaspoons salt
2 cups milk
¼ teaspoon baking soda
½ cup water
Cornmeal

Combine 3 cups flour, yeast, sugar, salt, and soda. Heat liquids until very warm (120°-130°F.). Add to dry mixture; beat well. Stir in rest of flour to make a stiff batter. Spoon into two 8½ x 4½-inch pans that have been greased and sprinkled with cornmeal. Sprinkle tops with cornmeal. Cover; let rise in warm place for 45 min. Bake at 400°F. for 25 min. Remove from pans immediately and cool.

Microwave Oven Directions: Reduce flour to 3 cups in first step, 2 cups in second. Mix and let rise as directed above. Microwave each loaf on high power for 6 minutes, 30 seconds. Surface of loaf will be flat and pale in color. Allow to rest 5 minutes before removing from pans.

To Serve: Slice and toast. Makes 16 slices per loaf.

Microwave version is pictured here.

For more variations, like orange, whole wheat currant, onion, and others, send for your free English Muffin Loaf recipe booklet. Send a stamped, self-addressed envelope to: English Muffin Recipes, Box 924, Dept. B1, Madison Square Station, New York, New York 10010.

©Standard Brands Incorporated, 1981

Another fine product of Standard Brands



SEE AMERICA THROUGH
LouverDrape®
VERTICAL BLINDS

Imagine this spectacular two-story Malibu California home with conventional draperies rather than LouverDrapes®. Open them to enjoy the drama of the surf and your furnishings become a victim of solar radiation and sun fading. LouverDrape® Vertical Blinds, the dust free alternative, traverse like a drapery yet adjust to any angle to eliminate the glare and provide privacy while retaining the view. LouverDrapes® with solid vinyl louvers reflect as much as 75% of the heat entering through the windows and when closed in the winter are an excellent thermal barrier minimizing heat loss. LouverDrapes® are available in 300 choices of color and texture including 150 vertical blind fabrics. Look for our Vertical Imagination Center where you shop for window coverings.

ALWAYS INSIST ON 100% LouverDrape

SEND $1.00 FOR OUR 36 PAGE VERTICAL IMAGINATION BROCHURE
LOUVERDRAPE INC. 1100 COLORADO AVE. DEPT. HB SANTA MONICA, CA. 90401

continued

Eating better for less

Microwave directions: Place tongue in a deep 3- or 4-quart casserole; add water to cover. Micro-cook, covered, on HIGH 15 minutes or till water comes to a boil. Reduce power to MEDIUM; simmer, uncovered, 50 minutes more or till meat is tender. Remove from oven. Continue as recipe directs. *Caution: Do not prepare sauce in microwave—it will curdle.*

INDIVIDUAL QUICHES IN A CREPE

If you have the time, make a double batch of the crepes and freeze half to use the next time you make these quiches—

1 cup all-purpose flour
1½ cups milk
2 eggs
1 tablespoon cooking oil
¼ teaspoon salt

• • •

2 beaten eggs
⅔ cup milk
¼ cup mayonnaise *or* salad dressing
1 tablespoon all-purpose flour
¼ teaspoon salt
⅛ teaspoon ground nutmeg

• • •

¾ cup cooked beef, chicken, pork, lamb, *or* ham cut in ¼-inch cubes
1 10-ounce package frozen chopped spinach, thawed and well drained
1 cup Monterey Jack, mozzarella, or Swiss cheese, shredded (4 ounces)
Halved tomato slices (optional)
Grated Parmesan cheese (optional)

To make crepes for the crusts: In a bowl combine the 1 cup flour, the 1½ cups milk, the 2 eggs, oil, and ¼ teaspoon salt; beat with a wire whisk or rotary beater till blended. For each crepe, spoon ¼ cup batter into a hot lightly greased 8-inch skillet. Lift and tilt pan to spread batter evenly. Brown on one side of crepe only. With the tip of a knife loosen crepe from pan; invert over paper toweling. Repeat with remaining batter to make 8 crepes. For filling, combine remaining 2 beaten eggs, the ⅔ cup milk, mayonnaise, the 1 tablespoon flour, the remaining salt and nutmeg. (Use ⅛ teaspoon salt if using leftover ham.) Place 2 of the crepes, unbrowned sides together, in each of four greased 10-ounce au gratin dishes or shallow casseroles, ruffling the top edges carefully. Divide meat among the four dishes. Top each with one-fourth of the spinach and cheese. Divide egg mixture between casseroles, pouring over meat, cheese, and spinach. Bake, uncovered, in 350° oven for 20 minutes or till knife inserted near center comes out clean. Remove from oven; let stand 10 minutes. If desired, top each casserole with 2 halved tomato slices; sprinkle with Parmesan. Makes 4 servings. About 59¢/serving.

TURKEY-ROMAINE MOUSSE

Use a meat grinder or food processor to grind your cooked leftover meat—

2 envelopes unflavored gelatin
1 teaspoon dried oregano, crushed
½ teaspoon salt
¼ teaspoon pepper
1 14-ounce can condensed chicken *or* beef broth
½ cup mayonnaise *or* salad dressing
2½ cups ground cooked turkey, chicken, beef, *or* pork
2 cups finely shredded romaine *or* leaf lettuce
1 cup chopped, seeded cucumber
1 2-ounce jar chopped pimiento, drained
3 tablespoons finely chopped green onion *or* onion
2 strips bacon, crisp-cooked, drained, and crumbled (optional)
2 teaspoons lemon juice
3 hard-cooked eggs
8 to 10 large romaine *or* lettuce leaves (optional)
Small lettuce leaves (optional)
Hard-cooked egg slices (optional)
10 slices sourdough *or* pumpernickel bread *or* other thin-sliced bread

In saucepan combine gelatin, oregano, salt, and pepper. Add broth; let stand 5 minutes to soften gelatin. Heat and stir till gelatin dissolves. Remove from heat. Using rotary beater or wire whisk beat in mayonnaise or salad dressing. Chill mixture till partially set

continued

Save $9.55 on this new Baker-In-A-Hammock from Corning and get $2.00 in Dole® and Bumble Bee® coupons.



This versatile new serving set contains a 3-quart PYREX® baking dish in a snap-on canvas hammock and a hardwood frame.

A $24.50 retail value, yours for $14.95 and any 3 labels from Dole Pineapple and/or Bumble Bee Tuna.

Order Form

Dole-Bumble Bee Offer, Dept. G, Lubbock, Texas 79491

Please send me the Corning Baker-In-A-Hammock, $2.00 worth of Dole® and Bumble Bee® store coupons and the recipe booklet. Enclosed is my check or money order for $14.95 plus three complete labels from Dole Pineapple and/or Bumble Bee Tuna.

Name (Please Print) _____

Address _____

City _____ State _____ Zip _____

Offer void where prohibited by law, taxed or otherwise restricted. Price quoted includes cost of delivery. Allow 4-6 weeks for delivery. Offer valid only in U.S.A. Texas residents please add 5% sales tax.

Offer Expires: October 31, 1981

Send us this order form with the required proofs of purchase, three labels, and your check or money order for $14.95. We'll send you the Corning Baker-In-A-Hammock plus $2.00 worth of coupons good on Dole Pineapple and Bumble Bee Tuna & Salmon purchases, and a brand new booklet of 30 recipes created just for the Baker.



Offered by Castle & Cooke Foods, 50 California St., San Francisco 94111. PYREX is a Registered Trademark of Corning Glass Works, Corning, NY 14830



Many people serve Hormel ham only on special occasions. Now you can turn any meal into a special occasion.

We've shaped famous Hormel ham into a convenient patty form. Just bake, broil, or fry for a few moments, and you have delicious Hormel ham for any breakfast, lunch or dinner. At a low price to start with; and less waste to end with.

Hormel Ham Patties. For special occasions. Like breakfast, lunch, or dinner.

They're in the refrigerated meat section. Hormel

continued

Eating better for less

(consistency of unbeaten egg whites). Combine the ground cooked meat; shredded romaine or lettuce; chopped cucumber; pimiento; onion; crumbled bacon, if desired; and lemon juice. Fold into gelatin mixture. Pour *half* the mixture into an 8x4x2-inch loaf pan. Place the 3 hard-cooked eggs end to end atop mixture. Press eggs gently into mixture. Spoon remaining mixture over eggs; cover and chill several hours or overnight.

One hour before serving, prepare lettuce leaf covering, if desired: If using romaine trim a thin slice from the heavy center rib of each romaine leaf to make leaves lie flat, keeping each leaf in one piece. Immerse leaves in boiling water about 1 minute or till limp; drain. Place 4 or 5 leaves crosswise just off-center on a serving platter, overlapping edges slightly. Place remaining leaves down other side of platter in the same way, overlapping all edges slightly. Unmold mousse onto center of lettuce leaves; carefully lift leaves up and over mousse to cover. Chill again for 30 to 45 minutes before serving. Garnish with small lettuce leaves and hard-cooked egg slices, if desired. Slice crosswise and serve atop bread slices. Makes 8 servings. About 61¢/serving.

SELF-SAUCED POTATO PUFF

To make a foil collar for the soufflé dish, butter a 21-inch strip of foil on one side. Wrap foil, buttered side in, around dish and secure with tape—

- **2 tablespoons butter *or* margarine**
- **2 tablespoons all-purpose flour**
- **¾ teaspoon salt**
- **½ teaspoon dried basil, crushed**
- **⅛ teaspoon pepper**
- **1½ cups milk**
- **1 cup chopped cooked pork, ham, beef, lamb, chicken *or* turkey**
- **1 cup diced cooked vegetables**
- **2 egg yolks**
- **1 cup cooked mashed potatoes**
- **⅔ cup shredded brick, Monterey Jack, cheddar, *or* Swiss cheese**
- **2 egg whites**

In a medium saucepan melt butter or margarine; stir in flour, salt, basil, and pepper. Stir in milk all at once; cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Remove from heat. Stir in cooked meat and vegetables. Turn mixture into a 1-quart soufflé dish with greased foil collar. Set aside.

Beat egg yolks till well blended. Stir into mashed potatoes along with cheese. Beat egg whites on high speed of electric mixer to stiff peaks (tips stand straight); fold into potato mixture. Spoon atop sauce in dish. Bake in a 350° oven about 50 to 55 minutes or till a knife inserted in center comes out clean. Serve immediately. Makes 5 servings. About 40¢/serving.

MOCK SCHNITZEL WITH LEMON

Any leftover gravy or creamed vegetables you have on hand can be heated and served as a sauce for the schnitzel—

- **2 eggs**
- **2 tablespoons cooking oil**
- **2 tablespoons water**
- **⅔ cup fine dry bread crumbs**
- **¼ cup sesame seed**
- **8 slices cooked roast beef, lamb, pork, *or* ham, cut about 4 inches long and ½ inch thick**
- **¼ cup milk**
- **⅓ cup all-purpose flour**
- **4 to 6 tablespoons butter *or* margarine**
- **Hot cooked spaetzle *or* noodles**
- **Lemon wedges (optional)**
- **Parsley (optional)**

Stir together eggs, cooking oil, and water; set aside. Blend bread crumbs and sesame seed in a shallow dish or on waxed paper. Dip meat slices in milk; coat with flour on both sides. Dip meat quickly into egg mixture to coat; use tongs to drain off excess batter. Coat meat on both sides with bread crumb mixture; let stand 15 minutes on waxed paper. In 10-inch skillet cook meat, half at a time, in hot butter or margarine over medium-high heat about 2 minutes or till browned. Turn and brown second side 2 minutes more; remove to warm platter. Serve immediately with hot cooked spaetzle or noodles and lemon wedges and parsley, if desired. Makes 8 servings. About 53¢/serving.



Oh the nutty fruity things you can do with Diamond Walnuts and Sun-Maid Raisins.

Here's a nutty way to create a fruity treat.

Walnut Carrot and Raisin Loaf

2 cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
¾ cup granulated sugar
⅔ cup oil
2 large eggs
1⅓ cups finely grated carrot
2 teaspoons grated lemon peel
1 cup Diamond Walnuts, chopped
⅔ cup Sun-Maid Raisins

Resift flour with baking powder and salt. Beat sugar, oil and eggs together well. Stir in carrot and lemon peel, then flour mixture, blending until all flour is moistened. Set aside 2 tablespoons walnuts for top of loaf. Stir remaining walnuts and raisins into the batter and turn into greased loaf pan, 9 x 5 x 2¾ inches; sprinkle with reserved walnuts. Let stand 10 minutes. Bake below center of oven at 350 degrees F. about 1 hour, until pick inserted in center comes out clean. Remove from oven and let stand in pan 10 minutes, then turn out onto wire rack to cool. Makes 1 loaf.



"The Bread Spread" puts the extra *OH!* in California Ripe Olives.



The subtly flavorful California Ripe Olive becomes livelier yet. Simply by zipping it up with a *fantastico* spread made with Miracle Whip salad dressing, from Kraft. Together, even a robust Italian hero gets an extra "oh!" from the crowd.

Italian Hero Sandwich

½ cup KRAFT Italian Dressing
1 cup pitted California ripe olives
½ cup chopped tomato
½ cup red onion rings
¼ cup chopped green pepper

* * * *

1 cup (4 oz.) KRAFT Shredded Natural Low Moisture Part-Skim Mozzarella Cheese
⅔ cup MIRACLE WHIP Salad Dressing

* * *

4 individual French bread loaves, baked, split
1 cup shredded lettuce
8 bologna slices
8 salami slices

Pour Italian dressing over ½ cup sliced olives, tomato, onion and green pepper. Cover; marinate in refrigerator several hours or overnight. Drain; reserving marinade.

Combine cheese, salad dressing, ½ cup chopped olives and ¼ cup reserved marinade; mix well. For each sandwich, spread bread with cheese mixture; top with lettuce, meat and vegetables.

4 sandwiches



KRAFT © 1981 Kraft, Inc.

California Olive Industry



File under Casseroles and one-dish meals

Photographs: Dieter

Ham Entrées

Vegetable Ham Roll

Canned chunk ham and vegetables go into this hearty first-place main dish—

1 recipe Pastry
2 tablespoons chopped onion
2 tablespoons butter *or* margarine
1 tablespoon all-purpose flour
Dash pepper
¼ cup milk
1 beaten egg
1 6½-ounce can chunk-style ham, drained and broken up
1 recipe Vegetable Sauce

For **Pastry:** Cut ⅓ cup **shortening** into 1 cup **all-purpose flour** and ½ teaspoon **salt** till the size of small peas. Sprinkle 1 tablespoon **cold water** over part of mixture; toss with fork. Repeat with 2 to 3 tablespoons more **water** till moistened. Form dough into a ball. On floured surface roll dough to 12x7-inch rectangle.

Cook the onion in butter or margarine. Stir in the 1 tablespoon flour and the pepper. Add milk; cook and stir till bubbly. Reserve **1 tablespoon** of the egg; stir sauce and ham into remaining egg. Spread filling lengthwise down center of pastry. Fold pastry over filling, brushing with egg to seal. Place, seam side down, on greased baking sheet. Brush top with more egg. Bake in a 400° oven for 35 to 40 minutes. Serve with **Vegetable Sauce:** Drain one 8-ounce can **mixed vegetables,** reserving liquid. Add **milk** to make 1 cup. Melt 1 tablespoon **butter;** blend in 1 tablespoon **all-purpose flour.** Add milk mixture; cook and stir till bubbly. Cook 1 minute more. Gradually stir hot mixture into 1 beaten **egg.** Return all to pan. Add vegetables and ½ cup shredded **cheddar cheese.** Cook and stir 1 to 2 minutes; do not boil. Serves 4 to 6.

Mrs. Elmo Stutlien, Blair, Wis.



File under Pastry and pies

Buying information, page 160

Pastry Desserts

Honey-Cinnamon Cheesecake Pie

Top honors go to this sweet 'n spicy cheesecake dessert—

1½ cups all-purpose flour
3 tablespoons sugar
1½ teaspoons baking powder
½ teaspoon salt
6 tablespoons butter *or* margarine
5 to 6 tablespoons cold water
2 8-ounce packages cream cheese, softened
¼ cup sugar
1½ teaspoons ground cinnamon
⅔ cup honey
4 eggs

In mixing bowl stir together flour, the 3 tablespoons sugar, the baking powder, and salt; cut in butter or margarine till the mixture resembles crumbs. Add water, a little at a time, till all is moistened. Form into a ball. On lightly floured surface, roll dough to fit a 9-inch quiche pan or pie plate. Fit into pan; trim ½-inch beyond edge of plate. Flute edges. Set aside.

In large mixer bowl beat cream cheese, the ¼ cup sugar, and the cinnamon. Gradually add honey, beating till smooth. Add eggs; beat just till blended. Pour into prepared pastry. Bake in 350° oven about 1 hour and 10 minutes or till set. Makes 12 servings.

Sara Iles Johnston, Ithaca, N.Y.



PRIZE TESTED RECIPES®
ADD TO YOUR COOK BOOK

Order your 400-page loose-leaf cook book. Contains 1,500 tested recipes. Room to add extra pages like this one. At booksellers or mail $12.95 + $1.45 postage to Better Homes and Gardens, Dept. 22A, P.O. Box 374, Des Moines, IA 50336



Pineapple-Chocolate Slices

In large mixer bowl combine 2 cups **all-purpose flour,** ⅓ cup **sugar,** ½ teaspoon **baking powder,** ¼ teaspoon **baking soda,** and ¼ teaspoon **salt.** Add ¼ cup **butter** or **margarine** and ¼ cup **shortening.** Blend on low speed of electric mixer till mixture resembles coarse crumbs. Stir in 1 beaten **egg,** 3 tablespoons **milk,** and ½ teaspoon **vanilla** till dough clings together to form a ball. Divide dough in thirds; cover and chill. On lightly floured surface roll **one-third** of the dough to a 12x4-inch rectangle. Spread with ¼ cup **pineapple preserves;** sprinkle with 2 tablespoons **semi-sweet chocolate pieces** and 2 tablespoons chopped **walnuts.** Starting with the 12-inch side, roll up as for a jelly roll. Seal edges and ends well. Place, seam side down, on greased baking sheet. Repeat with remaining dough and more pineapple preserves, chocolate pieces, and nuts. Bake in 400° oven for 15 to 17 minutes. Cool. Sprinkle with **powdered sugar.** Cut into ¾-inch pieces. Makes 3 rolls.

Mrs. L. Lamanuzzi.



Apple Strudel Baklava

¾ pound phyllo dough (18x16-inch sheets)
1¼ cups butter *or* margarine, melted
2 cups coarsely shredded, peeled apples
1 cup chopped walnuts
1 cup chopped toasted almonds
⅔ cup sugar
¼ cup raisins
1 teaspoon finely shredded lemon peel
2 tablespoons lemon juice
1 tablespoon ground cinnamon
½ cup honey

Keep unused phyllo covered with damp towel while working. Lay 6 sheets of phyllo in bottom of a buttered 15x10-inch baking pan, brushing each sheet with some butter or margarine. Combine remaining ingredients **except** honey. Sprinkle half the nut mixture over phyllo in pan. Top with 6 more sheets phyllo brushed with butter and the filling. Top with remaining phyllo brushed with butter. Trim edges. Score into diamonds. Bake at 350° for 35 to 40 minutes. Warm honey; drizzle over baklava. Cool. Makes 40 pieces.



Fiesta Ham Pie

2 cups fully cooked ham cut in strips
½ cup chopped onion
⅓ cup chopped green pepper
2 tablespoons cooking oil
2 tablespoons all-purpose flour
1 8-ounce can whole kernel corn
1 8-ounce can tomato sauce
1 cup water
¼ cup sliced pitted ripe olives
½ of a 1¼-ounce package (2 tablespoons) taco seasoning mix
1 8-ounce package corn muffin mix
½ cup shredded cheddar cheese (2 ounces)

In large saucepan cook ham, onion, and green pepper, in hot oil till onion is tender but not brown. Blend in flour. Stir in **undrained** corn, tomato sauce, water, olives, and taco seasoning mix. Heat to boiling, stirring constantly. Prepare corn muffin mix according to package directions; stir in cheese. Pour tomato mixture into 9x9x2-inch baking pan; top with spoonfuls of muffin batter. Bake in 375° oven for 25 minutes or till golden. Makes 6 servings.

Mrs. Maxine Docken, Browns Valley, Calif.



Ham and 'Tater Stack

1 beaten egg
¼ cup milk
½ cup fine dry bread crumbs
1 pound fully cooked ground ham (3 cups)
¼ cup mayonnaise *or* salad dressing
¼ teaspoon onion salt
1 10-ounce package frozen chopped spinach, thawed and drained
Packaged instant mashed potatoes (enough for 4 servings)
½ cup shredded cheddar *or* Swiss cheese (2 ounces)
Paprika

In bowl combine egg, milk, and bread crumbs. Add ham; mix well. Shape into an 8-inch flat round loaf on baking sheet. Bake in 350° oven for 15 minutes. Meanwhile, combine mayonnaise and onion salt; stir in spinach. Spread spinach mixture atop ham. Prepare potatoes according to package directions. Spread potatoes over spinach to make third layer. Sprinkle with cheese and paprika. Bake 10 minutes more. Makes 6 servings.

Mrs. J. F. Finnegan, Minneota, Minn.

PIZZA CHICKEN!
BRAVO!



PIZZA CHICKEN

Mamma mia, Shake 'n Bake! Fabulous chicken with the fun taste of pizza. Lots of bubbly cheese and tomatoey sauce.

1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken–Barbecue Style
1 teaspoon oregano
2½ pounds cut-up chicken
¾ cup shredded mozzarella cheese

- Place Shake 'n Bake and oregano in the shaker bag; shake to blend.
- Prepare, coat and bake chicken as directed on package.
- Sprinkle with cheese and bake 5 minutes longer, or until cheese has melted. Do not spoon pan drippings over chicken.

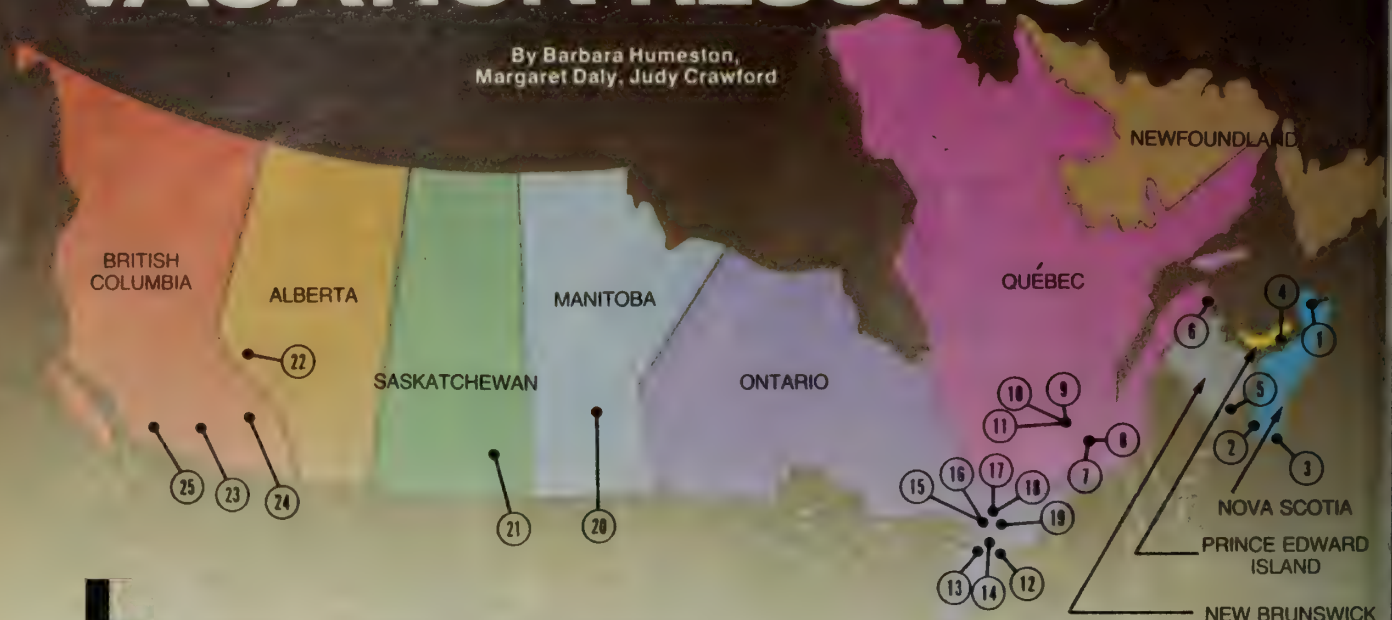
Makes 4 servings.



©1981 General Foods Corporation

CANADA'S BEST VACATION RESORTS

By Barbara Humeston, Margaret Daly, Judy Crawford



Last summer, we traveled throughout Canada in search of the best vacation resorts. Our weeks of legwork paid off! We discovered outstanding resorts from the picturesque maritime provinces on the Atlantic to the incomparable Canadian Rockies and the Pacific Coast.

What's more, Canada is a fiscally enticing vacation destination these days. As we go to press, U.S. dollars are worth about 15 percent more north of the border, and gas prices are somewhat lower than in the States.

Although scores of resorts that simply didn't measure up were ruled out, our resort roundup includes lots of variety—in price, location and setting, recreation, and atmosphere. Unless otherwise noted, the rates quoted are European Plan (EP), which covers the room only. Modified American Plan (MAP) includes breakfast and dinner; Full American Plan (FAP), all three meals. To figure what you'll pay in U.S. dollars, subtract about 15 percent from the Canadian prices quoted here (i.e., a room for $50 Canad really costs about $42.50 U.S.). At some resorts, activit are included in the rates. At others, you pay extra almost everything. Some resorts add 10 to 15 percen your bill in lieu of out-of-pocket tipping. Be sure you kn in advance how much you'll pay and for what. Packa plans and weekly rates can be real money-savers.

The symbols below show main resort activities. On map above, the numbers indicate the locations of resorts; the same numbers are used to identify the co sponding resorts on the following pages.



Golf is played at the resort or nearby (championship or par-three links; number of holes shown).



Tennis can be played on courts that are in good shape on the property (number of courts shown).



Horseback riding is offered, with an assortment of good mounts at the resort's own stables.



Swimming is available in a good-sized indoor and/or outdoor pool, lake, or the ocean.



Boating can be seriously or frivolously pursued with crafts borrowed or rented at the resort.



Sand beach of reasonable proportions is provided for sunning and other waterside pleasures.



Fishing—for either freshwater or saltw catches—can be enjoyed on the resort prope



Hiking can be pursued strenuously or just fun at the resort or on adjoining property.



Bicycling can be enjoyed in suitable ter with bikes borrowed or rented at the resort.



Skiing—downhill and/or cross-country—can pursued at the resort or on adjoining property



Professional entertainment—usually mus groups—is scheduled regularly for guests.



Recreational programs for kids are off and supervised by responsible counselors.

Illustrations: Jim Buckels

How smart is the new GE 2500 Dishwasher?

Just ask it.

The new 2500 Dishwasher from General Electric has solid-state electronics so advanced you have almost unlimited control over cleaning levels and energy use. If you want to know what the GE 2500 Dishwasher can do for you, just ask it.

Ask it to get all kinds of dishes sparkling clean. From delicate crystal to pots and pans with baked-on food—just tell the dishwasher what you're washing. It automatically selects a soil level and gets your dishes sparkling clean.

Ask it how much energy a particular washing cycle uses. Our exclusive Total Energy Monitor shows relative energy used for the soil and drying options selected with each of our 4 wash cycles: Potscrubber, Normal Wash, Short Wash or China/Crystal.

You can even save energy by cancelling the drying cycle and letting your dishes dry naturally overnight.



Ask it to tell you what it's doing. GE electronics make this dishwasher smart enough to tell you if certain things have gone wrong (like a household power failure or a plugged drain) and if you can fix it yourself. That can save on unnecessary service calls.

This dishwasher also shows you how many minutes to the end of the washing cycle. You'll always know when your dishes will be clean.

Ask your dealer about our PermaTuf® tub's full 10-year warranty. Our exclusive PermaTuf tub is warranted against cracking, peeling, rusting or leaking for 10 years, in normal use.

Is the 2500 Dishwasher from General Electric smart enough to help change the way you do dishes?

Just ask it.

We bring good things to life.

GENERAL ELECTRIC



© 1991 R.J. REYNOLDS TOBACCO CO.

5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

New Winston Ultra

Only 5 mg



The first ultra low tar built on taste.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

KELTIC LODGE

INGONISH BEACH, NOVA SCOTIA
CANADA B0C 1L0
PHONE 902/285-2880



High on a rocky headland on Nova Scotia's Cape Breton Island, the Keltic Lodge glistens in isolated splendor above the sea. The main lodge, its companion inn, and spacious cottages lie along a narrow, rocky peninsula in Cape Breton Highlands National Park, which has an excellent golf course, tennis courts, and wide sand beach adjacent to the lodge. A variety of fishing streams and trails (one to the peninsula's tip where foraging cormorants and gulls swoop into the sea) wind through the 367-square-mile park. Sailboats and deep-sea charters are available in nearby Ingonish Beach. Fresh seafood is the specialty in the lodge's elegant dining room. Don't miss a day's drive along the mountainous Cabot Trail, which skirts the northern shore of Cape Breton Island and dips down to tiny French and Scottish coastal towns. Winter visitors can ski at nearby Cape Smokey Mountain.

Open June 1 to about October 25 and December 23 to April 1 (depending on snow). MAP doubles $84 to $112 a day; children under 12, half the adult rate for meals only. Park entrance fee $2 a day per car. Airlines fly to Sydney, two hours away by bus or rental car. You can reach Nova Scotia by car or ferry from New Brunswick, also by ferry from Bar Harbor and Portland, Maine.

THE PINES RESORT HOTEL

DIGBY, NOVA SCOTIA
CANADA B0V 1A0
PHONE 902/245-2511

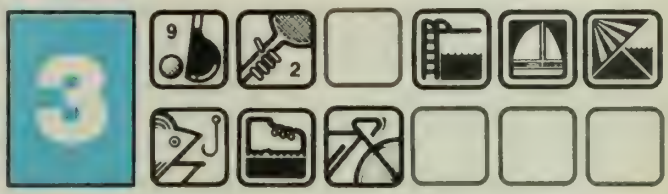


There's a quiet, decorous air about this 300-acre resort on a wooded hillside overlooking Nova Scotia's broad Annapolis Basin. Wide lawns and beautifully tended flower beds surround the massive and elegant French Norman-style lodge. Most of the hotel rooms are spacious, but families may prefer the coziness of the 30 cottages set in stands of pine nearby. Among the seafood specialties in the impressive dining room are local Digby scallops. At Digby's Fisherman's Wharf in town, gulls circle the returning boats, and the fierce Bay of Fundy tides run in and out—baring, then covering, the barnacled stilts of wooden wharfs. In addition to enjoying The Pines' top-notch golf course, lighted tennis courts, and heated swimming pool, plan some excursions along the coast. This is Acadian country, and museums, historic reconstructions, and craft shops abound. There's excellent fishing along the way.

Open late May through mid-October; July and August are best for families. MAP doubles $88 to $130 a day; free for children under three, half price for ages three through 12. Golf packages. Daily car ferries to Nova Scotia from New Brunswick and from Bar Harbor and Portland, Maine. Air service to Halifax and Yarmouth, Nova Scotia, where rental cars are available.

WHITE POINT BEACH LODGE

HUNT'S POINT, NOVA SCOTIA
CANADA B0T 1G0
PHONE 902/354-3177

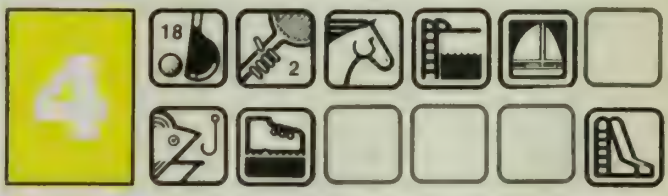


This is a relaxed, stay-put spot in a rustic setting overlooking a wide sandy beach and the Atlantic. You won't find exciting night life, but you will find plenty to do by day—golf, swimming, canoeing, sailing, and hiking. One- to three-bedroom log cabins and lodge rooms are small, but comfortable. Seafood is a dining specialty.

Open June 13 through September 20. MAP doubles $71 to $82 a day; special discounts for children and week-long stays. Daily car ferries to Nova Scotia from New Brunswick and from Bar Harbor and Portland, Maine. Air service to Halifax and Yarmouth, Nova Scotia, where rental cars are available.

BRUDENELL RIVER RESORT

BOX 22, CARDIGAN
PRINCE EDWARD ISLAND
CANADA G0A 1G0
PHONE 902/652-2332

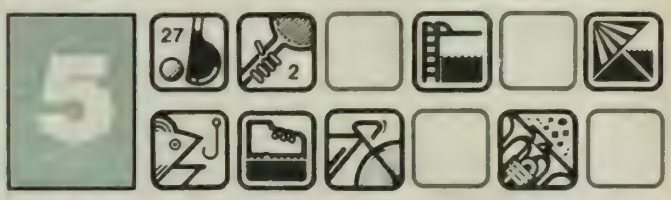


Accommodations are small and simple at this Prince Edward Island resort, but no matter. The focus here is on organized family activities—guided walks, canoe trips, games in the lodge and rec hall. Beaches are nearby. Resort personnel can arrange deep-sea charters. For citified entertainment, Charlottetown is an hour away.

Open June 1 to October 1. Doubles $35 a day, $224 a week; $4 a day for each additional person under 12. Housekeeping chalets $44, $280 a week. Car ferries to the island from Nova Scotia and New Brunswick. Air service to Charlottetown, where rental cars are available.

THE ALGONQUIN HOTEL

ST. ANDREWS-BY-THE-SEA
NEW BRUNSWICK
CANADA E0G 2X0
PHONE 506/529-8823

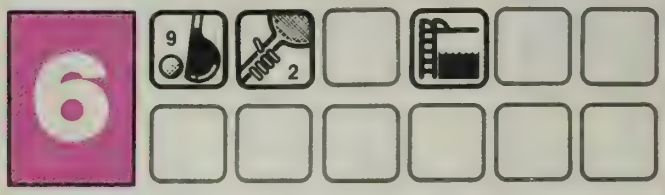


The sea, historic architecture, and fine goods from abroad have made St. Andrews-by-the-Sea a popular resort town for years. The vast, Tudor-style Algonquin Hotel presides over the area with quiet majesty. Life at this complete resort can be relaxed or active. There's a choice of dining rooms and nightly entertainment. Restored homes and churches, plus lots of shops, await in town.

Open mid-May through September. MAP doubles from $100 a day; add $26.50 for ages 15 to 21, $12 for ages two through 14. Air service to Saint John (60 miles away). Scheduled hotel limousine service from there, bus service, and rental cars.

AUBERGE FORT-PRÉVEL

ST-GEORGES-DE-MALBAIE
COMTÉ DE GASPÉ, QUÉBEC
CANADA G0C 2X0
PHONE 418/368-2281

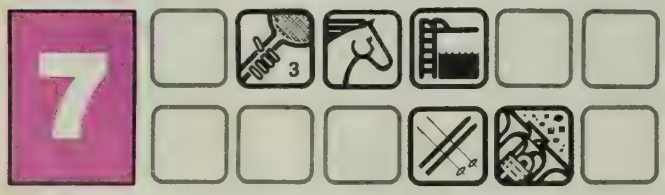


It's the truly away-from-it-all setting that makes this family-style retreat special. Auberge Fort-Prével perches on a rocky ocean-side cliff at the tip of the Gaspé Peninsula. The stylish lodge and motel-like accommodations fringe a gracefully landscaped golf course facing the rugged shore. Excellent cuisine is this resort's trademark. From Percé, about 20 miles south, take the boat excursion to Bonaventure Island for a picnic outing.

Open mid-June to September. Doubles $44; $6 per extra person. Québecair flies to the Gaspé airport, where there are rental cars for the 20-mile drive to Fort-Prével.

AUBERGE MONT GABRIEL

MONT-GABRIEL, QUÉBEC
CANADA J0R 1R0
PHONE 514/229-3547



What brings guests back to Auberge Mont Gabriel is its proximity to Montréal (closest of all the Laurentian Mountain resorts), plus its spectacular scenery. This vacation haven, perched on a mountaintop, offers a breathtaking panorama. The modern, multistory lodge stretches around the pool-patio and other resort facilities—making everything easy to reach. In the summer, you can take a thrilling half-mile superslide ride down the mountain slope.

Open all year. MAP doubles from $88 May through mid-November (more other months); kids under 12 half price. Resort pickup or Voyageur bus service from Montréal.

L'ESTÉREL

VILLE D'ESTÉREL, QUÉBEC
CANADA J0T 1E0
PHONE 514/228-2571



There's a lively, young-at-heart feeling about L'Estérel—from the resort's enthusiastic staff to its sleek design. You'll never want for activities here, and the compact layout means you're close to everything. Take a three-lake cruise and "pique-nique" by the water, or enjoy summer theater close by. The glass-fronted lodge hugs a curvy lakeshore, backdropped by the Laurentian Mountains.

Open all year. MAP doubles from $105 late June to mid-July and mid-August to mid-December (more other times); kids half price. Sports packages. Bus service from downtown Montréal, or arrange for resort pickup at the Montréal airport.

MONT TREMBLANT LODGE

MONT-TREMBLANT, QUÉBEC
CANADA J0T 1Z0
PHONE 514/842-4476

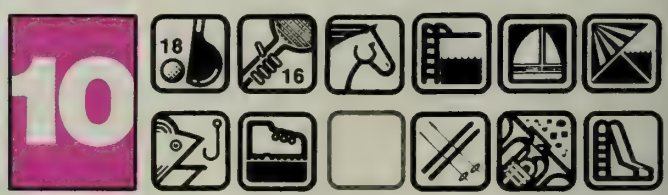


Developed as a young American entrepreneur's dream resort back in 1938, Mont Tremblant Lodge is undergoing a multimillion-dollar revitalization that will expand its golf course and ski area and make other improvements. But developers promise to keep the resort's French-country-village atmosphere intact. The main lodge is surrounded by tidy white cottages trimmed in pastel gingerbread and bedecked with flower boxes bursting with blooms. And watching over the scene is majestic Mont Tremblant—highest of the Laurentian peaks. In summer, you can ride the chair lift to the top of the mountain, which boasts some of the best ski slopes in Québec. A quarter-mile walk along Lake Tremblant takes you to the tennis courts and the beach clubhouse, headquarters for water sports. The golf course lies just across the road (there's a shuttle bus from the lodge). Activity programs for both adults and kids are well organized and run the gamut from yoga instruction to bonfires on the beach.

Open all year. MAP doubles from $68 mid-June to mid-September (ten-percent discount after that), including the possibility of dining at nearby resorts for no extra charge; kids to age 12 half to three-fourths the adult rate. Bus service from Montréal.

AUBERGE GRAY ROCKS INN

ST-JOVITE, QUÉBEC
CANADA J0T 2H0
PHONE 819/425-2771



Auberge Gray Rocks Inn, the grandfather of Québec's vacation resorts, still is owned by the same family that opened its doors back at the turn of the century, and hospitality continues to be the resort's hallmark. The brown clapboard country inn is beautifully situated, overlooking a placid lake circled with age-old, glacier-smoothed peaks. Newer motel-style accommodations, all surrounded by colorful blossoms, lie close to water's edge. Gray Rocks' widely recognized tennis program operates from an excellent court complex just out the inn's back door. The resort also is renowned for downhill skiing in the wintertime and offers an abundance of pleasant cross-country ski trails, too. Other recreational facilities, like the golf course, stables, and fitness trail, are laid out around the lakeshore. Also part of Gray Rocks' proud tradition are first-class dining and plenty of planned family activities, including festive singalongs and such.

Open all year. FAP doubles from $92 late June through mid-September (ten percent less other times), cottages and rooms with shared baths from $77 double FAP; kids 12 and under half price. Weekly packages. Hotel taxi ($75 for five passengers) or Voyageur bus (about $14 per person) from downtown Montréal.

I got a genuine Bell that's genuine oak.





Who says a wall phone has to be a wallflower?
At the Bell PhoneCenter Store, you'll find phones to add the right note to all kinds of walls. From country calico to city slick.

In fact, you'll even find one that lets you add the right note—it has a blackboard or corkboard built in.

But don't get the idea that the PhoneCenter Store is only phones. In many parts of the country, you can get Custom Calling, a special package of convenience services.

For instance, if you're away from home a lot, you can get your calls automatically forwarded to wherever you are with Call Forwarding.

And that's only a sampling of what's in store for you at the PhoneCenter Store.



IT'S FOR YOU

In some areas, when you buy a Design Line® phone, you buy only the shell. Working parts remain our property.
PEANUTS characters © 1958, 1965 United Feature Syndicate, Inc., housing manufactured by American Telecommunications Corp.

Imported by the Paddington Corporation, New York, N.Y. 34 Proof © 1980



BAILEYS.
THE ORIGINAL IRISH CREAM LIQUEUR.

THE CREAM IS REAL. THE WHISKEY IS REAL.
ONLY THE TASTE IS MAGIC!

VILLA BELLEVUE

MONT-TREMBLANT, QUÉBEC
CANADA J0T 1Z0
PHONE 819/425-2734

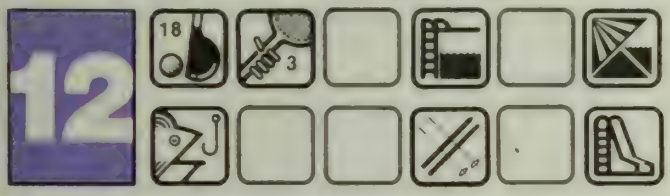


Small and friendly best describes Villa Bellevue—another of Québec's popular Laurentian Mountain resorts designed especially for families. In fact, this resort is run by the Dubois clan, and each family member takes an active part in providing programs suited to their guests' inclinations. The white-stuccoed inn has an almost storybook look with its shake-shingled roof and red-geranium borders. At the slender lake just across the roadway, you'll find a busy little marina and beach whose attractions include water-skiing instruction and other waterfront pleasures. The proprietors even put on a Cypress Gardens-style ski show once a week. In the cheerful, homey dining room, you'll enjoy traditional French cuisine and local Québec specialties (there's even a children's menu). Dancing in the lounge keeps evenings lively. In winter months, ski enthusiasts will appreciate this resort's excellent alpine ski school and abundant cross-country trails.

Open all year. Efficiency doubles from $45 late June through mid-July and early August to early September (ten percent less other times); kids stay free. MAP rates and packages available. MAP guests can opt to dine at three nearby resorts at no extra charge. Bus service from downtown Montréal.

THE BRIARS

BOX 100
JACKSON'S POINT, ONTARIO
CANADA L0E 1L0
PHONE 416/722-3271

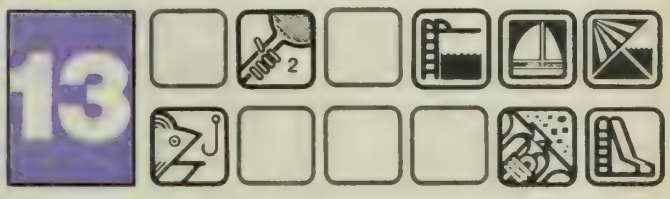


The Briars had its beginning as a family homestead three generations ago. Today, this quiet country estate has been transformed into a charming resort, managed by descendants of that original family. At the heart of the 200-acre lakeside grounds is a restored century-old manor house (with rooms decorated with fine antiques). A wing of modern motel-style units is close by. Guests can stroll across the broad lawns to the country club area, where clapboard cottages (with kitchenettes) fringe the lake and a championship golf course that's been called the finest north of Toronto. There's organized socializing for adults, plus a children's program in July and August. But what makes The Briars unique is the hospitality expressed in special personal touches, including fresh vegetables from the resort's own gardens in the excellent dining room fare. During winter, you can cross-country ski outside your door, take a run down the toboggan hill, go snowmobiling, or ice skate on the lake.

Open all year. FAP doubles $92 to $130 year around; kids one-half to three-fourths the adult rate. Weekly, weekend, and midweek packages, as well as EP and MAP rates. Bus service from Toronto to nearby Jackson's Point. Resort pickup there.

DELAWANA INN

HONEY HARBOUR, ONTARIO
CANADA P0E 1E0
PHONE 705/756-2424

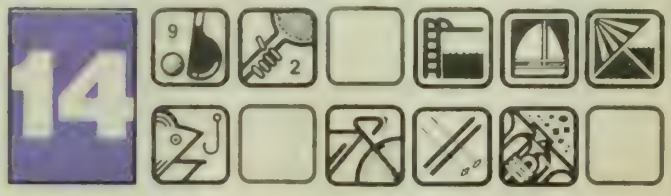


The spectacular 30,000 Islands region of Georgian Bay forms the backdrop for Delawana Inn. Vacationing here centers on the water. Daylong outings by boat to Beausoliel Island shouldn't be missed. And sunset cruises on the bay are glorious! Motel-style units and chalets are sprinkled across a rocky peninsula point around a modern rough-wood lodge, the hub of social goings-on.

Open May through October. MAP doubles $100 to $125 a day, $550 to $800 a week; kids three to 12 one- to two-thirds the adult rate. Midweek and weekend packages, and Family Weeks. Free pickup for guests arriving by bus in nearby Port Severn.

MUSKOKA SANDS INN

GRAVENHURST, ONTARIO
CANADA P0C 1G0
PHONE 705/687-2233

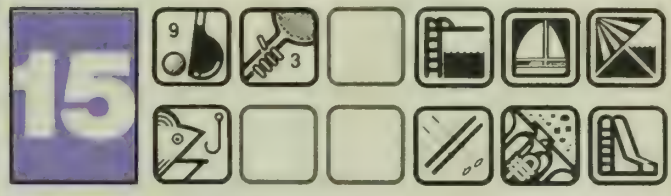


What guests like best about this stylish inn/cottage complex is the easygoing, do-as-you-please atmosphere —no organized activities, no get-acquainted functions, no pressure to participate. And the Muskoka Sands is idyllically situated; it's on a shallow inlet ideal for water sports and overlooks shimmering waters and tiny islands. The golf club, just down the road, provides groomed trails for cross-country skiing.

Open all year. MAP doubles mid-May through mid-October from $100 a day; kids 12 and under $28. Packages available. Buses and trains to nearby Gravenhurst. Resort pickup there.

PAIGNTON HOUSE

MINETT, ONTARIO
CANADA P0B 1G0
PHONE 705/765-3155

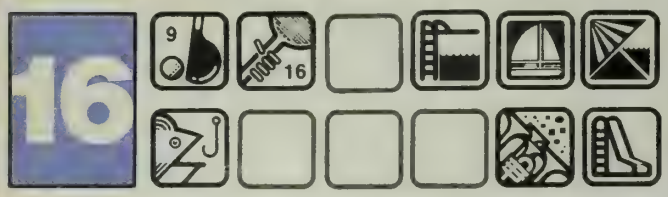


It's easy to feel at home at Paignton House because it specializes in families. Children are everywhere amid this busy scene of cottages and motel-type units with a mile-wide lake view. What really draws families are organized activities for all ages mid-June through August. Best of all, almost everything is included in the room price. Cross-country skiing and snowmobiling are the winter sports.

Open all year. Two-day MAP packages $200 double; seven days $500 to $748; $45 and $175, respectively, for kids over age two. Winter rates somewhat less. Bus service to Port Carling, where the resort picks up guests.

CLEVELANDS HOUSE LTD.

MINETT, ONTARIO
CANADA P0B 1G0
PHONE 705/765-3171

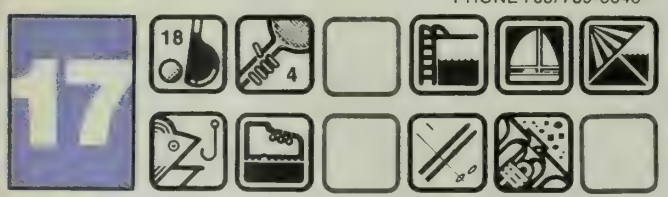


You won't find a resort anywhere in Canada better equipped for tennis than this one. Clevelands House, overlooking central Ontario's Muskoka Lakes region, is a tennis buff's paradise. There's plenty of court time (free, with two lighted courts for night play) and excellent instruction, including an on-the-court video replay system, for every age and level of skill. But this bustling, meticulously maintained hillside compound isn't a tennis camp. There are plenty of other diversions, too—from golf on an excellent nine-hole course (six water holes) to swimming in a big, beautifully landscaped pool and water-skiing at the resort's ski school. Organized activities (mid-June to Labor Day) span all ages—tots to adults. You can stay in a spacious new pine-paneled lakeside bungalow (with refrigerator and color TV), in one of three comfortable lodges, or in the historic triple-storied main hotel, which was an overnight stop for steamship passengers traveling this region's chain of linked lakes over 100 years ago.

Open mid-May through mid-October. FAP doubles $84 to $128 daily; children under 12 half the adult rate. Reduced-price family weeks and tennis clinic packages. Resort pickup for guests arriving by bus in nearby Port Carling.

DEERHURST INN

BOX 1950
HUNTSVILLE, ONTARIO
CANADA P0A 1K0
PHONE 705/789-5543

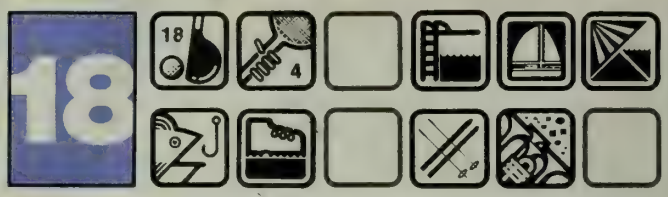


You might enjoy visiting Deerhurst Inn most without the kids along. Children, of course, are welcome, but much of what's going on here is geared to adults. Almost everything about this woodsy lakeside property—from the main lodge, cottages, and motel-style units to the recreational facilities—has been recently updated, and more new things are being added all the time. There's even a lighted fitness trail and a room just for billiard playing. Nightly entertainment ranges from lounge-style listening music to glittering disco dancing, live country-western sounds, and performances by the Second City comedy troupe. Meals in the stylish dining room are an adventure. The menu is colossal, featuring over 50 dinnertime entrées, plus sinfully delicious desserts (there's also 24-hour room service). Wintertime action includes cross-country skiing, downhill schussing nearby, snowmobile safaris, and ice skating on an illuminated lakefront rink.

Open all year. June through mid-October, MAP doubles $124 to $158 a day, $80 double EP; children five and over pay three-fourths the adult MAP rate. Prices lower other times of year. Packages also available. Buses and trains to nearby Huntsville. Taxis to the resort from there.

HIDDEN VALLEY INN

HUNTSVILLE, ONTARIO
CANADA P0B 1K0
PHONE 705/789-2301

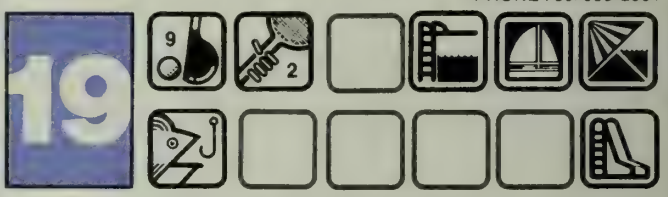


Not surprisingly, this resort resembles a Holiday Inn—it was one till a few months ago. But the similarities end with layout and architecture. Here guests not only enjoy a health club, new squash and racquetball courts, and giant indoor/outdoor pools, but also take advantage of recreation options in the surrounding area of lakes, forests, and park lands. A golf course lies across the lake, with downhill and cross-country skiing just beyond the front door.

Open all year. Doubles about $65 to $70; children through age 18 free. Sports and ski packages. Train and bus service to nearby Huntsville, with resort pickup there.

LUMINA RESORT

FOX POINT, RR1
DWIGHT, ONTARIO
CANADA P0A 1H0
PHONE 705/635-2991

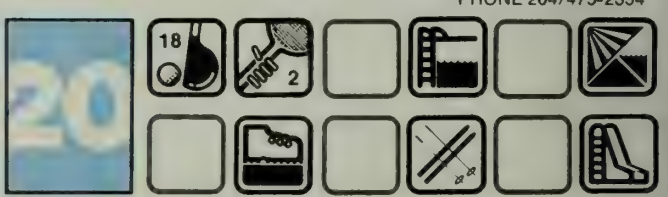


Everything about this homey little resort is family style and friendly—from the welcoming front gate that leads to the white frame lodge and cabins outlining a pleasant bay to the old-fashioned hospitality. A full house of about 100 guests makes socializing easy. Activities revolve around one-week stays (kids' programs June to Labor Day). Shore suppers and breakfasts will highlight your visit.

Open June through October. Family Week Specials (two adults and two children under age 11) about $390 to $450 a week. Weekly MAP doubles somewhat higher. Train and bus service to nearby Huntsville. Taxis to the resort.

GULL HARBOUR RESORT HOTEL

GENERAL DELIVERY
RIVERTON, MANITOBA
CANADA R0C 2R0
PHONE 204/475-2354



There's a striking contrast between the streamlined Gull Harbour Resort Hotel and its craggy, windswept setting on Hecla Island. The distinctive wood lodge stands at the tip of this rugged Lake Winnipeg isle, settled by Icelanders back in the 1870s. Around the island, which lies about 125 miles north of Winnipeg, plenty of exploring awaits—from fascinating weather-beaten bungalows to a marsh full of nesting waterfowl. In winter, you can discover the island via cross-country skis.

Open all year. Doubles from $38; kids under 16 free. Bus service from Winnipeg to Riverton, with resort pickup there.

Save 30% on Sears spectacular custom blinds

in versatile vertical and horizontal styles

Sears Celebrates AMERICAN STYLE
Sale Feb. 22-Mar. 21, 1981

Choose any of hundreds of color and texture combinations. Use them alone or with draperies. Mix vertical with horizontal. Each blind is custom made to fit any window and add beauty and privacy to your home.

Save 30% on Sears 1-inch horizontal blinds.
These slim blinds are available in more than 150 decorative finishes and colors, including new woods and wood looks.

Save 30% on Sears vertical blinds.
These practical, high-fashion blinds rotate to let in just the right amount of light. Or, close them completely for a smooth, solid appearance. You can even draw these blinds to the side as conveniently as a drapery. So they're perfect for any size window or glass sliding door. Choose from 95 different colors in metal or fabric.

Free Ideas Book
Stop by Sears Custom Shop in our drapery department or call for a free home visit from a Sears Decorator Consultant. You'll receive a free copy of Sears *Decorating Ideas* book with the visit—at no obligation.

And remember, you can use your Sears Credit Card.
Dates may vary in Alaska and Hawaii.
Available in most larger Sears retail stores.

You can count on Sears

© Sears, Roebuck and Co. 1981



Beautify your home with Sears vertical and horizontal blinds.

"I'm More satisfied."



More. For that extra measure of satisfaction.





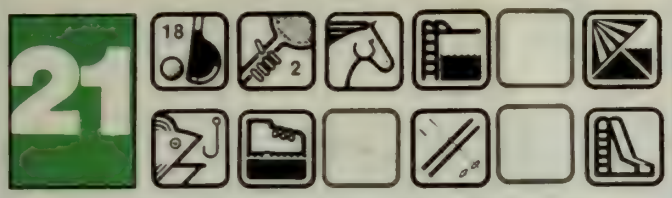
©1981 R.J. REYNOLDS TOBACCO CO.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

21 mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

MOOSE MOUNTAIN PROVINCIAL PARK

BOX 100
CARLYLE, SASKATCHEWAN
CANADA S0C 0R0
PHONE 306/577-2155

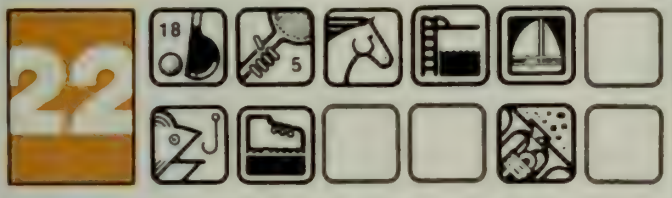


The accent is on simple outdoor fun at this government-run park/resort. Its 98,000 acres of hilly terrain in southeastern Saskatchewan are thick with stands of willowy aspen, birch, and poplar. The park's stately Tudor-style lodge and other facilities border broad Kenosee Lake beside a long beach and a boat launch (boat rentals close by). Cross-country trails attract skiers in winter.

Open all year; accommodations May to September only (lodgings other times in the town of Kenosee Lake). Deluxe cabin doubles from $26, motel-style doubles from $15; kids 12 and under free, $4 for over age 12. Bus service from Regina.

JASPER PARK LODGE

JASPER, ALBERTA
CANADA T0E 1E0
PHONE 403/853-3301

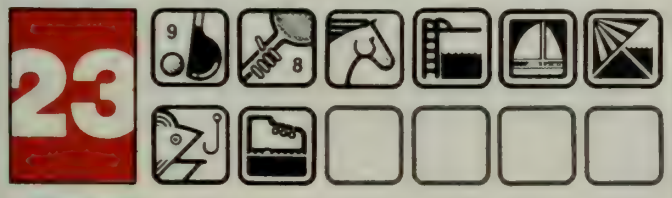


You'd expect nothing less than a spectacular resort amid the breathtaking Canadian Rockies, and Jasper Park Lodge won't disappoint you. This gracious mini-village provides splendid comfort in the wilderness. Superb service and meals are part of the proud tradition, along with niceties from the past. To explore surrounding Jasper National Park, take a bus from the lobby.

Open mid-April through October. MAP doubles from $145 in summer (less other times); $22 to $35 for kids four and up. Packages available. Airport bus service from Calgary. Buses and trains to the town of Jasper, with buses to the lodge from town.

OKANAGAN PARK COUNTRY CLUB AND RESORT HOTEL

BOX 1321, STATION A
KELOWNA
BRITISH COLUMBIA
CANADA V1Y 7V8
PHONE 604/769-3511

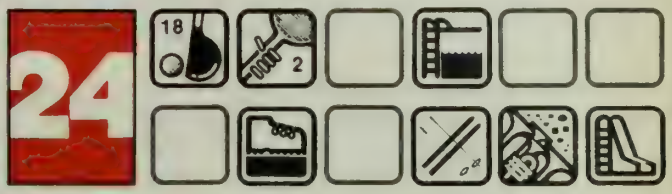


The rolling orchard-studded lake country of southern British Columbia's Okanagan region now boasts a new lakeside resort with a classy country-club air. The center of activity at this glistening white hillside enclave is the clubhouse, which houses a fine restaurant and is nearly surrounded by pools and tennis courts. Nearby are high-country forests for horseback riding and hiking.

Open May through October. Mid-June through mid-September, $45 double to $176 for a three-bedroom condo. Also MAP and tennis packages. Air and bus service to Kelowna. Airport pickup.

FAIRMONT HOT SPRINGS RESORT LTD.

BOX 10
FAIRMONT HOT SPRINGS
BRITISH COLUMBIA
CANADA V0B 1L0
PHONE 604/345-6311

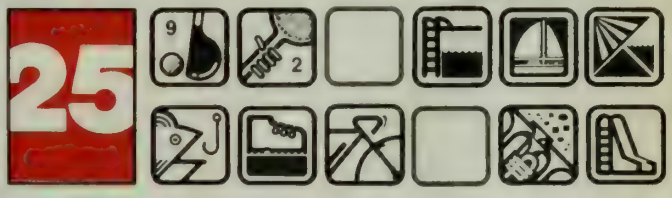


It's hard to imagine a resort better suited to families than this one, surrounded by the awesome Canadian Rockies in the picturesque valley where the mighty Columbia River begins. There's the wide-open feeling of the Canadian west here, with endless blue skies and plenty of room to roam. The assortment of pastimes keeps vacationers of all ages happily occupied, and the spacious, rough-wood lodgings provide all the family-style comfort of home. There's even a big campground among the firs. Summertime action focuses on lush golf fairways and a king-size complex of heated swimming pools fed by mineral springs. There's also fishing in nearby lakes and streams. What's more, the resort is close to three outstanding national parks. In winter, the big sports are cross-country and alpine skiing. Lift tickets for skiing at Fairmont also are good at two other downhill areas nearby.

Open all year. Mid-May to mid-October, daily doubles (many with kitchenettes) $56 to $70; $5 per additional person. Campsites $10 to $12 a night. Ski/swim packages. Air service to Cranbrook (70 miles south). Resort pickup at the bus stop about two miles from the property.

THE HARRISON HOTEL

HARRISON HOT SPRINGS
BRITISH COLUMBIA
CANADA V0M 1K0
PHONE 604/796-2244



This is one fashionable old resort that has successfully made the transition to the present. You'll still discover touches of the classic style that attracted well-to-do visitors long ago. But what vacationers come to enjoy today are the full range of modern resort facilities and the picture-perfect setting—at the edge of a glistening, glacier-fed lake overshadowed by towering snowcapped peaks. A spiffed-up section of the resort's stately original structure still houses guests, though most of the lodgings are newer. There's even a brand-new dining room, where the delicious cuisine is served in an elegant atmosphere. Around the gardenlike grounds, almost everything is close at hand, including a health club with indoor/outdoor mineral pools, trails for quiet woodsy rambles, and an indoor arena for pickle ball in summer and curling and ice skating in winter. You'll need a car or taxi, however, to reach the golf course.

Open all year. Lodge and hotel doubles $40 to $80; connecting hotel rooms and bungalows for families (no cooking) from about $80. Midweek and weekend packages. Trains serve the nearby towns of Agassiz and Chilliwack. Taxis to the resort from there. Bus service from Vancouver (about 60 miles west).

He knows I don't have time to waste.



That's why it's good to know Mr. Goodwrench.



I get fast service from Mr. Goodwrench. To begin with, he greets me promptly when I bring in my van. But, above all, he knows I want my van back by the time he promises to get it back. That matters.

Mr. Goodwrench has GM training. And he works on GM cars every day. It stands to reason that he's the mechanic I should go to when I need service on my GM van or my car. Mr. Goodwrench is committed to reasonable prices that are competitive with those of other places I've gone to around here for service.

I want genuine GM parts and I know that Mr. Goodwrench seems to have a good supply of the parts I need. So whenever my van needs service, I watch for a Mr. Goodwrench sign. It's at more than 5,000 GM dealers. Across America.



wrench

KEEP THAT GREAT GM FEELING WITH GENUINE GM PARTS.

AT PARTICIPATING INDEPENDENT MR. GOODWRENCH DEALERS SELLING CHEVROLETS, PONTIACS, OLDSMOBILES, BUICKS, CADILLACS, GMC AND CHEVY TRUCKS.

A Great Garage Conversion

Could you use more privacy and a larger master bedroom at your house? Maybe you can get them without adding on. This couple found all the extra space they needed in their garage. Here's how they turned it into the master bedroom they had always wanted, complete with an energy-saving solarium, a sunken sitting area, and a private bath.

The new master bedroom suite is nestled under the original roof of the garage. The bump-out greenhouse scoops up sunshine with double-glazed windows on three sides and acrylic skylights. Because the solarium faces almost due south, it works as a solar collector. Tile flooring in the solarium serves as thermal mass.





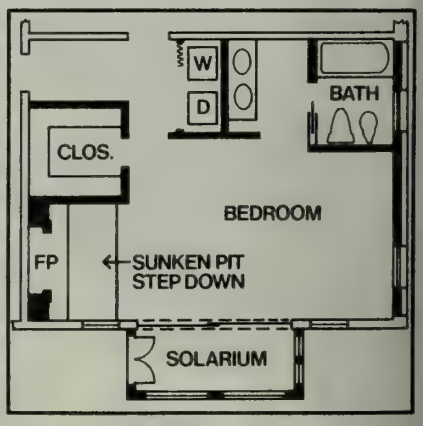
Photographs: Bill Helms. Designer: Vince Kauffman. Field editor: Ruth L. Reiter

The exterior of the greenhouse was designed to complement the traditional look of the house itself. There is a handy outside entrance to the greenhouse on the side not shown in this view, *above right.*

The greenhouse opens to the bedroom through wood-framed sliding glass doors, *right.* On either side of the doors are smaller operable wood casement windows that provide plenty of ventilation. The natural wood deck flooring and cedar-sided interior require minimum maintenance.

Natural materials are also used throughout the bedroom. Wood wainscoting of rough cedar lines the room. The planked hardwood flooring is prefinished. The ceiling is drywall with decorative cedar beams.





Opposite the bed and one step down from the level of the bedroom floor is a sitting area, *left.* It's sided with the same rough cedar used for the bedroom wainscoting. A brick wall with an arched opening frames a wood-burning stove.

A large master bath, dressing area, and walk-in closet complete this garage conversion (see plan).

To remove any vestige of a garage look, the owners planted an extensive amount of greenery around the base of the remodeled area. The new landscaping softens the junction of the new addition and the concrete driveway.

Replacing windows? Andersen has exactly what you need:

A better window.



Whether you're replacing one leaky, drafty window or a houseful of worn-out energy wasters, Andersen® Perma-Shield™ windows offer exactly what you need:

Quality.
Trim, beautiful Perma-Shield windows are more than just replacements. They're the same high-quality windows that Andersen has been building for over 75 years. The same windows used in new homes.

Fuel savings.

① Solid wood core provides maximum insulation.

② Two panes of glass, not just one, to cut heat loss.

③ Optional triple glazing system available to cut heat loss even more.

Weathertightness.

④ *At least* two times better at sealing out leaks and drafts than air-infiltration standards require.*

Low maintenance, long life.

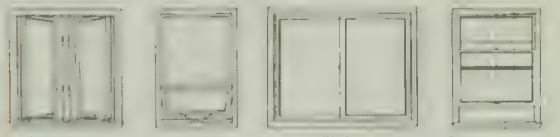
⑤ With a tough, rigid vinyl exterior in either white or earthy Terratone color, these windows won't rot, rust or corrode. Won't need painting every few years. (Gliding windows available in white only. Double-hung sash has a long-lasting, low-maintenance finish.)

Quick, custom installation.
The Andersen window replacement system custom-fits stock size Perma-Shield windows to virtually any window opening. There's no waiting for special-sized, custom-ordered windows.

Get a better window the second time around.

Tell your replacement/remodeling contractor to use Andersen Perma-Shield windows and gliding doors. Or see your Andersen dealer. He's in the Yellow Pages under "Windows."

Andersen Perma-Shield windows are available in these styles:



Casement. Awning. Gliding. Double-hung.

The beautiful way to save fuel*

Andersen® Windowalls®

Free!

Get exactly the information you need to replace your windows!

To: Andersen Corp., Box 12, Bayport, MN 55003
Please send a FREE COPY of the Andersen guide to window and gliding door replacement.

Name _____

002-0381

Address _____

City _____

State _____ Zip _____

*NWMA Industry Standard I.S. 2-73. 80003 Copyright © Andersen Corp. Bayport, MN 1980

For every woman who cares about her health.

The *Woman's Health & Medical Guide* is published by Better Homes and Gardens® for today's woman. For you. More than an invaluable source of help in times of ill health, this is a joyous book, that celebrates the whole state of being a woman. By enabling you to understand and integrate your special physical and emotional natures, it helps you achieve and experience the joy and fulfillment of being happily, vitally female.

Help you can turn to all your life.

This authoritative guide is packed with facts and information on your body, its functions and its signals. The sympathetic yet sensible advice contained within its covers is yours to turn to day or night, in illness or in health.

Whether dealing with an emergency, or recognizing an illness, or simply learning more about yourself, the *Woman's Health & Medical Guide* is *always there to help and inform like a good and trusted friend.*

Your questions answered

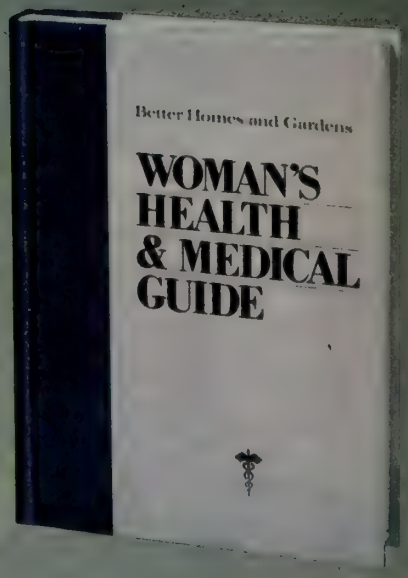
The *Woman's Health & Medical Guide* gives clear, honest answers to even your deepest, most private concerns. It never skirts the issues by hiding behind the kind of coy, powder-puff writing used in so many other books and magazines, but instead reveals the truth, directly yet sensitively.

Whether you want to know about sexuality, or depression, or serious illness, or pregnancy — no matter how tough your questions are — you'll understand the answers through the friendly yet factual text and refreshingly beautiful illustrations and photographs.

Above all, a useful book, and a wonderful gift.

The *Woman's Health & Medical Guide* is up-to-date, comprehensive, and most of all, meant to be read and *used.* It is a book that we believe you will be glad to have in your home, to turn to, to browse through, to enjoy.

- 696 fact-filled, easy-to-understand pages
- Over 400 beautiful illustrations
- Every chapter written by leading doctors and specialists
- Most up-to-date book of its kind
- Indexed and cross-referenced for easy use



Just a few of the subjects you can learn about in this remarkable new hardcover book.

- Nutrition
- Mental Health and Illness
- Adolescence
- Sexuality
- Breast Care
- Abortion
- Menopause
- Aging
- Infertility
- Choosing a Doctor
- Skin Problems
- Plastic Surgery



Prices slightly higher in Canada.

You'll find it wherever books are sold, priced at $24.95. Let it help you live your life as a woman to the fullest.

Better Homes and Gardens® Books

IDEAS YOU CAN USE

Pet Care How-To

Grooming your pet doesn't have to be a chore. There are all sorts of tricks to make the job easier. Here are a few that can simplify your next pet-grooming session.

Shedding

A certain amount of shedding is inevitable when you own a dog or cat, but you can reduce fallout by brushing your pet regularly after exercise.

If you moisten your pet's coat with a conditioner, coat dressing, or water, you'll find the brush or comb glides through easier. Dampening the coat also eliminates static electricity and makes loose hair cling to the brush.

Pet odors

Clean, healthy dogs and cats don't have unpleasant odors. So if you notice pet-related smells around your house, your dog or cat is probably due for a cleanup. A good brushing may do the job, or a bath may be in order.

An alternative to giving your pet a bath is "dry cleaning" him with baby powder, cornmeal, talcum powder (as long as it doesn't contain asbestos fibers), or a dry shampoo made for animals. After rubbing the substance into the coat, brush it out completely. It's important to remove every trace, especially with cats, so they don't swallow powder left in their fur.

If the odor persists, ask your veterinarian's advice. Unpleasant pet odors commonly go along with tooth, ear, and intestinal infections, compacted anal glands, built up dental tartar, etc.

Skunk odor requires emergency measures. A good dousing with tomato juice long has been touted as the surefire way to deodorize a pet that's gotten too close to a skunk. But you also can try rinsing your skunk-scented dog or cat in mouthwash (keep it out of your pet's eyes, mouth, and ears).

Cleaning ear flaps

Medicated acne cleaning pads are great for removing the sticky, black debris from the inside of your dog or cat's ear flaps. You can buy these pads under various brand names at the supermarket or drugstore.

NEW, IMPROVED CHUCK WAGON® DOG FOOD.

STEW-LIKE GOOD.

New Chuck Wagon makes a stew-like meal that's better than before. Hearty beef, chicken and vegetable flavors in a savory broth when you add water. New Chuck Wagon. It's stew-like good.



35¢ STORE COUPON 35¢

SAVE 35¢

ON ANY SIZE NEW CHUCK WAGON® DOG FOOD.

TO THE CONSUMER: Caution! Please don't embarrass your Retailer by asking him to redeem coupons without making the required purchase. He must redeem coupons properly to get his money back. Remember coupons are good only on the brands called for. Any other use constitutes fraud. Please don't redeem coupons that have expired.

RETAILER: For payment of face value, plus 7¢ handling, send to: Ralston Purina Company, P.O. Box PL1, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearinghouse approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the merchandising program represented by coupons presented for redemption. This coupon is non-transferable, nonassignable, nonreproducible and any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s, F.P.O.'s and void where prohibited, taxed or otherwise restricted. Cash redemption value 1/20 of 1¢. LIMIT ONE COUPON PER PURCHASE OF ANY SIZE BAG OF NEW IMPROVED CHUCK WAGON® DOG FOOD. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.



Coupon expires 3/31/83

35¢ 335 CW 335

© R P Co. 1981

HE SEEMED LIKE A NICE GUY AND YOUR COUSIN KNEW HIM IN COLLEGE, SO YOU PICKED HIM TO SELL YOUR HOUSE.

It's not a very good reason to trust someone with what is probably your most important investment. But, it's reason enough for a lot of Americans. Because, for some reason, they assume real estate people are all pretty much alike.

This is more than a bad assumption. It's a notion that can cost a home seller thousands of dollars. Believe it. There's a vast difference between the quality, competence, and professionalism of various real estate people.

Let us tell you.

When Better Homes and Gardens® entered the real estate business in 1978 we set the high standards for members. And we asked tough questions about business ethics, business success, training of salespeople, imagination in selling and advertising, the abil to help buyers get mortgage money, leadership in the mark

We have received over 18,000 inquiries from real estate firms. We never count how many we talked to... thousands. So far, only a few hundred...one out of every 72... have become a Better Homes and Gardens member.

Yes, America. There is a difference between real estate people. So, go with the sign that has two names you can trust: Better Homes and Garde and our real estate leader in your commur

For relocation service call:
1-800-247-5050
(In Iowa call: 1-800-532-1430)

THE REAL ESTATE MEMBERS OF

Better Homes and Gardens®

An association of independent brokers.

Oriental Bird and Blossom Prints



New from Better Homes

Set of four just $6.99

Delicate tree and flower blossoms provide a natural setting for these colorful exotic birds. Picture them in your home or office. On any wall, you'll add a touch of subtle elegance with these prints. Their rich vibrant colors capture the lure for the mysterious Far East. Each is rendered in the manner of familiar Oriental painting technique. The Bird & Blossom prints have been carefully lithographed on heavy stock to maintain the meticulous detail of the original paintings. Image areas measure 9" x 12". Overall print size is 12" x 16" — including the printed fabric-like mat border. You can easily frame these prints to match your room decor. Create your own Oriental bird grouping—or use the prints individually as you like. Prints such as these make appropriate gifts for friends, too. There are probably several people you know who'd like to add Oriental flavor to their own interior decorating. So keep your friends in mind. And bring home your Oriental Bird & Blossom Prints now —phone or mail your order today!



I to: Better Homes

Dept. 2TD, Box 374
Des Moines, Iowa
50336

FREE
"Picture Hanging Tips"
included with prints!

ntity
. No. 23106 Oriental Bird & Blossom Prints set of four just $6.99
nes not included)

l of Merchandise	$_____	Postage and Handling Charges:
e Sales Tax*	$_____	For orders up to $10.00 . . $1.75
age and Handling	$_____	$10.01 to $25.00 . . . . . $2.25
	$_____	$25.01 to $50.00 . . . . . $3.00
		Over $50.00 . . . . . $4.00

NOTE Better Homes and Gardens® is required to collect and pay state and local sales taxes in the follow ates: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New Oklahoma, Pennsylvania, Tennessee, Texas, Virginia, Washington and Wisconsin

ne _____
ress _____
_____
e _____ Zip _____

use your credit card, fill in the boxes below:

Credit Card No. | | | | | | | | | | | | | | | | |

piration Date Month/Year | | | | Master Charge Interbank No. | | | |

OUR POLICY: Full refund if not completely satisfied



With today's Ecotrin® you don't have to suffer all the pain of arthritis. Ecotrin is pure aspirin but more gentle to the stomach than plain or buffered aspirin. Because Ecotrin has stomach protection you can see—a Duentric® coating that lets it pass safely through the stomach before dissolving.

And Ecotrin provides anti-inflammatory action to reduce swelling, not possible from aspirin substitutes.

For effective relief, try Ecotrin.



Ecotrin®

Arthritis can be a serious condition. Read and follow label directions and be sure to see your physician.

Today's Arthritis Aspirin.

©Merrell & James Laboratories 1980
Professional Products Division
a SmithKline company

FOOD

Pasta and Rice Ideas

Yeast Rolls



Have you created a pasta or rice side dish with a secret ingredient or seasoning? Is there a savory or sweet yeast roll specialty that you'd like to share? Send us your recipes—you could be a winner next October. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next October. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Pasta and Rice Ideas

Your side-dish recipe can start with noodles or pasta (any shape); white, brown, or wild rice; or a convenience pasta or rice mix. Maybe you use pasta or rice to add thrifty mileage to a favorite main dish. Do you use frozen noodles in a novel way? **Hints: pasta primavera bake, mac 'n cheese fritters, Spanish rice puff.**

Yeast Rolls

Any yeast-risen roll recipe qualifies, whether it's a start-from-scratch idea, a trick with frozen bread dough or brown 'n serve rolls, or a packaged mix fix-up. Is there a special filling you tuck inside dinner rolls? Do you have a quick 'n easy roll recipe that's based on sourdough starter? **Hints: marmalade wheat rolls, cheddar bowknots, struesel breadsticks.**

THIS MONTH'S WINNERS

(See recipes on page 131 and 132.)

Cooks-of-the-Month

Sara Iles Johnston, Ithaca, N.Y.
Mrs. Elmo Stutlien, Blair, Wis.

Runners-up

Mrs. Maxine Docken, Browns Valley, Calif.
Mrs. J. F. Finnegan, Minneota, Minn.
Mrs. LynnAnn Lamunuzzi, West Springfield, Mass.
Michelle Myers, Campbell, Calif.

Honor Roll

Helen Brown, Cincinnati, Ohio
Deborah Compton, Colorado Springs, Colo.
Lois Cronk, Chittenango, N.Y.
Mrs. Laura Getschmann, Bremerton, Wash.
Mrs. Barbara C. Gossage, Springfield, Va.
Bev Harrington, Kenyon, Minn.
Alice Kurtz, Iowa City, Ia.
Nancy Lucas, Sewell, N.J.
Ann Marie Raspen, Wilkes-Barre, Pa.
Lois M. Samuelson, St. John, Ind.

CONTEST RULES.

1. **Write your name, address, and recipe clearly. Mark it "March Pasta and Rice Ideas" or "March Yeast Rolls."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, March 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8103 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**

AMERICA'S BEST-SELLING WAGON.*



That's quite a claim, isn't it? Especially when you consider the sizes, shapes and numbers wagons come in these days. So if you're going to be the best seller in a market that's as competitive as the wagon market, you'd better have a lot going for you. Rest assured, Fairmont does.

Just look at these mileage figures. Pretty impressive for a wagon. These numbers are for comparison. Your mileage may differ depending on speed, distance and weather. Actual highway mileage and California ratings will be lower.

34 EPA EST. HWY. 23 EPA EST. MPG

Of course, room is what a wagon's all about. And Fairmont offers 79.5 cubic feet of it. In fact, according to the EPA Interior Volume Index and manufacturer's suggested retail price, Fairmont offers more room for the money than any other wagon in America.

And here's the bottom line. Fairmont handles all this great mileage and room for a base sticker price that'll make it easy for you to handle a Fairmont.

When you add it all up, it's little wonder Fairmont's the best-selling wagon in America ...and very likely to remain so.

FORD FAIRMONT

FORD DIVISION Ford

Based on 1980 calendar year retail deliveries.

Working With Artificial Brick Veneers

The rich textures and colors of brick can add a sense of back-to-nature coziness to the interior of your home. A wide range of do-it-yourself materials is available so you can enjoy the attributes of brick without coping with the cost or the weight of the real thing.

Applying the artificial veneers is easy enough for a novice mason, and several of the brands on the market work equally well on exterior and interior surfaces. Some brands of the veneers are available in individual bricks; other brands come in panels of 12 to 24 bricks. Here's how to handle these amazingly realistic veneers.

Most brands of the artificial brick veneers can be installed over any sound, dry, fairly flat surface—even over masonry. Unless your wall has a moisture problem or a highly irregular surface, you won't have to worry about a furring system. (Before applying the veneers as part of new construction—over bare studs—nail up a layer of drywall as a backing for the veneer.)

Whether you're working with single units or panels, the first step is to lay out the wall in advance. Decide on the pattern you want to establish along the wall and plan how you're going to handle obstructions and openings. Then cut the veneer pieces.

Individual bricks. Cover only a relatively small area—about 2x6 feet—at one time. Spread adhesive on the wall section first. Then—using a tight, level string as a guide and starting in one corner—build the bottom row of bricks, spreading adhesive onto the back of each brick as you go. Use a spacer between bricks to maintain the uniform gap suggested by the brick veneer manufacturer.

You can cut ceramic bricks by scoring the back of them with a tile cutter, then breaking each brick over a dowel or a 16-penny nail positioned under the score. To cut plastic or fiber glass bricks, use a hacksaw or a coping saw. Use nippers to make irregular cuts on ceramic; on other types of bricks, use a coping saw.

Proceed up the wall, using either a tight string or a level to guide each row. Handle inside corners as you do the rest of the wall; use the manufacturer's special corner bricks on outside corners. If you get adhesive on the face of a brick, remove the adhesive with the cleaner recommended by the veneer manufacturer.

Some brands require no grouting because the adhesive dries to a gritty mortar-like texture; others must be grouted. Usually the grouting is done with a caulking gun.

Brick panels. Most brick panels can be nailed or glued to the wall. Some may require mortar. (One brand has special nail flanges that not only hide nails, but also make the panel self-leveling.) The panels are especially quick and easy to install because they cover a large area, and some brands don't even require an adhesive on their back surfaces. BH&G



FREE SAMPLE

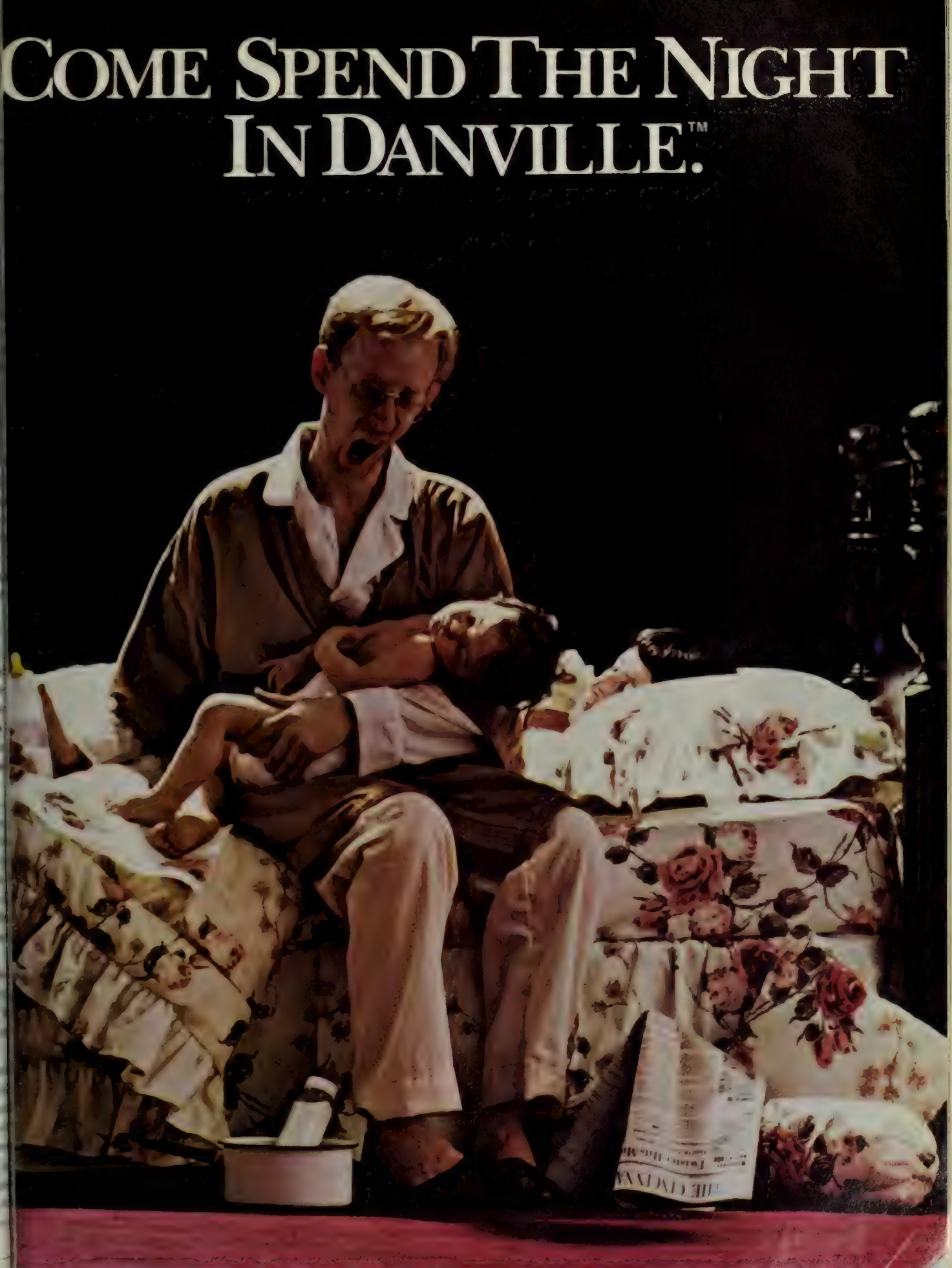
Send us 25¢ for postage and handling and we'll rush you a 4-tablet sample of genuine Ex-Lax® Pills. Mail 25¢ along with your name and address to:

EX-LAX FREE SAMPLE OFFER
P.O. Box 2289
Maple Plain, Minn. 55348

Your Name_____
Address_____
City_____
State_____ Zip_____

One sample per address. Valid only in U.S.A.; void where prohibited or taxed. Offer expires 12/13/81.
Read label and follow directions © Ex-Lax Inc., 1981

COME SPEND THE NIGHT IN DANVILLE.™



"Rose Waltz" sheets, pillowcases, comforters, bedspreads and insulating draperies in Fortrel® polyester/cotton no-iron percale. At C.R. Anthony Stores. © 1981 Dan River Home Furnishing Products Division, N.Y. 10018

Budget Bedroom Decor

You don't have to spend lots of cash to create a custom-look bedroom. Just put inexpensive, everyday materials to work. Here, cardboard, movers quilts, and carpet dress up a teen-ager's room.

Wide strips of single-faced corrugated cardboard camouflage the bedroom's unsightly walls. The cut-to-fit cardboard pieces were secured to the walls with vinyl adhesive at the top, then seamed and anchored along the baseboard with heavy-duty, double-stick carpet tape. Triangular boxes made of plywood and "upholstered" with cardboard serve as a corner headboard and nightstands. Low-level-loop commercial carpet covers the floor and the tiered platforms that elevate the sleeping area. Movers quilts were stitched into fitted slipcovers for the mattress and box spring.



Photograph: Mike Dieter. Design: Student Chapter of ASID, Iowa State University/Shirley Camp



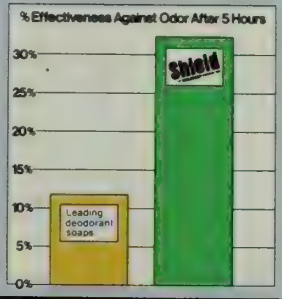
TREE TOP
PEAR-APPLE
It always tastes like somebody cared.

Introducing the first extra strength deodorant soap.



New Shield. Proven significantly more effective against odor than the leading deodorant soap.

The first major breakthrough in deodorant soap in 30 years. Clinical tests prove Shield fights odor better than the leading deodorant soap, so you and your family will feel cleaner.



©1980 Lever Brothers Company

How To Prepare Wool For Spinning

Want to rediscover the age-old art of preparing fine wool by hand? It's the first step in producing high-quality yarn for spinning. And preparing your wool is easy; just follow these five steps.

Cleaning

The first step in preparing your wool is to wash it ½ pound at a time. If you wash the wool by hand, use lukewarm water and a mild soap. If you use a washing machine, run the wool through the gentle cycle, adding a mild, cold water detergent to warm or cold water.

Rinse the wool with warm water and let it dry in the shade (direct sunlight weakens the fibers). Don't expose the wool to abrupt changes in temperature; this also weakens the fibers.

Separate the fleece according to color, crimp, and texture. After sorting the fleece, store it in open mesh bags. Add a mothball to each bag if the wool will be stored for a long period of time.

Remember that wool is an organic fiber and should be treated carefully to preserve its natural qualities.

Teasing

Once the wool is completely dry, pull the fibers apart to dislodge any hay chaff or foreign material. This also helps untangle the fibers, making the wool easier to work with and preparing it for the next step.

Carding

Carding helps align the fibers so the wool can be rolled into rolags (loose coils) for spinning. Purchase a pair of carders (wooden brushes with wire teeth) at yarn or knit shops. Label your carders "left" and "right."

Place a handful of wool on one of the carders, and place the second carder on top of the first, with their teeth together and handles pointing in opposite directions. Pull the carders against each other until the fibers are parallel and facing one direction. Card the wool gently but with equal pressure.

If short, rough fiber ends (called noils) begin to appear, transfer the wool to the other carder and reverse the direction of the carding. Transfer the wool back and forth onto the carders until the noils disappear.

To remove the wool from the carders, bring the two handles together and pull them against each other until the wool is gradually dislodged.

Roll the carded wool into long coils.

Combing

After you have finished carding and rolling the wool, comb it with a metal-toothed comb to remove any remaining noils. This gives you an especially smooth wool.

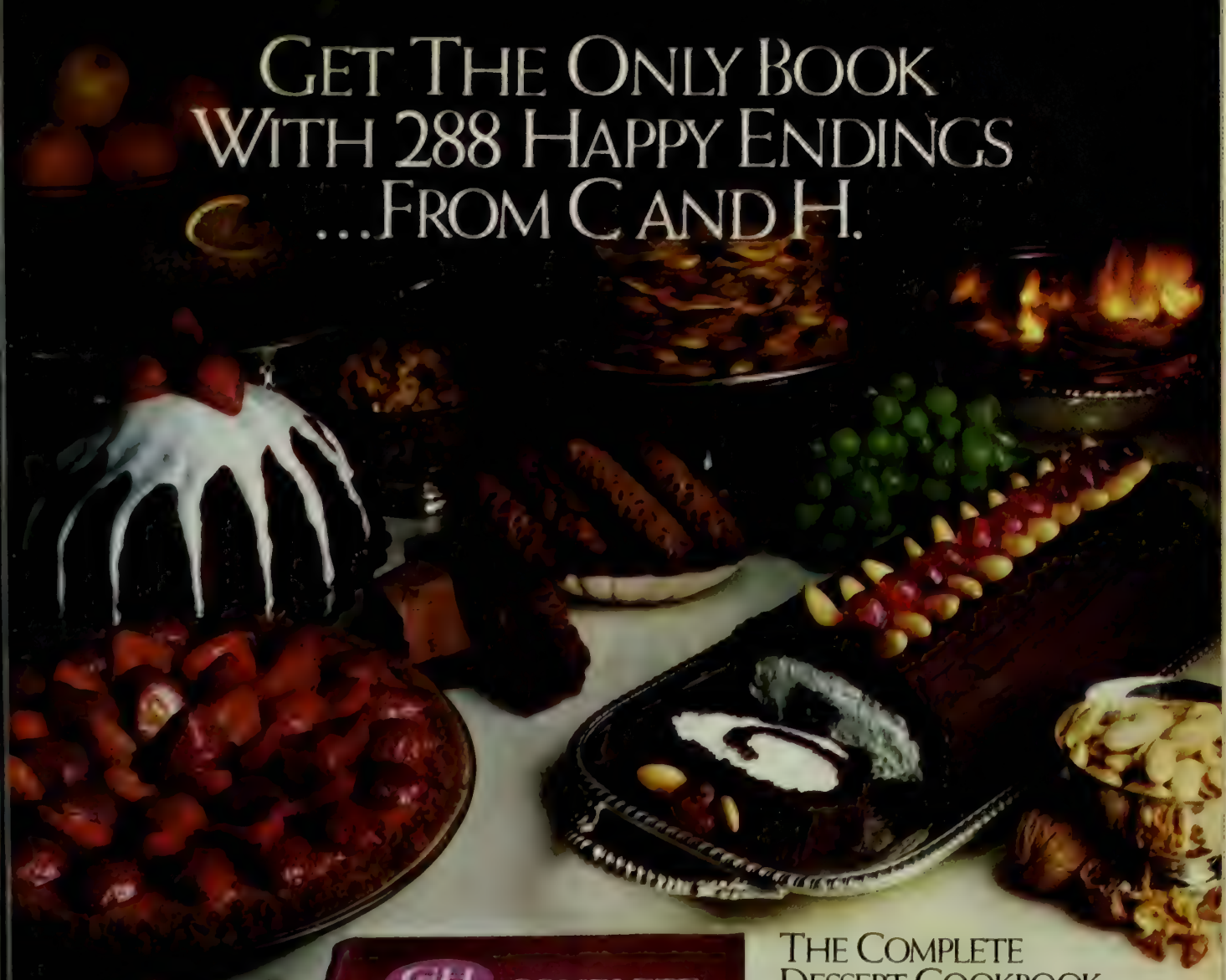
Comb the wool (one rolag at a time) from top to bottom, holding the top ends in one hand. The short fibers are easily separated from the longer fibers.

Coiling

Work the combed rolags into one roving (strand) by twisting the ends together and continuing down the length of the wool. Your wool is now ready for spinning.



GET THE ONLY BOOK WITH 288 HAPPY ENDINGS ...FROM C AND H.





THE COMPLETE DESSERT COOKBOOK FOR ONLY $3.95

Give your meals the happiest of endings with classic desserts from this definitive cookbook. It's the best of 75 years of dessert expertise, celebrating C and H Sugar's 75th Anniversary.

This hard-cover book is spiral-bound to lay flat. And it contains 224 pages of delectable recipes; information on candy-making, decorating, and preserving; plus plenty of tempting color photographs. It's all yours for only $3.95 ($7.95 value) and a C and H proof-of-purchase seal.

Send for it now. So you can read the classics. And then eat them.

Send check or money order for $3.95 (includes postage and handling), plus any C and H Sugar proof-of-purchase seal for each cookbook ordered to: C and H Complete Dessert Cookbook Offer, P.O. Box 4432, Maple Plain, MN 55348. No. of Books at $3.95 each. _____ Total $_____

Name_____

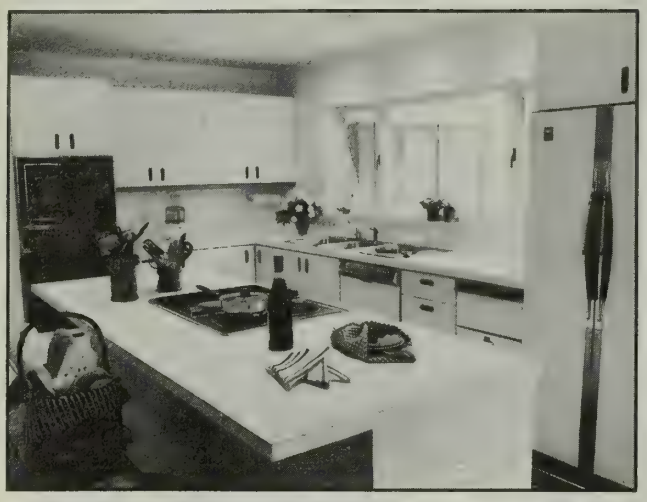
Address_____

City_____ State_____ Zip_____

This is an exclusive C and H offer good until Dec. 31, 1981. Offer good only in USA; void where prohibited. Minnesota residents add 4% sales tax. Allow 6 weeks for delivery.

Streamlining a Too-Big Kitchen

Though it seems incredible to those with cramped kitchens, an oversized kitchen *can* be hard to work in. That's because you have to make countless treks from one end of the kitchen to the other. These homeowners solved the problem by dividing the space into three areas.



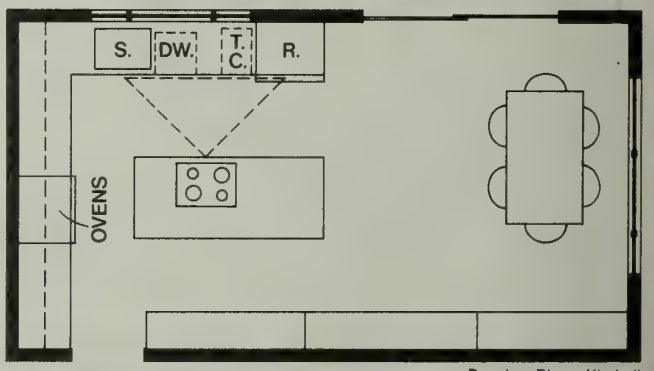


This room is 12½ feet wide and 26½ feet long—too much space for a kitchen alone. The problem confronting the homeowners: How to divide the room into comfortable and efficient areas for cooking and eating without losing the feeling of openness. The key to solving this family's dilemma was to stretch an eight-foot-long island down the center of the room (see plan). The island is three feet wide and has an overhang along the back that allows family or friends to pull up stools and sit awhile. Besides providing a convenient snack counter, the island does three other important things. First, it defines the kitchen work space and protects it from cross-kitchen traffic. Second, the island location of the self-venting cooktop sets up a perfect working triangle from cooking surface to sink to refrigerator. And third, the center island doubles the amount of work surface and storage in the kitchen area.

The large space remaining at the far end of the kitchen is ample for a dinner table and six chairs. Adjacent to the dining area are sliding glass doors leading to a rear deck with a view of the surrounding woods. The deck's proximity to the kitchen makes outdoor dining easy.

One entire wall of this pleasant room is devoted to storage and work space (see photo right). The unit on the kitchen side of the desk was included on the original plans and is devoted entirely to pantry storage. The seven-foot section of storage at the dining room end of the kitchen was built at the request of the owners who make good use of every inch of the cabinet's 18-inch depth.

The 7½-foot desk section in the middle has four extra-deep file drawers, open shelving for reference and cook books, and corkboard for posting family notes and messages. The cabinets and drawers throughout the room are surfaced inside and out with plastic laminate and have teak pulls. The floor is a mottled quarry tile with dark brown grout that virtually eliminates staining problems.



Drawing: Blaser Kimball



Praline & parties

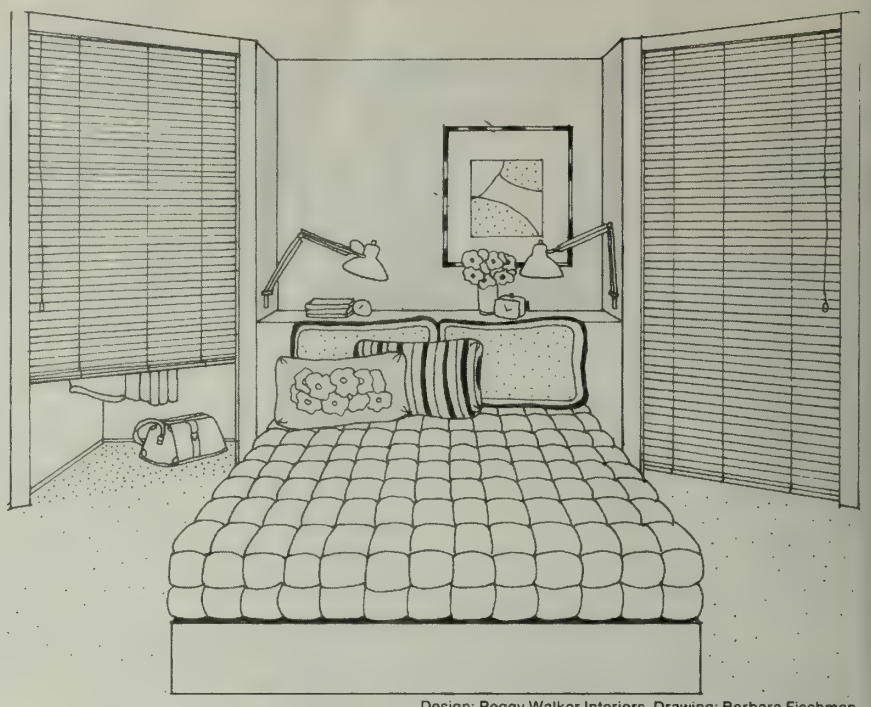


Nothing mixes better with people and parties than the great taste of Praline®. For party and recipe ideas, call toll free (800) 521-6398. In Michigan (800) 482-4287 or write Praline, P.O. Box 2235, Farmington Hills, MI 48018.

© 1981. Praline® Liqueur, 40 Proof, Praline Emporium Co., New Orleans, LA

A Hardworking Headboard

Ever wish you had another closet in your bedroom? Here's how you can gain two closets and a handsome headboard to boot. This easy-to-build headboard is flanked by a pair of blind-covered triangular closets that offer ample room for clothes, shoes, and extra bedding.



Design: Peggy Walker Interiors. Drawing: Barbara Fischman

The headboard section of the built-in storage unit should be approximately 24 inches wider than the width of your bed, 15 inches deep, and 36 inches high. To make the headboard, cut three panels from plywood—one for the top and two for the sides. Glue and nail the plywood pieces together in the shape of an upside-down U.

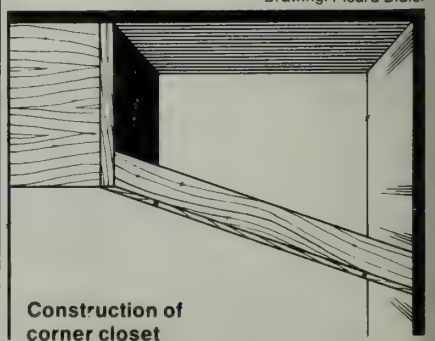
The measurements of the triangular corner closets will depend on your room dimensions. To construct each closet, first cut a plywood panel that's ceiling height and as wide as the headboard. When positioned flat against one end of the headboard, the panel will form the side of the closet. Secure the plywood piece to the ceiling with angle brackets and toenail it to the headboard section.

Next construct the front facade of each closet. Begin by mounting a cut-to-fit 2x4 on the ceiling diagonally between the plywood side of the closet and the room wall (see detail illustration, *right*).

To make the front uprights for each closet, cut from plywood two ceiling-height lengths that are four inches wide. Miter the side edges of the boards so they fit snugly against either the room wall or the side of the closet as shown. Glue and nail the uprights to the ceiling-mounted 2x4; toenail them to the floor. Cut another four-inch-wide plywood piece to fit between the two uprights; glue and nail the board to the 2x4.

Finish by installing clothes rods in each closet and hanging mini-slat blinds between the closet openings.

Drawing: Picard Didier



Construction of corner closet



Deli-Men Know.



How do you make a good sandwich a great sandwich? Just ask your deli-man. He'll tell you. Thick layers of hot pastrami – topped with a dab of mustard and a dollop of tangy sauerkraut. And piled high on a real deli rye. Oroweat® Schwarzwälder Dark Rye. A hearty loaf – made with dark rye flour and a touch of sourdough – for Old World deli flavor. And slow baked for a crunchy crust that's a delight to bite into.

Oroweat Schwarzwälder Dark Rye. Now *you* know what deli-men know.

When you think deli,
THINK OROWEAT®

Try Oroweat® Dill Rye and Russian Rye....just two of the many delicious Oroweat Rye varieties.

1/2 the sugar, all the Smucker's.

Smucker's Low Sugar Spreads have ½ the sugar of regular jam and jelly ...and all the fruit.



1. We use only pure sugar but ½ the amount that's in regular jam and jelly. No artificial sweeteners.

2. So the famous taste of Smucker's real fruit shines through like the morning sun... even at lunch and snacktime.



3. There's fruit in every bite. The best quality fruit from Smucker's.

4. Treat your family to our family of flavors in two convenient sizes.

With a name like Smucker's, it has to be good.®

Send for your Smucker's Low Sugar Spreads Recipes. Mail this coupon and 25¢ for handling along with a self-addressed stamped envelope (legal size please) to: Smucker's Low Sugar Recipes, P.O. Box 713, Dept. 42, Medina, Ohio 44256.

Name_____

Address_____

City_____ State_____ Zip_____

Custom Bar Storage From Stock Cabinets

Do you have champagne taste and a beer budget? If so, consider the way this enterprising handyman solved the dilemma. Using stock units, he built attractive storage cabinets that give his home bar area a "something special" look. Jim figures that buying comparable custom-built cabinets would have cost at least $1,000. But, he did it all for about $200.



Photograph: Maris/Semel. Designer: James A. Mounger. Field editor: Bonnie Crone

Jim Mounger is neither a designer nor a cabinetmaker by trade, but he enjoys the challenge of using stock materials in nontraditional situations. He calls the concept "budget building," an idea that appeals to any penny-watching homeowner.

Jim's home bar area is a perfect example of how "budget building" works. The Moungers wanted a custom-built look, but they weren't about to pay cabinetmaker prices. So Jim designed two dramatic storage areas that require only standard materials that are available at nearly any hardware store or handyman's center.

For each storage section, Jim mounted two standard-size (18x72 inches) broom closets on a four-door base cabinet unit (72x33 inches). The counter top in the center two-door area was covered with easy-care laminate to match the counter on the serving area at lower right in the photo. Jim built simple plywood shelves inside the broom closets to store plates, bowls, and other party supplies.

The Moungers like the "furniture" look of the wall-hung wood-tone cabinets. But to keep the overall effect from being too dark and heavy, Jim covered the wall areas between the broom closet units with mirror tiles. The tiles are easy to apply with mastic or double-faced adhesive tape; just follow the manufacturer's directions.

The display of stemware seems to float on glass shelves, accented by shiny chrome shelf brackets. Jim advises that you take extra care when drilling the holes in the mirror tiles for the shelf brackets. Drill with a carbide-tipped bit at a low rpm. A few drops of kerosene poured within a putty dam will reduce heat buildup. Or, if you prefer, have a glass retailer drill the holes in the mirror tiles for you.

8 REASONS WHY NOBODY MAKES DECORATING EASIER THAN WALLPAPERS TO GO.®

1. Choose from hundreds and hundreds of exciting designs. All displayed separately, not hidden in sample books.



Everything's conveniently grouped by color, pattern and texture, including many exclusive designs found only at Wallpapers To Go stores. And everything's first quality with no seconds or manufacturers' close-outs

2. You'll get decorating ideas, the easy way.



Whether it's from our easy-to-use videotape, exciting room-setting photos or full-size display vignettes, you'll leave Wallpapers To Go with many stimulating decorating ideas.

3. You'll find what you need in our complete tool and supply section.



It's all here. Everything you'll need to prepare your wall and hang your wallpaper. From individual tools and supplies to complete kits. All conveniently located in one handy section.

4. You'll have an easy time visualizing your selection.



Why guess how a pattern will look? Just place it on one of our handy viewing racks. Unroll it. And step back for a real good look. Or, take it home with you for an even better look.

5. You'll learn how to do it yourself with our free wallpapering lessons.



We offer live wallpapering lessons daily, 7 p.m. weekdays, 2 p.m. weekends, and free videotape lessons any time you ask. If you have any questions, each employee is trained in wallpapering techniques.

6. We'll teach you how to prepare your wall surfaces.



Different wall surfaces require different preparations. Our handy Wall Preparation Chart features the 4 most common wall surfaces and simple step-by-step instructions on how to get them ready for wallpapering.

7. Everything's in stock so you can take your selection home right away.



At Wallpapers To Go stores there's no waiting days or weeks for delivery. Just make your selection and start wallpapering right away.

8. Your guarantee of customer satisfaction.

Take your selection home. Unroll it. Live with it for a few days. Even hang 2 single rolls. If you're not satisfied with it for any reason, return the remainder with your receipt within one month of purchase. We'll give you a full refund or exchange.

Wallpapers to go®

We make it easy for you.

VISA MasterCard

80 stores nationwide—See your Yellow Pages.

©1988 Wallpapers To Go

EVERYTHING YOU EVER BELIEVED ABOUT THE GOODNESS OF SOUP HAS JUST BEEN CONFIRMED.



If you're like most people, you may have always suspected that there was something especially wholesome about a hot bowl of soup. Now your instincts have just been proven to be a fact: soup really is one of the most thoroughly nourishing, easily digestible foods you can eat.

FOOD FOR THOUGHT.

Using data from one of the largest studies ever made on nutrition (conducted by Government health agencies), experts from leading universities identified differences in people's diets.* It was found that soup can be a significant part of a balanced, healthful diet.

And when compared with other foods in a Nutrient Density Rating System** used by nutritionists, many of the most popular soups score very high. In fact, some soups have more nutrients per calorie than other good foods. Like green beans, lettuce and corn.

SOMETHING TO SLEEP ON.

Let's say you've come home from work too late to sit down to a big, heavy dinner. (A lot to digest isn't the best thing to go to sleep on.) A bowl of soup before bed might just be what your body needs. And it's so digestible.

And if, for example, that bowl of soup were Campbell's Vegetable Beef, you'd be giving yourself more vitamin A in one serving than you'd get from nine eggs.

And calorie for calorie, as much protein as peanut butter. If it were Campbell's Tomato Soup, you'd be getting the vitamin C equivalent of half a grapefruit.

WE ARE WHAT WE EAT.

Everywhere, people are walking when they used to drive. We've learned the value of exercise and grown more selective about the foods we eat. It all points to a new awareness of health. And soup has an important part to play in a nutritionally balanced diet.

So if you've had the feeling that soup is good for you, now you know why.

Campbell's

SOUP IS GOOD FOOD.

*As published in the summaries of papers of the 146th National Meeting of the American Association for Advancement of Science, January 6, 1980

**Source: Hansen, R. G., Wyse, B.W., Sorenson, A.W., The Nutritional Quality Index of Foods, AVI Publishing Co., Inc., Westport, Conn. 1979

Note—Mean value sources for nutrient comparison: USDA Handbooks No. 8 and 456 and Campbell Soup Co.



Just Married

The rich, rare excitement of exotic Amaretto and the classic elegance of fine imported French Cognac. Together at last!

©1980 Amaretto & Cognac, 50 Proof. Hiram Walker & Sons, Inc., San Francisco, Calif.



LICENSE PLATE BINGO

FOR MILES OF FUN!

When your family rides in the car, let the miles fly by with License Plate Bingo. It's an easy, educational game that everyone age 6 to adult can play. And it makes even the longest trips seem shorter. Up to 10 players can participate. So it's sure to keep everyone in your car occupied. You play the game much like regular bingo — using license plate letters and numbers. The game includes 10 different bingo pads, 3 pencils, a plastic litter bag, and complete instructions. Order License Plate Bingo today — and have more fun on your next trip!

Better Homes ... Dept. BTE, Box 374 ... Des Moines, Iowa 50336

Quantity

_____ No. 23147 License Plate Bingo $3.99 each plus 95¢ postage and handling.

Total of Merchandise $ _____

State Sales Tax* $ _____

Postage and Handling $ _____

TOTAL $ _____

Name _____

Address _____

City _____

State _____ Zip _____

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

OUR POLICY: Full refund if not completely satisfied.

Vanilla Know-How

What do custard puddings, vanilla ice cream, and butter cookies have in common? They all owe their unbeatable flavor to vanilla. But there's a lot more to vanilla than meets the taste buds—as this capsule guide explains.

How it's produced

Vanilla is often called the "orchid of flavors" because the slender beans come from a yellow orchid plant that grows in the tropics. Their characteristic flavor and aroma develop only after long drying and fermentation.

Some beans are sold whole, but most are used to produce extract. In much the same way that coffee beans are percolated to release their flavor, vanilla beans are steeped in a mixture of alcohol and water. The extract is drawn off, aged, then bottled.

Buying tips

A federal standard of identity requires that each gallon of *pure vanilla* extract produced in the United States be derived from a specified number of vanilla beans, and contain at least 35 percent alcohol by volume. Manufacturers may add sugar, corn syrup, and other optional ingredients. *Double-strength* vanilla is a pure concentrated extract that's twice as potent as the single-strength vanilla. *Imitation* or *artificial* vanilla is a less expensive flavoring that combines artificial flavorings with pure extract.

Using vanilla

- To use a whole vanilla bean in cooking, slit the bean lengthwise and simmer it in dessert sauces, chocolate beverages, and custards. The intensity of the vanilla flavor depends on the size of the bean, its age, and how long it stands in the mixture.
- To flavor foods with double-strength vanilla extract, use half as much as the single-strength vanilla.
- Adding pure vanilla to hot liquid can dissipate the flavor of the extract. For the best results, stir vanilla extract into puddings, dessert sauces, and hot beverages after cooking.

The Bran'nola® Bran'wich

Delicious Bran'nola® Original bread makes all your family's favorite sandwiches taste even better. It's bread baked with wholesome ingredients, sweetened with honey and tangy raisin syrup — no artificial preservatives, ever.



And every extra-large slice is rich in unprocessed miller's bran. For bran'wich variety, also try Bran'nola Hearty Wheat, Country Oat and Old Style White — delicious breads, all baked with bran!



What a delicious way to give your whole family the blessing of bran!

OROWEAT

TRAVEL PLANNING GUIDE: Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

1. **AR, KS, LA, TX, MO, OK**—America's Heartland. Map book of 49 self-guiding trips.
2. Bermuda Government—Where to stay, maps, rates.
3. **Brunswick Golden Isles C of C**—Resorts, sports amenities and historical tours.
4. **Bucks County**—Historic sights, events, hotel-motel guide, museums, parks.
5. **The Cloister**—Share Sea Island's good lifestyle.
6. **Eastern Steamship**—*SS Emerald Seas* to Nassau/Freeport from Miami. Docks all ports.
7. **Galveston Island, Texas**—Sand, sea, and sun. The rest is history.
8. **Georgia**—"The Way to Fun"—76-page comprehensive travel guide.
9. **Haiti**—Free 64-page visitor's guide to this unique destination.
10. **Key Biscayne Hotel and Villas**—Your dream island vacation. Ten minutes from Miami.
11. **Kiawah Island, S.C.**—Enjoy 10 miles of unspoiled beach at village by the sea.
12. **Nebraska**—Discover the difference. Send for free travel packet and map.
13. **New York Vacations**—Send for information on I LOVE NEW YORK VACATIONS.
14. **Norfolk**—The surprising side of Virginia. History, sailing, seafood.
15. **North Carolina**—Free full-color travel vacation planning kit.
16. **Enjoy the Oklahoma good times.** Send for free 50 trips book, map, and mileage estimator.
17. **Pa. Factory Outlets**—Brochures, maps of Outlet Capital of the World!
18. **Pennsylvania Festivals Association**—Write for 35 festivals brochure.
19. **Rose Hall Inter-Continental Hotel and Country Club**—Jamaica's playground.
20. **Royal Caribbean Lines**—14-day air/sea tours from Miami.
21. **San Antonio, Tex.**—The Alamo, Paseo del Rio, Spanish Missions, El Marcado.
22. **Schuylkill and Luzerne Counties, Pa.**—Bavarian Summer Festival.
23. **South Carolina**—Come see S.C. Myrtle Beach, historic Charleston, resort island.
24. **South Dakota**—Mt. Rushmore, Badlands, beautiful Black Hills, Old West.
25. **Traveltips Freighter Assn.**—Save on luxury travel by cruise ship or freighter.
26. **Weight Watchers Spa, Santa Rosa, Calif.** The vacation you keep on living.
27. **Western Cruise**—*SS Azure Seas*—3- and 4-night cruises. L.A. to Ensenada, Mex.
28. **Wilmington, N.C.**—Come to historic Wilmington and coastal Carolina.
29. **U.S. Virgin Islands**—Send for rates and summer package brochure.

Mail To: (Include 25¢ handling charge)
BETTER HOMES
AND GARDENS
P.O. BOX 4534, DEPT. 103W
DES MOINES, IOWA 50336

Name _____

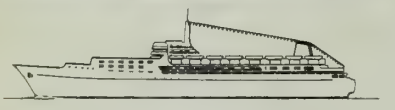
Address _____

City _____ **State** _____ **Zip** _____

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

CRUISES



3 and 4 night cruises from LA to the Baja.

PLAY CALIFORNIA'S NEWEST WATER SPORT

3 [illegible] night cruises to Ensenada, Mexico on the S.S. A[illegible] night $290 to $450; 4 night $380 to $600. Call your travel [illegible] Western Cruise Lines, Eastern Steamship Lines, Inc., General Sales Agents, P.O. Box 010882, Miami, FL 33101

Western Cruise Lines

Ship's Registry Panama

TRAVEL west

Canada's Best Resorts

The following guide is a continuation of the article about Canadian resorts that begins on page 134 (see explanation of activity symbols.)

108 RANCH RESORT

108 MILE, RR 1
100 MILE HOUSE, BRITISH COLUMBIA
CANADA V0K 2E0
PHONE 604/791-5211



The pine-covered hills and rolling rangelands of central British Columbia's Cariboo country provide a wide-open, western-style setting for this resort. Though this 6,000-acre property was once part of a ranching spread, the 108 is much more than a guest ranch. The modern recreational facilities are splendidly complete. In fact, you can enjoy a vacation here without ever climbing on a horse—though guided rides and barbecues are offered. Cross-country skiing takes over the winter scene, with over 50 miles of groomed trails (some lighted for night skiing) that link up with other developed ski routes to form western Canada's largest cross-country network. Accommodations are motel-style—kitchenettes and housekeeping units are the best deals, since the dining and service in the modern log dining room aren't on a par with the rest of the resort.

Open all year. Doubles $35 to $43; $3 per extra person. Kitchenette and housekeeping units $39 to $51. Year-round packages. Air service to Williams Lake (40 miles north). Daily bus service and train service three days a week to the town of 108 Mile. Resort pickup can be arranged. BH&G



2000 square miles of diaphanous blue water.

The American paradise.

United States Virgin Islands

St. Croix · St. John · St. Thomas

© 1981 United States Virgin Islands Division of Tourism, 1270 Avenue of the Americas, New York, New York 10020

Nachos: *(Notch'ohs)* Tostitos® topped with melted cheese and jalapeño pepper. The perfect anytime snack.



For heartier nachos, spread Tostitos® tortilla chips thickly with bean dip. Top with a dab of taco sauce. Top with melted cheese and pepper slice, and broil.



For elegant nachos, spread Tostitos® tortilla chips thickly with guacamole. Top with chopped green onion and cheese strips. Then broil.



Tostitos® Made with stone-ground corn for an authentic tortilla taste. They're light and crispy that they make the tender and delicious nachos with all your favorite toppings.

FRITO LAY

TOSTITOS is a registered trademark of Frito-Lay, In

How Traffic Laws Can Differ

Driving in a different state can be tricky because traffic laws aren't uniform across the country. Sometimes the variations are inconsequential, such as when to turn on headlights. But, some involve such vital issues as right-of-way. Below are some of the differences you should be alert to.

When you can turn right on red: Now, in all places but New York City, you can turn right on red if there's no sign prohibiting such turns. In New York City, you can't turn unless there's a sign allowing you to.

When you must stop for a school bus: Red flashing lights on top of the bus usually mean it has stopped—and so must other drivers. But in some states, the red lights are used even when the bus is moving. To compound the problem, state laws vary on who must stop when a bus has stopped—for example, some states require all following and oncoming drivers on a four-lane road to stop, and some require only following drivers to stop.

When you must stop at railroad crossings: As a general rule, you must stop when a bar is lowered or a crossing signal is flashing. But in a few states, stop signs are posted at all crossings—so you must stop every time.

When you may pass on the right: It's still illegal to pass another car on the right in a few states except in specific cases, such as when the other car is turning left from a left turn lane or when there are at least four lanes. (These laws would even rule out passing on the right on a three-lane, one-way street.)

When you must yield in an intersection. When one car is turning left and another car is coming from the opposite direction, the driver turning left must yield in all but two states. But an extra rule in some states confuses the matter: The driver going straight has the right-of-way until he reaches a certain point in the intersection where the responsibility to yield shifts to him. At what point this shift takes place is, at best, hard to know.

You can see the quality. You can hear what counts.



You can see the rich walnut finish and brass case, beveled etched glass panels, mirrored back and revolving pendulum.

And, what you can hear will thrill your ears: The mellow sound of chimes on the half-hour and the hour. And you will appreciate the superb quartz movement—accurate to within 10-seconds per month.

Ask for the Montreal.

Howard Miller Clock Co.

Zeeland, MI 49464

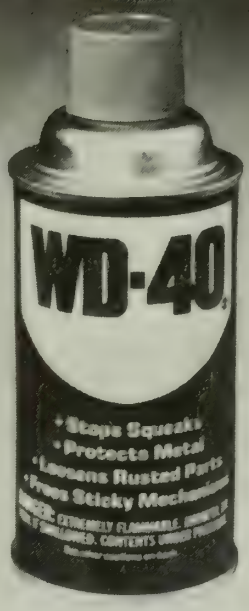
Phone toll-free 800-447-4700 for the name of your nearest dealer. In Illinois phone 800-322-4400. No calls from Alaska & Hawaii.

LOOK FOR BEDDING AND FURNITURE MADE WITH L&P COMPONENTS

Leggett & Platt INCORPORATED P.O. BOX 757 • CARTHAGE, MO. 64836

Write for FREE folder "ALL ABOUT BEDDING"

Do it with



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

WD-40 COMPANY, San Diego, CA 92110

Moving?

Be sure to notify *Better Homes and Gardens* at least 5 weeks before you move. This will give us time to process your change of address without any delay in service.

When you write, include an address label from the cover of one of your recent copies. It will help us speed your request through.

Send the address label, along with your new address, to *Better Homes and Gardens*, 1716 Locust St., Des Moines, Iowa 50336. *Please be sure to include your zip code.*


NOW
The Lo
Less than 0.01 mg ta
BOX: Less than 0.01 m
100's FILTER, MENTHOL
av. per cigarette by FTC meth
2 mg. "tar", .2 mg. nicotine, av.
FTC Report DEC. '79.
nicotine,
nicotine,
FILTER, MENTHOL
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

V

est



Box

Now–"closest to tar-free"[TAR]

Also available:
Soft Pack 85's
and 100's

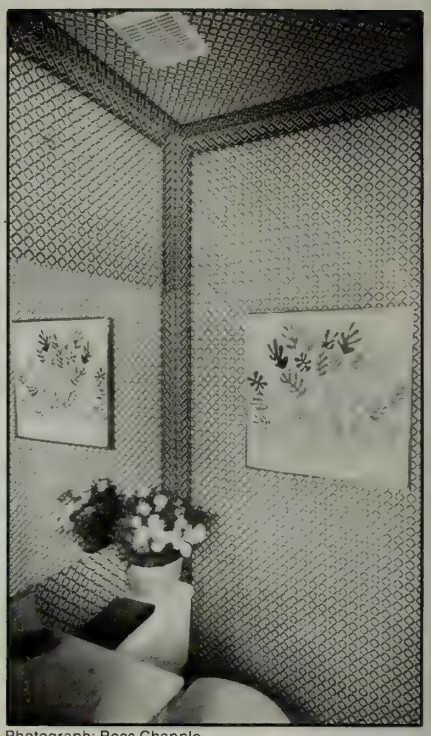


Regular or Menthol

Best-Dressed Baths

One quick way to make a nondescript bathroom notable is to use wall coverings imaginatively. And, getting the special decorating effect you want is easier than ever with today's wide variety of wallpaper patterns and colors. Here are two thought-starting wall treatments for closet-size bathrooms.

▶ A geometric-patterned wallpaper and matching reverse-color border add visual interest to this typically tiny powder room. The chocolate brown and white print covers the ceiling and walls, and the border provides the finishing touch. A large wall-to-wall mirror above the vanity doubles the impact of the two patterns.



Photograph: Ross Chapple
Design: McElroy, Fawcett, Thompson
Field editor: Eileen A. Deymier

▼ Here, *trompe l'oeil* (fool the eye) wallpaper gives a pint-size powder room a distinctively bookish look. The out-of-the-ordinary paper inspired another decorative touch; the book shelf that rests above the toilet tank. Plaid fabric was used for the tailored window curtain and the shirred panels in the corner sink cabinet.



Photograph: Dee Randolph Flouds
Design: Susan K. Richman and Barbara W. Sass, Interiors
Field editor: Estelle Bond Guralnick





GENUINE SOLID BRASS

Inscribed with the Latin Verse

"Que Me Tangit, Vocem Meam Audit"

"When You Touch Me, You Hear My Voice"

- **One and a half feet high**
- **Never needs Polishing—luster lasts forever**
- **A true Collector's Item**

While Our Supply Lasts

$19.95



Royal Roman Country Estate Bell

Give your home or patio a touch of luxury out of the past—an authentic replica of the Roman Country Estate Bell that might have once graced the royal summer palace of the mighty Caesar himself!

Since you may not have as large a household staff as Caesar, we've had the entire bell carefully antiqued so that it will never need polishing. Its beautiful luster will last year after year, throughout the four seasons, and its musical refrain will delight your guests.

Of course, with the price of metals and craftsmanship skyrocketing, you could expect to pay an emperor's ransom for a collector's treasure like this, complete with its own chain pull! 20" long. Act now, you can still obtain this decorator's gem for just $19.95—because our supply comes directly from the source.

MERRITT GIFTS, Dept. BB-75, 500 Market St., Perth Amboy, NJ 08862

☐ Please RUSH me my **Royal Roman Country Estate Bell(s)** for only **$19.95** plus $2.95 postage and handling.

☐ **SAVE $6.00!** Order **Two Royal Bells** for just **$35.90** plus $3.90 postage and handling.

Total Enclosed $_____. Or please charge to my account:

☐ Visa ☐ MasterCard

Bank #_____ Account #_____ Exp. Date_____

Print Name_____ Age_____

Address_____

City_____ State_____ Zip_____

© 1980, Richmond Gifts
587 W. Merrick Rd., Valley Stream, NY 11580

Helps Shrink Swelling Of Hemorrhoidal Tissues Due To Inflammation. Relieves Pain And Itch...

Gives prompt temporary relief in many cases from hemorrhoidal pain and burning itch in such tissues.

There's an exclusive medication which actually helps shrink painful swelling of hemorrhoidal tissues caused by inflammation. And in many cases it gives prompt relief for hours from rectal itching and pain in such tissues.

Tests by doctors on patients showed, while it gently relieved such pain, it also helped reduce swelling of these tissues.

The medication used in the tests was *Preparation H®*. No prescription needed for Preparation H. Ointment and suppositories. Use only as directed.

SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HOW TO MAKE YOUR BEDROOM LIVE BIGGER

Page 42: Desk—ICF, Inc., 145 E. 57th St., New York, NY 10022. Rocking chair and desk chair—Thonet Industries, Inc., 491 E. Princess St., P.O. Box 1587, York, PA 17405. Lamp in foreground—Koch & Lowy, Inc., 930 Third Ave., New York, NY 10022. Desk lamp—Luxo Lamp Corp., Port Chester, NY 10573. Recessed lights—Halo, Div. of McGraw Edison, 400 Busse Hwy., Elk Grove Village, IL 60007.

Page 43 (upper): Window blinds—Levolor Lorentzen, 720 Monroe Street, Hoboken, NJ 03030. Armchair—Stendig, 487 Park Ave., New York, NY 10022. Recessed lighting—Halo, Div. of McGraw Edison (address above). (Bottom): Sofa—Knoll International, 655 Madison Ave., New York, NY 10022. Standing lamp—Koch & Lowy, Inc. (address above). Window blinds—Levolor Lorentzen (address above). Recessed lighting—Halo, Div. of McGraw Edison (address above).

Page 44 (upper): Fabrics for Roman shade and spread—Bloomcraft, Inc., 295 Fifth Ave., New York, NY 10016. Track lights—Lightolier, Inc., 346 Claremont, Jersey City, NJ 07305. (Lower): Fabrics for Roman shade and spread—Bloomcraft, Inc. (address above).

Page 45 (upper): Leather chair—Herman Miller, Inc., 140 W. McKinley, Zeeland, MI 49464. Side chairs for desks—Thonet Industries, Inc. (address above). Lamps—Luxo Lamp Co. (address above). (Lower): Television—Sony Corp. of America, 47-49 Van Dam St., Long Island City, NY 11101. Video tape recorder—R.C.A., 30 Rockefeller Plaza, New York, NY 10020.

Page 46 (upper): Fabric on floor pillows—Fabrications, 146 E. 56th St., New York, NY 10022. Carpet—National Sponge, Div. of General Felt, Park 80 W1, Saddlebrook, NJ 07662. (Lower): Bertoia chairs—Knoll International (address above). Carpet—National Sponge, Div. of General Felt (address above).

Page 47 (upper): Carpet—Bigelow-Sanford Inc., Box 3089, Greenville, SC 29602. Fabrics—Laura Ashley, Inc., Box 1004, 296 Radar St., Port Newark, NJ 07114. Wicker chairs—Design Institute of America, 815 Park Ave., New York, NY 10021. Table lamp—Sirmos, Inc., 979 Third Ave., New York, NY 10022. Rag rug—Stark Carpet Co., 979 Third Ave., New York, NY 10022. Windsor chair—Habersham Plantation Corp., P.O. Box 1209, Toccoa, GA 30577. (Lower): Carpet—Bigelow-Sanford, Inc. (address above). Fabrics—Laura Ashley, Inc. (address above). Windsor chair—Habersham Plantation Corp. (address above). Desk lamp—Nesson Lamps, Inc., 3200 Jerome Ave., Bronx, NY 10468.

ELEGANT VEGETABLE DISHES

Page 64 (left): Bottle—Taylor & NG, 480 9th St., San Francisco, CA 94103. Plate—Noritake Co., Inc., Graphics Distribution Center, 1538 Merchandise Mart, Chicago, IL 60654.

Page 65 (left): Spoons "Act II"—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421. Basket—Franciscan Table Top Fashions, Interpace Corp., 2901 Los Felis Blvd., Los Angeles, CA 90039. Bowls "Madrigal"—Denby Ltd., Inc., 41 Madison Ave., New York, NY 10010. (Right): dish—Finel Waertsilae USA Inc., 225 5th Ave., New York, NY 10010.

A SUBURBAN EARTH-SHELTERED HOUSE

Page 89: Sofa—Selig Mfg. Co., 54 Green St., Leominster, MA 01453. Fireplace "Octatherm"—Martin Industries, P.O. Box 128, Florence, AL 35630. Fan—Casablanca Fan Co., 182 S. Raymond Ave., Pasadena, CA 91109.

Page 91: Sofa tables "Partables"—Conant Ball Co., Gardner, MA 01440. Window louvers "Skylids"—Zoomeworks Corp., P.O. Box 712, Albuquerque, NM 87103.

HOW TO UNSCRAMBLE A PROBLEM KITCHEN

Page 98 (left): Range—Crown, 4627 West 12 Place, Cicero, IL 60650. Counters—The Formica Corp., Berdan Ave., Wayne, NJ 07470. Refrigerator—General Electric Co., Appliance Park, Louisville, KY 40225. (Right): Sink—Eljer Plumbing Ware Div., 36 Gateway Center, Pittsburgh, PA 15222. Wallpaper—Kinney Bros. of California, 414 Lessert St., Oakland, CA 94601.

Page 100 (left): Wood-burning stove—Jotul, Kristia Assoc., Box 1118, Portland, ME 04112. (Right): Wall ovens—Thermador, Division of Norris Ind., 5119 District Blvd., Los Angeles, CA 90040. Cooktop—Jenn-Air Corp., 3035 Shadeland, Indianapolis, IN 46226. Curtain fabric—Sportswear Fabric Co., Framinghan, MA 01701. Slate counters—Charles Precourt, Union Ave., Sudbury, MA 01776.

Page 102 (left): Laminate counters—The Formica Corp. (address above). Wallpaper "Friends of Flowers"—L. Bowen Co., 2735 Jackson, Long Island City, NY 11101. Ceramic tiles—Latco Products, 3371 Glendale Blvd., Los Angeles, CA 90039. Chairs—Lowenstein and Co. Inc., 3260 S.W. 11th Ave., Ft. Lauderdale, FL 33315. (Right): Dishwasher—KitchenAid, Div. of the Hobart Mfg. Co., Troy, OH 45374. Compactor and refrigerator—Whirlpool Corp., Benton Harbor, MI 49022. Wall ovens—General Electric Co. (address above). Microwave oven—Litton Industries, 400 Shelard Plaza S., Minneapolis, MN 55426. Food processor—Cuisinarts, Inc., 411 W. Putnam Ave., Greenwich, CT 06830.

EATING BETTER FOR LESS

Page 104 (top left): Gravy pitcher, and round platter "Fennica"—Arabia of Finland, 5603 Howard St., Niles, IL 60648. (Bottom left): Steak board—Denby Ltd., Inc., 41 Madison Ave., New York, NY 10010.

Page 105: Casserole dish—Copco, Inc., 11 E. 26 St., New York, NY 10010. Platter "Potters Wheel"—Denby Ltd., Inc. (address above).

Page 106 (top): Round platter "Chestnut Weave"—Franciscan Ceramics, 2901 Los Feliz Blvd., Los Angeles, CA 90039. Salt, pepper—Conrans, 160 E. 54th St., New York, NY 10022. (Bottom): Pie plate "Heritage"—Pfaltzgraff Co., 140 E. Market St., York, PA 17401.

Page 107 (top): Dutch oven "Earthborne"—Mikasa, 41 Madison Ave., New York, NY 10010. (Bottom right): Casserole dish—Marsh Ind., 1224 E. 28th St., Los Angeles, CA 90011.

Page 108 (top): Quiche dishes—Corning Glass Works, Corning, NY 14830. Trivets—Crate & Barrel, 1510 N. Wells St., Chicago, IL 60610. (Bottom): Plate—Crate & Barrel (address above).

Page 109 (top): Square platter—Crate & Barrel (address above). Leftover dishes—Tupperware, World Headquarters, P.O. Box 2353, Orlando, FL 32802; Corning Glass Works (address above); Williams Sonoma, 532 Sutter St., San Francisco, CA 94102; and Copco, Inc. (address above). (Bottom): Napkin—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. Soufflé dish—Corning Glass Works (address above).

PRIZE TESTED RECIPES

Page 131 (left): Server—H. E. Lauffer Co., Inc., Belmont Dr., Somerset, NJ 08873.

Page 132 (left): Cup, saucer—Noritake Co., Inc., 41 Madison Ave., New York, NY 10010. (Center left): Octagon plate—Present Concepts, 3101 Ingersoll, Des Moines, IA 50312. (Center right): Baking dish "Oatmeal"—Pfaltzgraff Co., 140 E. Market St., York, PA 17401. (Far right): Small plate—La Cuisiniere, Inc., 903 Madison Ave., New York, NY 10002.

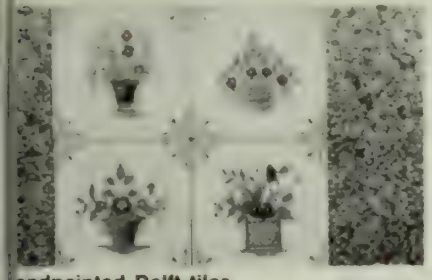
Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



Scrimshaw pocket knife
Handsome pocket knife displays the treasured ancient art of the American whalemen. Knife is etched with a typical whaling scene on genuine ivory; reverses to solid walnut. Superb quality, double forged steel blades. Certain to be tomorrow's heirloom. Measures 3" Long, ¾" Wide closed. $29.98 plus $1.50 postage. Ferry House, Dept. BH3, Briarcliff Manor, NY 10510.



Handpainted Delft tiles
Floral motifs in authentic old lavender, blue, yellow and green. Assorted florals; all coordinate as the corners match. For re-doing hearth, re-edging pool, doing an entire bathroom or loggia floor. 5" square. Set of four 0855, $42.50 + $1.95 post. Catalog FREE with order, or 50¢. Major credit cards. Sturbridge Yankee Workshop, 752 Brimfield Rd., Sturbridge, MA 01566.



Photo jigsaw puzzle
Dazzle your friends or family with a custom 81 color Photo Jigsaw Puzzle made from your own photo or a relative's. Send any size color photo (returned unharmed). A fun surprise for any occasion. Measures 7½" x 9½" or 7¼" round or heart shaped puzzle. You'll want them for yourself or to give as gifts. $7.95 + $1 postage. Wallet Photo Co., Dept. 104, West Caldwell, NJ 07006.

OLD PUEBLO TRADERS

satisfying customers for over 30 years



SUPER SAVINGS!

only $17.95

two pairs just $32.90

Handwoven Huaraches

We found an oxford style for better fit and walking comfort. Artfully woven of a supple GENUINE LEATHER. Long-wearing, sturdy full sole and ¾" heel. Imported for us in TOBACCO BROWN. Ladies full sizes 5-10M.

FOR *FAST* PERSONAL SERVICE
24 HOURS A DAY
7 DAYS A WEEK
CALL 602-795-1281
Charge Orders Only

SATISFACTION GUARANTEED OR MONEY BACK!
Wear for 15 days before deciding to keep them. If not completely satisfied, return for a full refund or exchange.

OLD PUEBLO TRADERS
Dept. BT3HR, 600 S. Country Club, Tucson, AZ 85726

I enclosed is $1
Only send me a *SPRING CATALOG* plus a *$2 BONUS DISCOUNT* good on first order.

NAME _____
(please print)
ADDRESS _____
CITY _____
STATE _____ ZIP _____
CHARGE TO: ☐ MC ☐ BA VISA ☐ AE
ACCOUNT # _____
EXP DATE _____
SIGNATURE _____

SIZE	COLOR	QUANTITY	PRICE

ADD $1.95 P & H one item, $2.95 two or more. _____
AZ res. 6% tax. _____
Enclosed is $ _____

conran's

1981 Home Furnishing Catalog



Not only does our 1981 Mail Order Catalog have 112 full color pages filled with everything you need to make a perfect home (furniture, linens, cookware, lighting, floor coverings, toys, and hundreds of accessories), but it also has the *ideas* that make a home special. This year we have editorial features on how to use our lighting to obtain everything from the most dramatic effect to a warm, cozy ambiance. Michel Guerard, one of the world's greatest chefs, has written an article on cooking and cooking equipment, and has endorsed a number of our products as well. And of course you'll find the designs that have made Terence Conran a world authority in contemporary home furnishing. The ideas alone are priceless. The catalog is $3 + .50 postage.

☐ Yes. I would like to order Conran's catalog $3.50 ppd. Enclosed is my payment for
$ _____
(NY and NJ residents add sales tax)

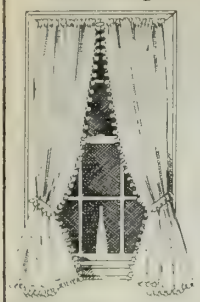
I'll pay by:
Check ☐ American Express ☐
VISA ☐ MasterCharge ☐

Signature _____
Card # _____ Expiration Date _____
Name _____
Address/Apt _____
City/State _____ Zip _____

Conran's 145 Huguenot St. New Rochelle NY 10801

COUNTRY CURTAINS®

Ball Fringe on Permanent Press
Natural or White



TIERS
20" or 25" ..... 9.50 pr.
30", 36" or 40" . 10.50 pr.
TIEBACKS
45", 54" or 63" . 16.00 pr.
72", 81" or 90" . 18.00 pr.
VALANCE
10" x 80" ..... 5.25 ea.

Send for free catalog

Country Curtains are a tradition...years of old-fashioned quality and conscientious service. Sturdy ball fringe on cotton/polyester blend 90" wide per pr. Specify color. Check, money order, Mastercharge or Visa. Mass. res. add 5% sales tax. Postage and handling: under $10 add $1.50, over $10 add $2.50. Satisfaction guaranteed or your money back.

COUNTRY CURTAINS
Dept. 32, Stockbridge, Mass. 01262

WOMEN'S CASUAL SALE!



WAS $19– **SALE PRICE $15.90**

SHERRY
Superbly comfortable, go-everywhere, supple-as-leather softies. 5/8 inch heels.

COLORS: BLACK, CAMEL, NAVY, RED, WHITE

SIZES:
NARROW - 5½ thru 12
MEDIUM - 4 thru 12
WIDE - 5 thru 12
(NO HALF SIZES OVER 10)

C.O.D. ORDERS If ordering C.O.D., please send $2.00 per pair deposit

- Add $2.00 for postage and handling
- $1.50 extra per pair for sizes over 10
- REFUND IF NOT DELIGHTED

SOFWEAR SHOES
Dept. BH-3 • 1811 San Jacinto
Houston, Texas 77002





The Great Early American Catalog

Send for our
Special Spring Edition
FREE

Fascinating catalog of Early American and Traditional home furnishings, decorating items, gifts. Over 1,000 items in full color. Featuring upholstered furniture, wicker, brass, curtains, lamps, china. All items superior quality — most not available elsewhere. Absolute guarantee; major credit cards.

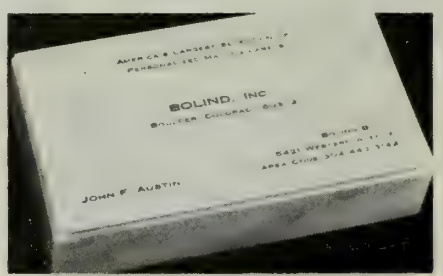
STURBRIDGE YANKEE WORKSHOP
748 BRIMFIELD TURNPIKE, STURBRIDGE, MA 01566



"Stack-A-Drawer"—so versatile
Infinite uses for home or office; great for your desk. Or use for jewelry, sewing, embroidery materials, even small tools or parts. Stack 2, 3, 4, 5 or more. Each has 3 drawers 9½" Wide x 11¼" Deep. Made of high-impact styrene. Choose: Gold, Blue or Orange. $9.95 each; 2 sets/$18.50; 3/$24.95. Add $1.50 post. per set. Order from Holst, Inc. Dept. BH-381, 1118 W. Lake, Tawas City, MI 48763.



A rare and unusual gift
A collection of over 150 fascinating and unusual shells: some four, five and even six inches long. Wonderful for the hobbiest; great for tabletops, shelves, aquariums, sunrooms, dens, etc. Ideal for gift-giving $12.95 plus $3 postage. Collection of 250 shells, $19.95 plus $4 postage. Brochure 35¢. Tropical Shell Institute, Dept. BH381, Box 21490, Fort Lauderdale, FL 33335.



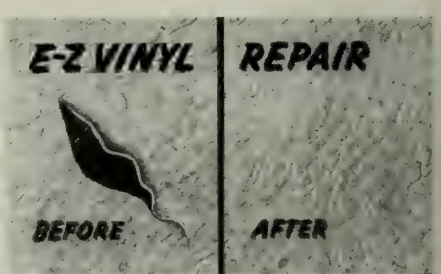
Unique business card paperweight
You send your business card to be photo-engraved on brass-colored metal and then mounted on ¾" Italian marble. Your card is duplicated exactly (do not staple or paperclip). Makes a unique and wonderful gift for your favorite business person. $10.50 plus 50¢ postage. 80-page catalog, $1. Order from Bruce Bolind, Dept. BH-3, Bolind Building, Boulder, Colorado 80302.



College spirit ornaments
Unique gifts for alumni, students or supporters of any school. Make excellent collectibles too! Available for most major universities. Of shimmering spun satin. Each ornament is 3¼" in diameter, emblazoned on both sides with college insignia, gift boxed. $5.50 each; 3 for $14.25 ppd. Campus Originals, Dept. BHG, College Park Station, Box 21187, Detroit, MI 48221.



1½ and 2 story homes
For you to consider at your leisure when planning a new home. Other titles offered are 185 One-Story Homes *over* 2,000 Square Feet; 250 One-Story Homes *under* 2,000 Square Feet; 1½- and 2-Story Homes; 223 Vacation Homes. $3 each. Save—Buy all for $10.95 postpaid. Order from Home Planners, Dept. BHE13, 23761 Research Drive, Farmington Hills, Michigan 48024.



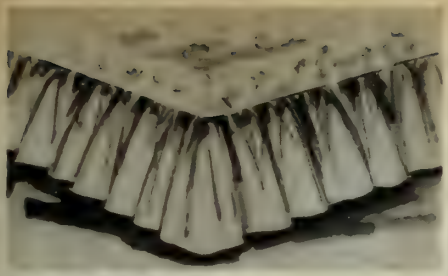
Now you can mend any color vinyl
Make quick, professional-looking repairs on car seats, luggage, furniture, etc. Easy method lets you repair burns, rips, holes in vinyl, naugahyde, plastic. Repaired areas are almost impossible to detect. Easy method lets you match both color and grain. Do it yourself and save money! Order #H1345, $5.99 postpaid. Walter Drake, BH21 Drake Building, Colorado Springs, CO 80940.



212 British Empire—50¢
An excellent "Best Buy" is being offered of 212 all different colorful British Empire stamps. You'll want this specially made collection, guaranteed to have a standard catalog value in excess of $6.50, for only 50¢. For serious collectors to introduce superior approvals. For more information write today to: D. M. Darling & Company, Dept. BH3, Rockville, Maryland 20850.



End kitchen drawer clutter
On a lazy-Susan base, the Kitchen Carousel spins instantly to the tool you want! Made of high-impact polypropylene with drainage holes. Useful in both the kitchen and workshop. 11½" diameter x 10½" high. Almond color. $19.95 ea. + $1.80 post.; 2 or more $19.95 each postpaid. Order from Garden Way Carousel, Dept. A132F, Charlotte, Vermont 05445.



Attractive dust ruffle
Perma-press, poly/cotton dust ruffle in White or Natural (eggshell) has extra-full gathered ruffles, split corners and extra-full side drops. Rolled handkerchief hems, no-iron platform and ruffle material. 18": Twin $27.50; Full $29.50; Queen $31.50. 22": Twin $30; Full $32; Queen $34. 14" avail. Add $2.50 post. Free Cat. Old Colony Curtains, Dept. B34, Box 759, Westfield, NJ 07090.



Black onyx ring
A special treat for yourself or someone very important in your life. A genuine onyx stone in an elongated oval cut, tops a white gold plate ring in a delicate setting. Available in sizes 4-9. $15.95 plus 75¢ postage. (New York residents add sales tax.) Please send ring size. Catalog of more lovely rings 25¢. Order from Lions, Dept. 42-BG, 665 Middle Neck Road, Great Neck, New York 11023.



New World of Fashion catalog
From Shopping International has thirty-two full color pages of dresses, gowns, blouses, hats, purses and jewelry for every occasion. Plus a marvelous selection of boudoir accessories . . . high fashion with handcrafted accents from more than twenty countries. To order for yourself and for your friends send $1 to: World of Fashion, c/o Shopping International, Dept. 448, Norwich, VT 05055.



Old-fashioned Easter postcards
Quaint, nostalgic, old-fashioned design in rich antique colors. Endearing, heartwarming reproductions with space for your address and a short message. A unique way to send greetings to special people. Two different assortments avail. $1.75 per package; 3 packages for $4.50. Use as a charming small gift too! Easter Postcards, Box 428-BH, Seabrook, New Hampshire 03874.



"SAVE YOUR HEART"

with a **STAIR-GLIDE** Stairway Lift
RENTAL-PURCHASE Program Available
America's largest selling stairway lift. Ideal for people who cannot or should not climb stairs. Easily installed in less than 2 hours without damaging stairway. Runs off household current. Choose from Deluxe or Economy models.
AMERICAN STAIR-GLIDE® CORP.
4001 East 138th, Dept. BHG-031
Grandview, Missouri 64030



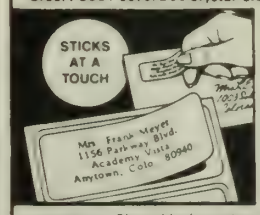
Windmills on your mind?
Uniquely beautiful ornamental windmills, 4½ to 10 ft. high to perfect scale. Ideal for yard and garden.
FREE BROCHURE
Write to:
HOLST, INC. Dept. BH-381
1118 W. Lake P.O. Box 370
Tawas City, MI 48763



1000 RETURN ADDRESS LABELS **$1.00**
1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines
Order S717 Set of 1000 Economy Labels (boxed) $1.00



250 Crystal-Clear RETURN ADDRESS LABELS **$1.98**
The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**
Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3053 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
____S717 1000 Labels @ $1 each $_____
____P2031 Crystal-Clear Labels @ $1.98 ea $_____
____P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

Easy-going comfort from Naturalizer



$31 Plus $1.75 Postage. Sizes over 10, add $2/pr. KS residents add 3% sales tax

The bareback slide, on a bouncy cork wedge. Gored for perfect fit, padded for perfect comfort. In lots of sunny colors and in your size! Red, white, camel, bone, navy smooth

To order HOT STUFF or a copy of our free catalog, write

NATURALIZER® Shoes
Dept. BHA, 504 Main, Newton, Kansas 67114
Phone (316) 283-8561

☐ Visa ☐ Master Charge
Account Number _____
Expiration Date _____
☐ Check Enclosed

Kodacolor Film Processing
BORDERLESS PRINTS

12 Exp 110 126 & 135 mm only **$1.49** 35 mm 24 Exp **$2.98**
20 & 24 Exp 110 & 126 only **$2.98** 35 mm 36 Exp **$4.99**

KODACOLOR REPRINTS - **10 for $1.99**
SIZES 110, 126, 35 mm only
Please send this ad with order
Known by the quality we keep
All orders returned 1st Class Mail Postpaid

American Studios
Dept BH, La Crosse WI 54601



REMOVE HAIR PERMANENTLY

PERMA TWEEZ® is a simple electrolysis instrument that PERMANENTLY removes undesirable hair from face, arms, legs and body. No complicated wires or adjustments necessary for you to get complete permanent removal. **Perma Tweez created the original patented safety feature that prevents skin puncture.** Over 15,000 instruments sold to doctors and almost two million purchased by people like yourself—by far the leading electrolysis system. Save hundreds of dollars on salon electrolysis by doing it yourself. Clinically tested—recommended by dermatologists. **14 DAY MONEY BACK GUAR.**

$19.95—Check or Money Order

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

Cal. res. add 6% sales tax
☐ I enclose $19.95.
☐ MasterCard ☐ Visa
#_____ Exp. date_____
☐ COD requires $4.00 deposit. Balance includes COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-188
1935 Armacost Ave., W. Los Angeles, CA 90025
©1981 GENERAL MEDICAL CO

COLONIAL MAID CURTAINS

Curtain & Bedspread Specialists Since 1947

GRAINED RIBBON

bands of rust, natural or royal blue skillfully appliqued onto natural color poly/ctn. blend muslin. Washable, no-iron 80" wide.

30" or 36"	14.50 pr
45" or 54"	17.50 pr.
63" or 72"	21.00 pr.
84"	25.00 pr
Tiebacks	3.00 pr.
Valance	8.00 ea



Satisfaction guaranteed. Add. 2.50 post. Send check, M.O., Master Charge, Visa or Am. Ex.

SEND FOR FREE COLOR CATALOG

Colonial Maid Curtains, Dept. 43, Depot Plaza, Mamaroneck, N.Y. 10543

SALE! SAVE $10

Only **$9.88**

GENUINE CAST IRON PIGGY BANK!

Cast in Authentic 100 Year Old Antique Molds



ONE FOOT LONG, WEIGHS 6 LBS.

Here's the heavyweight savings champion of the century . . . a ponderous porker you can really bank on to increase your wealth. Genuine cast iron piggy bank is made in antique foundry molds. Huge 1 ft. long. Weighs a hefty 6 lbs. A fun way to teach kids the importance of saving. Durable materials and beautiful craftsmanship make it a lasting heirloom.

Piggy Bank (Z610386) . . . . . Only $9.88

Add $2.50 post. Major credit cards accepted. PA residents add sales tax. Moneyback Guarantee.

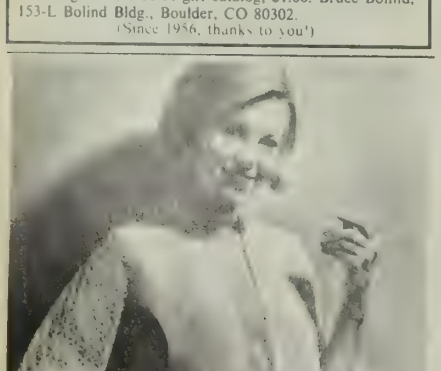
Old Village Shop, Dept. VZ-2081
340 Poplar St., Hanover, PA 17331



ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . #DD 500 white 1¾" x ⅞" $3.50 #DR 500 white 1½" x ½" $3.25 #GDD 250 gold 1¾" x ⅞" $3.50 #GDR 250 gold 1½" x ½" $3.25 (Labels without designs have room for 26 letters and spaces per line.) Please add 75¢ postage and handling. Useful 80-P. gift catalog, $1.00. Bruce Bolind, 153-L Bolind Bldg., Boulder, CO 80302.

(Since 1956, thanks to you!)



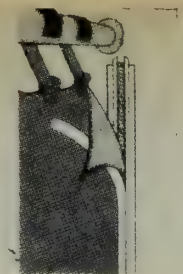
PRETTY TOSS-ON BOLERO

A lovely cardigan of washable Orlon acrylic with short cuffed sleeves. Light in weight, yet comfortably warm on chilly evenings. Six pearl shell stitch, scalloped rib trim, easy shoulder fit. Select Child's Size 2, 4, 6, 8, 10, 12, 14 or Adult's Size 32 to 46. Black, Pink, Beige or Lt. Blue. Sizes 32 to 46 **$10.98** plus 50¢ postage.

FERRY HOUSE Dept. BH-381 Briarcliff Manor, N.Y. 10510



Solid brass unicorn
A mythological symbol of purity and innocence translated into a brass sculpture so detailed it lacks only the breath of life. A fine addition to your curio collection. 8" High; $19.98 plus $1.75 post. Harriet Carter, Dept. BHG-14113, Plymouth Meeting, PA 19462.



Shower curtain aid
Now you can snap-lock curtain to wall so the water won't leak out. Seal-A-Curtain keeps floor drier and safer. Saves wiping up. Helps prevent leaks through ceiling below. $7.95 ea. + $1.25 post. Hoyco, Dept. BB1, 17 Crown Ridge Road, Wellesley, MA 02181.

Stylish wedge slipper
Famous Daniel Green construction; simulated leather. Padded insole. Burgundy, White, Camel or Bone. Full & half sizes 5-10N; 5-10M; $13.90 + $1.95 post. or 2 for $24.90 + $2.95 post. Old Pueblo Traders, Dept. BT3DG, 600 S. Country Club, Tucson, AZ 85726.



Kenya Gem® pendant
The real Kenya gem is manmade to rival the finest blue-white diamond with even more fire and brilliance. Heart-shaped, round, pear, 14K gold chain. From $125 a carat. Earrings avail. Cat. free. Kenya Gem, Dept. BH7, 1760 N. Howard St., Phila., PA 19122.





Artichoke holders
Cook your artichokes perfectly. Metal rack can be used for serving and is dishwasher safe. Also, use for steam cooking other vegetables. Set/four holders $6 + $1 post. The University Store, Inc. Dept. BH3, 1113 E. Wendover Ave., Greensboro, NC 27405.



Rolling shoe rack
Rack up to 24 pairs of women's shoes or 16 pairs of men's. 26"H; 16"W; 22"L. Kit *was* $45 *now* $40. Finished (dk. pine) *was* $60 *now* $52.50. $5 post. ea. Sales Prices expire Mar. 31, 1981. *90 Day Guarantee.* Yield House, Dept. D13B, Box 1000, No. Conway, NH 03860.

Hair today—gone tomorrow
Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body. Original patented feature destroys roots without puncturing skin. $19.95 ppd. General Medical, Dept. BHE-57, 1935 Armacost, W. Los Angeles, CA 90025.



Silk plant and stand
Silken Spider plant with realistic new shoots. 2' plant comes with 4" x 6" brownstone pot and wrought iron stand. $25.95 + $4 post. Color Portfolio 50¢. Tropical Imports, Dept. BH3, 901 N. W. 8th Ave., Ft. Lauderdale, FL 33311. Toll Free 1 (800) 327-3729.

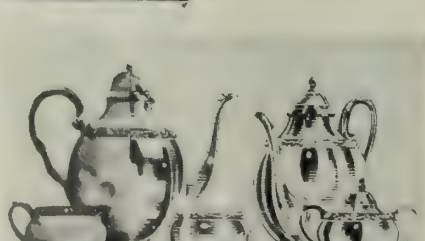




Stair-Glide® Deluxe
Ride up, down stairs in a normal sitting position. Designed for those who can't or shouldn't climb stairs. Uses 110-volt household current. For information write: American Stair-Glide Corp., Dept. EBHG-381, 4001 E. 128th Street, Grandview, MO 64030 (816-763-3100).



Silken bamboo tree
A full 66" tall, realistic bamboo shoots, a hint of the Orient. $42.95 + $3 post. Handwoven lattice basket 24" tall, $14.95 + $3 post. Color Portfolio 50¢. Tropical Island Imports, Dept. BH3, 901 N. W. 8th Ave., Ft. Lauderdale, FL 33311 Toll Free 1 (800) 327-3729.



Bargain silverplating
Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-3, 1919 Memory Lane, Columbus, OH 43209.



You took it—now show it!
Big! Big! Color Poster from your favorite color negative, slide or photo. Made of Kodak paper . . . approximately 20" x 25". For your own enjoyment or to use for gift giving. It's also suitable for framing. Ideal to hang in the den, office, bedroom, playroom, etc. $8.25 plus $1.75 postage. Order from Capri Photo, Dept. PP-2, P.O. Box 1381, Long Island City, New York 11101.



Hooded rain jacket
Heavy-duty vinyl; snap-front, snap-flapped pockets & drawstring hood. Navy/Yellow, Wine/Grey or Camel/Red. Sizes S (8-10), M(12-14), L(16-18). $14 + $1.95 post. 2 for $23 + $2.95 post. Old Pueblo Traders, Dept. BT3RS, 600 S. Country Club, Tucson, AZ 85726.

Beauty buy book
Aimed at cost-conscious women. Famous name cosmetics (quality accessories and jewelry) at money-saving prices. Name brand cosmetics at savings of up to 82% of mfg. suggested retail value. Mary Leon, Beauty Buy Book, 65 East SouthWater, Chicago, IL 60601





Giant pampas plumes
Dense natural plumage reaches a full 7' high. Add glamour to your decor. Arrangement of 8 feathery plumes. $29.95 + $5 postage Color Portfolio 50¢ Tropical Island Imports. Dept. BH3, 901 N. W 8th Ave., Ft. Lauderdale, FL 33311. Toll Free: 1 (800) 327-3729.

Bake potato on stove
Stove-Top Oven uses 1/10 energy of an oven! Fine crisper and bun warmer, great for apples, brown-&-serve rolls. Chrome finish; for gas or electric range Order K5166; $5.99 postpaid. Walter Drake, BH25 Drake Bldg., Colorado Springs, CO 80940.





Beautifully plated
Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-Ce-2, Bexley, OH 43209.



McGuffey's readers
Primer through the sixth reader. They were first published in 1871. All reproduced beautifully and faithfully from the original engravings. Over 120 million copies sold. For those who enjoy nostalgia and delight in sampling bygone years. Complete set of 7 books, $24.95 + $2.50 postage. Order from New Hampton General Store, Dept. BZ-2044, Hanover, Pennsylvania 17331.

DOG WASTE GONE



DOGGIE DOOLEY® keeps grounds clean, insect-free, sanitary. Rustproof heavy plastic doggie septic tank installs in ground; uses safe, non-poisonous enzyme-bacteria to liquify pet stools for ground absorption. Shovel up stools drop into tank close lid. Enzyme-bacteria action does rest. Harmless to pets, lawns, shrubs. Handles wastes of 1 to 3 dogs. 17½" x 11½" with foot-operated lid, shovel, 6 mos. of enzymes, and moisture holding tray for faster action. **$14.97** plus $3.45 postage. Extra 12 mos. enzymes **$4.50** plus 85¢ postage.

Send Check or M.O.

HOLST, Inc. Dept. BH-381, 1118 W. Lake, P.O. Box 370, Tawas City, Mich. 48763

Preston's New 112 page Fully Illustrated Catalog of

Ship Models

and Decorative Nautical Ideas for the Home.



You could shop for months and never find the hundreds of decorative nautical ideas illustrated in Preston's new catalog: 112 pages teeming with ship models, marine paintings, nautical lamps and clocks, ships' wheels, figureheads and scores of other nautical ideas for the Home.

Send 25¢ for catalog to:

PRESTON'S

120-S Main St. Wharf, Greenport, N.Y. 11944

Mr. & Mrs.
Robert W. Anderson

ENHANCE
YOUR ENTRANCE DOOR

... with this 5" Solid Brass Nameplate. Your name will be engraved in script type. Brass screws are provided for easy installation. Total price $12 only. Satisfaction guaranteed. Send check or money order to:

SCHMIEDE & CO.
351 TERRILL ROAD,
FANWOOD, NEW JERSEY 07023



100 WORLDWIDE STAMPS 10¢

Send for this impressive collection gathered from countries the world over. Commemoratives, pictorials, old and new, mint and used, plus selections to examine. Buy any or none, return balance. Cancel service anytime

Mail only 10¢ to:
GARCELON STAMP COMPANY, Dept. BH3X Calais, Maine, 04619

BUILD NOW... SAVE FOREVER



New England Log Homes' 45 models are designed with NELHI's Total Building and energy-efficient All-Weather TripleSeal Insulating Systems to meet all national building codes. They're easily adaptable to solar energy.

Residential or commercial . . . there's one to fit your budget with either hand-peeled logs or the automatically-planed Panelog™ design.

Build one yourself with NELHI's illustrated, step-by-step Construction Guide, engineered blueprints and 4 hours of on-site assistance . . . and save.

NEAREST MODEL HOMES & DEALERS ARE LISTED IN OUR BROCHURES

Send for FREE color brochure or mail $5.00 check for detailed, color Planning Kit with floor plans, photos, pricing and assembly information.

11 YEARS EXPERIENCE REPUTABLE SERVICE

NEW ENGLAND LOG HOMES



General Sales Office
2301 State Street
P.O. Box 5056NB
Hamden, Connecticut 06518
(203) 562-9981

NELHI
AUTHENTIC LOG HOMES ™

Manufacturing facilities in Lawrenceville, Virginia, Great Barrington, Massachusetts and Houston, Missouri

© Copyright 1981 by NELHI

Tall & Big Men

"My husband Dan is 6'7", & I like him looking good."



My husband Dan is the publisher of *Inside Sports* Magazine, and it's important he looks good

But believe me it's not easy to find good-looking clothes that fit Dan. He's 6' 7", and the stores rarely have his size. That's why we're pleased with The King-Size Company. The clothes are excellent quality the fit is just right . . . and they are a pleasure to deal with!

- Brand-name shirts to 22 neck and 38 sleeve
- Slacks and jeans to 60 waist and 38 inseam
- Jackets and outerwear in long, extra long, and big sizes
- Dress and casual shoes, boots, and running shoes to 16EEE

Don't get sold short in stores any more.

Every item is GUARANTEED to fit—even after washing, wearing, or dry cleaning, you can return it for any reason for a full, prompt refund

FREE full-color Catalog

Please send the KING-SIZE full-color Catalog

My Telephone Number _____
Area

Height _____ Weight _____ Shoe Size _____

Name _____

Address _____

City _____ State _____ Zip _____

THE King-Size CO. 711 [illegible]

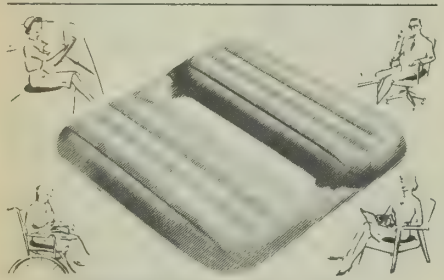
CLIP THIS AD:

500 STAMPS!



$15.00 Value, NOW Only $1.25.

Relive the past! See historic events, famous people and faraway places, as pictured on the 500 genuine stamps in this GIANT selection. You'll also receive our latest catalog FREE and other world-wide stamps on FREE 10-day examination. Buy any or none, return balance, cancel service anytime. Send for yours TODAY! **Harris, Dept. DW-1, Boston, MA 02117**



COMFORT CUSHION

New **Twin-Rest Seat Cushion** gives blessed relief to sensitive areas. Fights fatigue and soreness. Avoids siderocking and maintains balance because each half inflates separately with contact-free center space. Unlike embarrassing "ring cushions", it fully supports each thigh independently. Deflates for travel. Ideal for car, home, office, sports, wheelchair. Handsome vinyl 16 × 17" — **$8.95**. Green percale zipper cover — **$3.39** extra. Add 50¢ postage & handling. NJ residents add 5% tax. We ship promptly. Money back guarantee.

Send Check or Money Order to - **BETTER SLEEP, INC.** Box BG, New Providence, NJ 07974



HOLDS 3000 LBS. OF WOOD

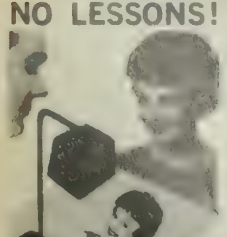
No more unsightly log jams in garage or backyard. You can store a full stove cord of wood in our matte black, tubular steel log stand. 4" clearance underneath speeds drying, permits easy sweeping, keeps out mice and termites. Folds flat for easy storage. Attractive for use indoors, rust resistant for outdoors. A huge 94"x41"x14" deep.

MONEY BACK IF NOT DELIGHTED $44.98 plus $5.85 postage.

HARRIET CARTER Dept. BHG-14013, Plymouth Meeting, Pa. 19462

DRAW ANY PERSON *in one minute!*

NO LESSONS! NO TALENT!



Artist's Conception

New Amazing Invention — "Magic Art Reproducer." You can draw Your Family, Friends, animals, landscapes, buildings, vases, bowls of fruit, copy photos, comics, designs, maps, anything. Like An Artist Does, if You CAN'T DRAW A Straight Line! Anything you want to draw is automatically seen on any sheet of paper as the "Magic Art Reproducer." Then easily follow the lines of [illegible] image" with a pencil for an original professional looking drawing. Also reduces or enlarges. Send $3.95 plus $.60 for shipping and handling. No C.O.D.'s please. Money Back Guarantee if not satisfied.

NORTON PRODUCTS
Dept. 333, P.O. Box 2012
New Rochelle, NY 10802

Thinking About Weathervanes?



SHIPS DOGS HORSE WHALE ROOSTER & Many More

Uniquely beautiful weathervanes crafted of hand cast aluminum and finished in a tradition sure to add charm to your home. Finest in art metal home decor since 1938.

Write to: **HOLST, INC.**

FREE CATALOG
Dept. BH-381, 1118 West Lake
Box 370, Tawas City, MI 48763



Make Your Own Tiffany Shade

Colorful stained glass pieces already cut to shape. You foil and assemble according to simple illustrated instructions. One of the largest selections anywhere, many sizes, styles, designs and colors in kit or factory handcrafted. Send $2.00 for full color brochure and price list.

RAINBOW ART GLASS
Dept. BH3, 49 Shark River Rd., Neptune, N.J. 07753

Learn FLOWER ARRANGING

Quickly and Easily at Home



Learn to make Professional corsages, arrangements, wedding and remembrance designs. *Study and earn your certificate at home.* Unusual spare or full time money making opportunities or hobby. Send for FREE BOOK . . . "Opportunities in Floristry."

LIFETIME CAREER SCHOOLS Dept. B-830
2251 BARRY AVE. LOS ANGELES, CA 90064

THE ORIGINAL

BASEMENT TOILET

Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK

-No Digging Up Floors-

INSTALLS EASY. ANYWHERE!

Write McPHERSON, Inc., Dept. BH
Box 15133 Tampa, Florida 33684



COLOR PHOTOS

YOUR CHOICE **$2.20** FULL COLOR
24 Wallet Photos or 3 - 5 x 7 or 1 - 8 x 10 Enlargement

Send any photo 8x10 or smaller (returned). Add 35 cents per select on for postage and handling and an additional 50 cents for 1st Class service. Satisfaction guaranteed or money back.

COLOR LAB 1076M Springfield Ave. Irvington, N.J. 07111

SAVE ENERGY
SHOP BY MAIL

Curtains in gingham
Cotton/polyester, ¼" checks, red, yellow, brown, light blue or pink with white. 74" wide per pr. 25", 30", 36", $10.95 pr. 45", 54", $14 pr. 63", 72", $16.50 pr. $2.50 post. per order. FREE Catalog. Matching bedspread. Country Curtains, Dept. BHG3, Stockbridge, MA 01262.

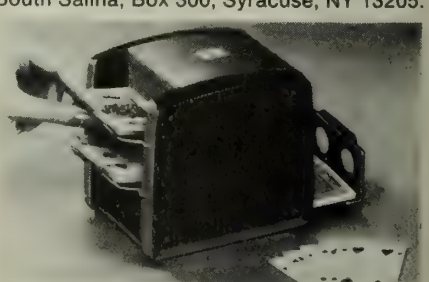




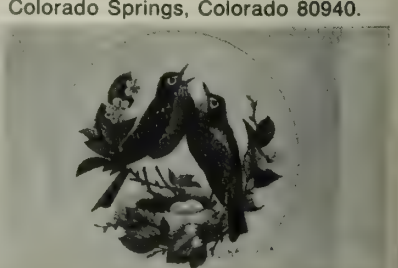
Rediscover value with Wards catalog
"Big" 1981 Montgomery Ward Catalog is now available . . . until March 31, 1981. Over 100,000 items, 1212 pages filled with almost everything you'll need. Discover Wards catalog shopping convenience. Wards will send their catalog and a Merchandise Certificate redeemable on your next catalog order. Send $2: Wards Catalog, Dept. 8, P.O. Box 6778, Chicago, IL 60680.



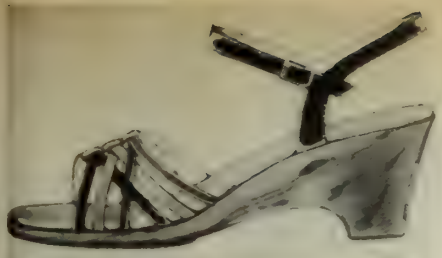
A bounty of decorating ideas
Complete collection of unique, affordable decorating accessories for every room in your home. Mirrors, plaques, framed prints, lamps and decorative accents. Ideas, suggestions, etc., to help with your home furnishings. $1 gets you this new catalog, and special events brochures throughout the year. Wild Wood Gallery, Dept. G, 4001 South Salina, Box 300, Syracuse, NY 13205.



Automatic card shuffler
Put 1 to 3 decks of cards into the tray, push a button and PRESTO! Your cards are shuffled quickly and thoroughly every time. Made of sturdy plastic, 5" x 5" x 6". Complete with 2 "D" batteries and instructions. Perfect for all card players . . . get yourself one, too! Order F6287, Card Shuffler, $12.99 ppd. from: Walter Drake, BH24 Drake Building, Colorado Springs, Colorado 80940.



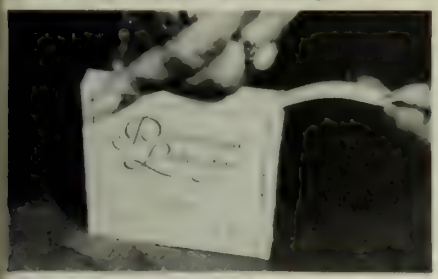
Beautiful limited edition plates
The enduring beauty of Gunther Granget's wildlife art is universally admired and collected. Many acquire his work as fine art, others as investment. Now you can examine Granget's magnificent "Four Seasons," a limited edition on fine china collector's plates. For FREE brochure, write: Calhoun's Collector's Society, Dept. 6107-G34, 7275 Bush Lake Road, Minneapolis, MN 55435.



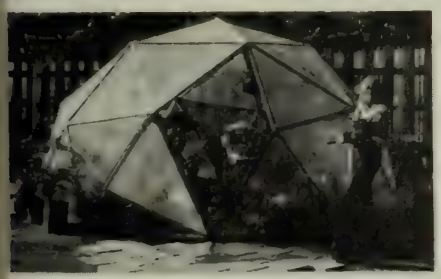
Versatile sandal—so comfortable
Step out in "Walkin Natural" comfort in Naturalizer's Fantasy pattern. Cushioned insoles on light, flexible bottoms with a 1½" Kraton wedge. Soft kidskin strap uppers in White, Camel or Mexican Multi. Sizes S/6-11, N/5-11 & 12, M/3-11 & 12, W/5-10. $36 (sizes over 10 add $2). $1.75 post. To order "Fantasy" or FREE catalog write: Naturalizer Shoes, Dept. BHB, 504 Main, Newton, KS 67114.



Fone-A-Lert
Don't miss calls when you're in the yard or away from phone or door. Lets you hear your phone or doorbell anywhere on your premises. Just apply suction cup to surface of phone or doorbell chime box, 40' wire. Uses standard 9-volt battery (not included). 4¼"x3½"x2½". $19.95 + $1.50 postage. Order from Holst, Inc., Dept. BH-381, 1118 West Lake, Box 370, Tawas City, MI 48763.



Dispense your address labels
Now available plain or with your initials or Zodiac sign. Order 500 White for only $3.95; Gold $4.95; Transparent $5.95. Save on three orders (mixed copy OK). White $9.95; Gold $11.95; Transparent $14.95. Please add 50¢ with each order. (CA residents add 6% tax.) A welcome gift. Order from Labels Unlimited, Dept. BH381, 182 Paul Drive, San Rafael, California 94903.



Sun Dome greenhouse
15-foot diameter geodesic dome with large, hinged double door. Easy to assemble; all triangles are factory-assembled. Framing CA redwood; heavy-duty double-sill base does away with need for special foundation. Send $1 (refundable) for color catalog & greenhouse growing booklet. Peter Reimuller-The Greenhouseman, Dept. 7-FB, 980-17th Ave., Santa Cruz, CA 95062.

DO-IT-YOURSELF
FINE GRANDFATHER CLOCK KITS



STARTING UNDER
$235
(including movement and dial)

- Factory direct prices
- Heirloom quality
- Solid ¾" hardwoods: black walnut, cherry, oak
- Easy to assemble, parts pre-cut
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

MASTER CARD and VISA ACCEPTED

Write for FREE color catalog

EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 715, Emperor Industrial Park
Fairhope, Alabama 36532

COLOR PHOTO SPECIALS

YOUR CHOICE ALL BORDERLESS
$2.50 FULL COLOR

16 WALLET SIZE WITH FREE 5x7
or
10 -3½x5 PRINTS
or
4 -5x7 ENLS.
or
1 -8x10 ENL.
or
20 WALLET SIZE



Full size color copies on KODAK lustre paper without borders. Finest copies available. Send any photo or polaroid print (8X10 or smaller) Returned. Add 35¢ per selection for post. & handlg., and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m.o. to

RELIANCE COLOR LABS, INC.
Studio 514-3, Port Chester, N.Y. 10573

THE ULTIMATE, PRACTICAL, PET BED



A hand-crafted replica of a Brass Bed... beautifully detailed in wrought iron and completely brass plated. Picture your pet living in complete luxury...and how the gleaming brass will enhance your decor. Every dog and cat deserves one ...or think of the possibilities as a doll bed!

23" long x 15" wide **$59.50**

Foam rubber pad with washable cover included. Add $4.50 shipping and handling...delivery within two weeks. Send Visa/Master Card number and expiration date or check/money order to:

EVERYDAY COLLECTIBLES, LIMITED
1415 Elbridge Payne Road
Suite 260A
Chesterfield, MO 63017

Catalog of other Everyday Collectibles sent with orders only.



If you shouldn't climb stairs INSTALL AN *"Elevette"*

"Elevette" – the modern home elevator – can carry three adults or a wheelchair patient and attendant. It's custom built to the size best suited for your needs and serves two or more floors of your home.

Tax deductible when recommended by a doctor.

SEND FOR FREE LITERATURE

Fully describes and illustrates "Elevette". Also, StairLIFT, the budget-priced, single-seat passenger lift for the stairs.

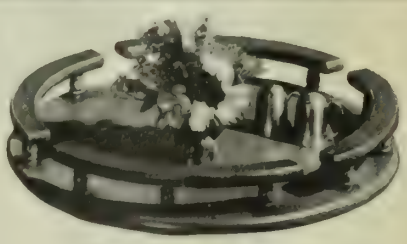
INCLINATOR COMPANY OF AMERICA
2203 Paxton St., Harrisburg, Pa. 17105
In business for over 50 years



Solid Mahogany
VICTORIAN TABLE
with Italian marble top ***$34.95***

New way to save on fine furniture. Shipped direct from the factory, to your home: Choice of love seats, sofas, chairs, tables, bedrooms, lamps, clocks. Send $1.00 for America's largest Victorian catalog (80 pages!) and free fabric samples. We will include certificate good for $2 off on your first purchase.
Phone (404) 256-4747

MAGNOLIA HALL (Dept. BH-31)
726 Andover, Atlanta, Ga. 30327



The Country Gallery Susan

Our country gallery susan, with complete gallery rail & concealed ball-bearing swivel, is a most attractive table-top companion for condiments, canapes, fruit or freshly cut flowers. Pine & hardwood.

13" Diameter
Unfinished $19.75
Finished (dk. Pine) $24.50
Add $2.00 Postage each

18" Diameter
Unfinished $24.50
Finished (dk. Pine) $29.50
Add $3.00 Postage each

100% Satisfaction Guaranteed
Or Your Money Back
(when returned within 90 days)

Yield House®
Dept. D13C
North Conway, N.H. 03860
CALL TOLL-FREE:
800-258-0375 AMEX • VISA • MC

Tab Curtains

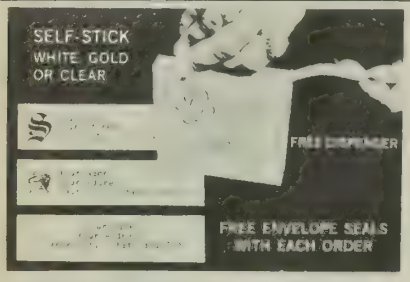


Coarse, textured cotton homespun, flecked with brown. 84" wide. Washable, crease resistant. Fit windows 30" to 55" wide. Length includes tabs. 3% shrinkage. Tiebacks not included.

24" or 30" L. **$12.00** pr 63" or 72" L. **$18.00** pr
36" or 40" L. **14.00** pr 84" L. . . . . **20.00** pr
45" or 54" L. **16.00** pr Tiebacks . **1.75** pr.

ADD $2.50 FOR PSTG. & HDLG.
Order style "KENT". Use check, Visa MO BA or M C NJ res add 5% tax
FREE COLOR CATALOG.
B13K, Box 759, Westfield, NJ 07090

Old Colony Curtains



ADDRESS LABELS IN FREE DISPENSER
Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)
Send to: LABELS UNLIMITED, Dept. 540
182 Paul Dr., San Rafael, CA 94903

VARICOSE VEINS?

ACHING, TIRED LEGS?

SAVE UP TO 50%

ON SUPPORT PANTY HOSE AND ELASTIC STOCKINGS

Top quality hosiery from B&B, Futuro, Hanes, Round-the-Clock, Berkshire and other famous makers. Wide choice of colors and styles.

SEND 25¢ FOR 20-PAGE SALE CATALOG

SURGICAL PRODUCTS COMPANY
P.O. BOX 369-B3, NEEDHAM, MA 02192

Crochet World

FOR ALL THOSE WITH CROCHET IN THEIR HEARTS

- Over 100 crochet patterns during the year!
- Less than 4c a pattern!
- Crochet Patterns
- Crochet Designs
- Crochet Articles
- Antique Crochet Patterns
- Crochet Columnists
- Crochet Contests
- Crochet Exchanges
- Crochet Information
- Crochet News
- Crochet Photos
- Crochet Gossip



JUST $6.00 per year
CROCHET WORLD (PUB BIMONTHLY)
Box 337-SX, Seabrook, N.H. 03874

BRITISH COLONIES OLD and NEW 10¢



Exciting collection of genuine postage stamps for only 10¢! Hold the Empire in your hands. See native animals and flowers from the far corners of the British Empire: fish from Mauritus, birds from the Republic of Maldives, butterflies from Malaysia. Marval at miniature reproductions of the world's greatest art from the Cayman Isles or New Zealand. Plus, FREE GIANT CATALOG included. Also other fine stamps from our approval service, buy any or none, return without obligation. A fine offer—write today! **Jamestown Stamp Co., K318H., Jamestown, New York 14701**



FINEST QUALITY
Beautiful design and tailoring. Wide choice of colors and fabrics, including permanent press. Satisfaction guaranteed. Write for catalog and fabric samples

LYRIC CHOIR GOWN CO.
P. O. Box 16954—BR
JACKSONVILLE, FLORIDA 32216

SPECIAL INTRODUCTORY OFFER
SLICE-AWAY KNIFE, CASE & CUTTING BOARD

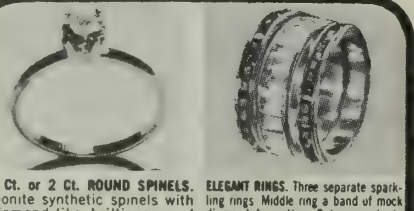


ONLY **$6.95** COMPLETE SHIPPING & HANDLING INCLUDED

DISHWASHER SAFE
UNIQUE, DIFFERENT
AND CONVENIENT

Perfect for picnics, camping and travel! Great gift giving item. Dishwasher safe, breakproof handle designed for better cutting power and greater leverage. Stainless steel blade rarely needs sharpening. FDA approved polyethylene food cutting surface, folds and stores knife safely and conveniently. All for only $6.95, two for $13.00 all shipping and handling charges are included. Hurry, limited time offer. Make check payable to S&S Industries III. Res. add 6% sales tax

Mail to S&S INDUSTRIES
9212 Grand Avenue
Franklin Park, ILL 60131



1 Ct. or 2 Ct. ROUND SPINELS. Lionite synthetic spinels with diamond-like brilliance and pronged settings. Specify white or yellow gold plate. Send ring size. **1 Ct. $6.95. 2 Ct. $9.95**

ELEGANT RINGS. Three separate sparkling rings. Middle ring a band of mock diamond, emerald, ruby, sapphire, aquamarine, amethyst, jet or topaz. All in silver-look rhodium plate. Sizes 4-9. Band **$16.95.** Guards **$7.95** each.

Add 75¢ postage
N.Y. residents add sales tax
Send 25¢ for catalogue

Lions
665 MIDDLE NECK RD . B-22. GREAT NECK. N.Y. 11023

Gazebo Study Plan Book



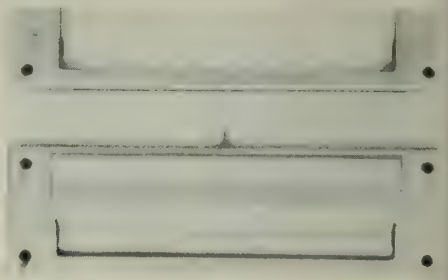
Build Your Own Gazebo

Custom design your own gazebo or choose from one of the 34 designs of various sizes and styles illustrated in the **Gazebo Study Plan Book** only $6.55. Complete construction plans available. **Privy** $7.95. 25 designs and humorous anecdotes. Great nostalgic gift ideas! PPD

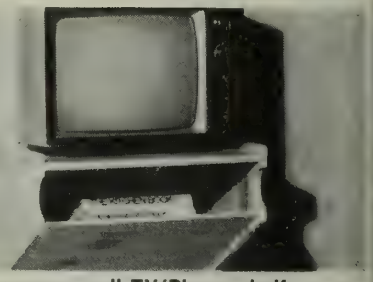
SUN DESIGNS, P.O. Box 157, Dept. 4, Delafield, WI 53018 (414) 567-4255



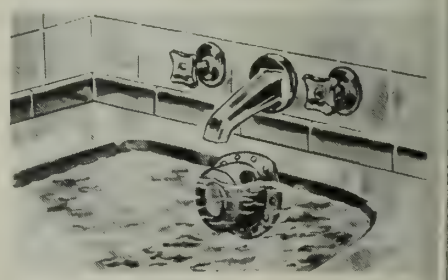
Free color 5" x 7"
You won't want to pass up this special offer. With this copy get a perfect 5" x 7" color copy on Kodak paper. It's a $6 value that's now FREE. Send any photo (8" x 10" or smaller, returned). Postage free mailer included. This offer expires May 20, 1981. Please enclose 60¢ for mailing. Order from Reliance Color Labs, Studio 143, Port Chester, New York 10573.



Brass letter-box plate
Specially designed to use on outside doors to prevent wind from driving rain and snow through the slot. Spring-loaded flap keeps it tightly closed. This wrought brass plate is of deluxe quality; overall 10" x 3". $12.80 postpaid. Color catalog, is a bonanza of almost impossible-to-find hardware, lighting fixtures and plumbing fixtures. $2. Renovator's Supply, 97 Northfield Road, Millers Falls, MA 01349.



Contemporary wall TV/Phone shelf
In solid pine it attaches easily to any wall and supports a phone or a small T.V. Use it in the kitchen, den, bathroom, bedroom, laundry, etc. 15⅜" High x 22" Long x 14½" Deep. Kit, $45. Available in Natural Finish $55. Please add $5 postage each. Backed by Yield's 90 Day Guarantee. Order from Yield House, Dept. D13A, P.O. Box 1000, North Conway, New Hampshire 03860.



Bath-soaker's delight
"Old Soaks" who enjoy the lazy luxury of a tub bath will bless this patented "Soaker's Delight." It's a rubber cap held in place with 12 "mini" suction cups that covers and controls the overflow valve on your tub. Allows up to 3" more water. Get one for yourself and for your "Soaker Friends." $7.49 plus 50¢ postage. Better Sleep, Inc., Dept. BH3, New Providence, NJ 07974.

The 300,000 Mile Catalogue



You would have to travel 300,000 miles to find the sources for all the merchandise that has been gathered together in this new 68 page full color catalogue. It's filled with beautiful gifts, jewelry and home furnishings from Willoughby & Taylor, Ltd. International Merchants. For your own Free copy, write: Willoughby & Taylor, Ltd., Dept. P258, P.O. Box 11077, Chicago, Illinois 60611.

Flexible foot supports



The Flexible Featherspring are custom-made foot supports. They're called the Miracle of West Germany. Made in such a way to help you ease the pain caused by corns, calluses, backache, etc. A wonderful aid to those whose feet cause them problems and discomfort. Write for FREE details: Featherspring International, Dept. BHG031, 13100 Stone Avenue North, Seattle, Washington 98133

Telephone sound amplifier



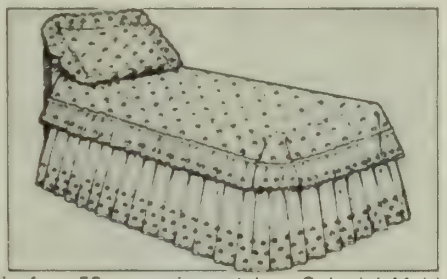
Now you can hear every word! This is something you've been looking for. End the embarrassment of asking callers to repeat themselves, hear over shop, office or home noises. Attaches to any standard phone. Fingertip volume control. Lightweight, compact; uses 1½ volt "N" battery (included). Order #S5119, Sound Magnifier, $16.99 ppd. Walter Drake, BH28 Drake Bldg. Colorado Springs, CO 80940.

Handsome do-it-yourself Bachelor's Chest



Kit ready to assemble, pre-cut, pre-sanded pieces; all hardware, screws and instructions. Kiln-dried hand-matched solid ¾" cherry or black walnut. 33" L x 18¾" W x 29¼" H. Fluted quarter-columns, ogee bracket feet, dovetail-constructed drawers. Factory Direct Prices. Write for Free info: Emperor Clock Co., Dept. FS, Emperor Industrial Park, Fairhope, AL 36532.

Revive a romantic mood



With deep-drop embroidered eyelet dust ruffle, plus quilted eyelet coverlet and sham. White poly/avril broadcloth. Machine wash; no iron. Dust ruffle, 14", 18" or 22" drop—Twin $39.50; Double $45; Queen $50; King $55. Coverlet— Twin $60; Double $70; Queen $85. Sham $21. Add $2.50 post. Matching curtains in free 56 pg. color catalog. Colonial Maid Curtains, Dept. BH3, Depot Plaza, Mamaroneck, NY 10543.

Comfy ladies canvas casuals



Thick foam insoles; skid resistant soles. Firm back counter with elastic side gores. White, black, navy, mocha or two-tone beige. Perfect fit guaranteed. Sizes: N 6-10; M 4-12; W&WW 5-12 (No 10½ or 11½). Specify "Sienna". $12.85 ppd. Two pairs $22.80 ppd. N.Y.S. res. add sales tax. Money back guarantee. VISA/MasterCard or check. Blum's Shoes, Dept. 1G3, Milton St., Dansville, NY 14437.



PRESERVED PLANTS



ONCE LIVING, THESE PLANTS HAVE BEEN MIRACLE TREATED TO PRESERVE THEIR NATURAL LIFE-LIKE STATE INDEFINITELY . . . NO CARE . . . NO WATER . . . EVER!

CREATE A WARM INVITING MOOD IN EVERY ROOM OF YOUR HOME WITH PLANTS THAT CAN'T DIE . . . THEY'RE PRESERVED

(1) GIANT PRESERVED BOSTON FERN . . .
A lovely, graceful preserved plant with [illegible] potted in a handsome basket urn

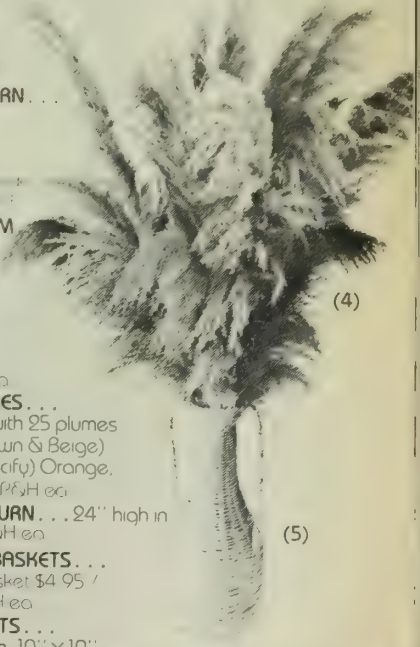
(2) GIANT PRESERVED ARECA PALM
(3) GIANT PRESERVED FAN-TAIL PALM . . . Both the Areca and Fan-tail Palms come complete with a holder for any size container.
[illegible]
Large 5' tall $19.95
X large 6' tall $27.95 Add $3 P&H ea.

(4) GIANT TROPICAL GRASS PLUMES . . .
A colorful 5' tall dried arrangement with 25 plumes Natural earth tone colors. (Gold, Brown & Beige) with your choice of accent color, (specify) Orange, Yellow, Green or Blue $12.95 + $3 P&H ea.

(5) GIANT HAND-WOVEN BASKET URN . . . 24" high in brown & tan pattern $9.95 + $3 P&H ea.

(6) HAND-WOVEN RUSH & PALM BASKETS . . .
Charming tan & brown 10" x 10" basket $4.95 / 12" x 12" basket $6.95 Add $2 P&H ea.

(7) HAND-WOVEN BANANA BASKETS . . .
Heavy baskets in Gold, Brown & Tan. 10" x 10" basket $3.95 / 12" x 12" basket $5.95 Add $2 P&H ea.



ORDER BY MAIL OR TOLL FREE! Send check or money order, or charge to your VISA/MC/AM. EX. Thirty day guarantee! TROPICAL PLANT INSTITUTE, INC. Box 21496, Dept. K2, Ft. Lauderdale, FL 33335 or Toll Free 1-800-327-3729.

The Man Next Door®

One of those sudden March ice storms gave our local TV weatherman an excuse to unleash this traffic warning to drivers: "Beware the slides of March!"

Rosemary writes from college that the food service there definitely is improving. Changes include a remodeled dining hall, more choices on the menu, and a new drive-in restaurant only two blocks off campus.

One of our gossipy acquaintances revealed that she can't make up her mind whether she'd rather hear something nice about herself, or something awful about someone else.

Easy come, easy go: Chris made $30 on Saturday selling some odds and ends at a garage sale with Dottie Dresch. That puts us only $15 in the hole, since I spent $45 at the sale for Dick Dresch's old table saw.

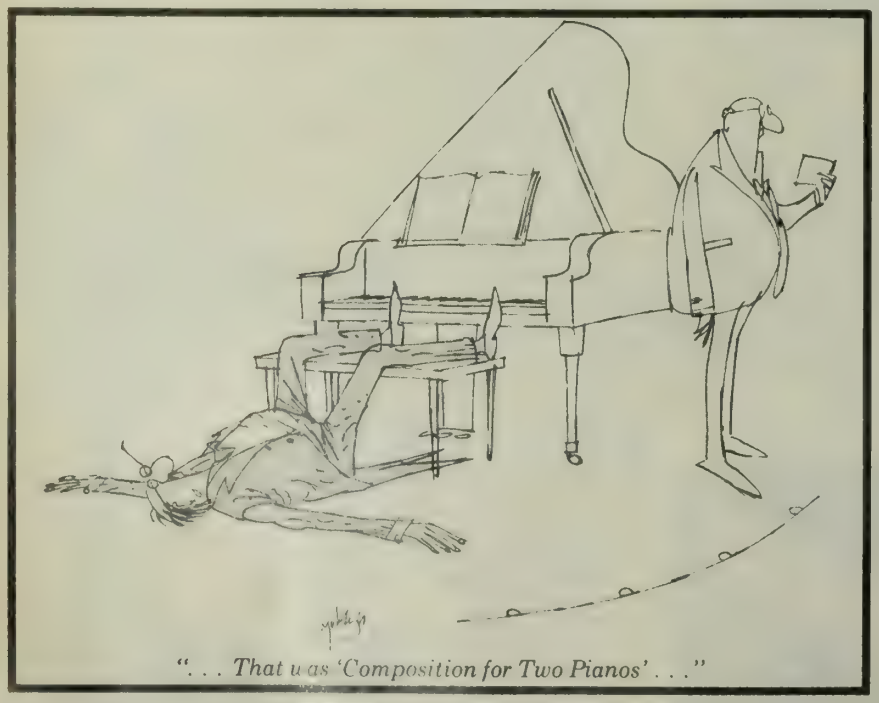
After reading an article about "burned-out" teachers who are leaving the schools, Judy commented that there are days when she wishes burned-out sixth-graders had that option, too.



"Do you promise to love, honor, and communicate at the gut level?"

Judy reports that the neighborhood Little Leaguers are plotting a strike at their preseason meetings. Still to be decided are whether it will be against the team sponsors (who won't commit themselves to new uniforms) or against the players' mothers (who insist that the youngsters must be home in time for dinner).

I'm afraid that Rosemary's plan to get me organized by giving me a pocket notebook calendar at Christmas has failed: I've lost it.



". . . That was 'Composition for Two Pianos' . . ."

Lee Bayless says one reason he envies the man who has everything is that he probably acquired it all when the interest rate was still below nine percent.

I find it ironic that the big airline company that campaigned for months to serve our community now has decided we're not profitable enough for them. Could it be a case of flighty management?

I wandered into the kitchen at lunchtime Saturday to find Rosemary, who is home from college on spring break, in a state of total frustration.

"What's the matter?" I asked.

"It's the can opener—I can't get it to work," she said. I recognized the root of the problem immediately, although I couldn't be much help.

For both Rosemary and me, can openers, belt buckles, scissors, and a hundred other gadgets all work the wrong way (from our point of view): We're left-handed.

Being a left-hander makes life more challenging—especially for kids. As a youngster, I had a harder time learning to write than my classmates did (my penmanship still leaves something to be desired). Acquiring athletic skills was tougher, too—I had to throw and kick the opposite way from everybody else. Even now, when choosing a seat at the table, I take my place at the left end so as not to elbow my neighbor. I pick an aisle seat on a plane for the same reason.

But as I pointed out to Rosemary, our "affliction" does have its advantages. For example, usually there are few lefties in any given group, and that automatically makes them "special." Also, being left-handed forces you to be more flexible—southpaws have to adapt to a right-handed world almost from infancy.

Finally, who wouldn't enjoy being in the august company of Harry Truman, Babe Ruth, and Leonardo da Vinci—none of whom was anybody's right-hand man?

Burton Hillis

BETTER HOMES & GARDENS
April 1981

April 1981 · $1.25

Better Homes and Gardens

BURLINGAME
MAR 1 8 1981
LIBRARY

OOD
avvy cooking techniques
r better eating:
oach, steam, broil, sauté

ECORATING
mart new looks for shabby
d furniture . . . and . . .
/orry-free decorating

EMODELING
mall additions that make
big difference

ARDENING
ow to get glorious flower
olor all summer long

IRISH CROCHET
Heirloom lace to make today



04
140055

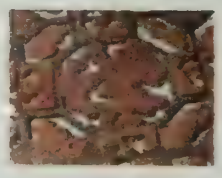
ARMSTRONG DESIGNER SOLARIAN®

THE ONLY NO-WAX FLOOR WIT

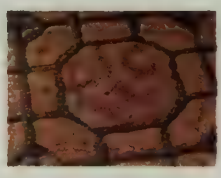




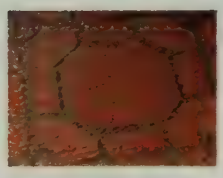
Inlaid Color begins with the precise placement of varicolored granules onto the backing...



...gradually building up the design — color by color, shade by shade.



Once the pattern is complete, intense pressure and heat are applied — fusing it into a solid inlaid vinyl.



And when the extra-durable Mirabond surface is applied, the Inlaid Color is sealed with a lasting protection and shine.

INLAID COLOR:
A BEAUTIFUL DIFFERENCE
YOU CAN'T MISS.

Most no-wax floors have their colors and terns just printed on. But Designer Solaria different. And that difference is Inlaid Col the exclusive Armstrong process that bu up the design with thousands of varicol vinyl granules, creating a richness of color a uniquely "crafted" look no printed floor gins to match.

HE RICHNESS OF INLAID COLOR.™



CHER BEAUTIFUL DIFFERENCE:
IO-WAX SHINE THAT
S LONGER.

rong's extra-durable Mira- surface resists scuffs and es, so it keeps its lustrous ew look without waxing far than vinyl no-wax floors. And eaner you keep it, the brighter it shines. onge-mop with detergent, and rinse ghly. Or use Armstrong Once 'n Done® No-Rinse Cleaner, developed especially for Solarian floor care.

(If a reduction in gloss should occur in heavy-traffic areas, Armstrong Suncoat® can be applied to help maintain the shine.)

To find your nearest Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® dealers offering the full selection of Armstrong floors.

Send for free guide to Armstrong floors

Send your 20-page booklet that gives shopping information and color illustrations of most popular Armstrong floors. Armstrong, Dept. 14FBH, Lancaster, PA 17604. Or just call the Armstrong Consumer Line, 800-233-3823 toll-free. (In Pennsylvania, call collect 717-397-0523.)

Name_____

Street_____

City_____ State_____ Zip_____

Armstrong

CREATORS OF THE INDOOR WORLD®

What to do when your rug tells your guests you have a dog.



Clean and deodorize it with Lestoil Rug Shampoo.

Lestoil's cleansing foam penetrates deep down to get rid of "tell-tail" dirt and odors at their source. And its special deodorant actually fights the odors instead of only masking them.

LESTOIL.
The rug shampoo that deodorizes too.

EDITOR at large

Not so many years ago but in what now seems like a distant age—when gasoline was abundant and cheap and Americans zipped around at 70 mph or faster—our BH&G travel features were very car-oriented. I was writing travel pieces myself in that era, and I remember one article, "The Magnificent Northwest," in which I recommended a 4,500-mile auto tour.

"More than 300 miles of driving every day for two weeks! I think that sounds awful," Judy Crawford recently told me. Judy is one of several members of our staff who worked with travel editor Barbara Humeston on the ambitious series called "Leave-your-car-at-home vacations" which you'll find in this issue and throughout the next few months—until we've managed to cover all sections of the country. "The fun of travel," Judy maintains, "comes from doing something different, meeting new people, exploring new scenes. The time you spend driving is simply wasted."



Travel Editor Barbara Humeston (left) and Associate Editor Judy Crawford

I've just finished reading all the installments in this series, and indeed the outings described there sound like more fun than car tours. Wouldn't you enjoy exploring the Maine coast by schooner, for instance? I would. Or snaking through the Rockies on the Durango-Silverton train run? Or studying nature with the Blue Ridge Mountains as your classroom?

In all, there are more than 30 vacations in this series, and I predict you'll have trouble deciding which to try first. Personally, I'm torn between houseboating on Lake Powell, where you quietly float through spectacular scenery, and savoring the slow pace of St. Michaels, Maryland, where, according to our writer, what you do for the most part is "just hang around the docks, learn how to crack crabs so you can taste every last morsel, feed crackers to ducks, and watch boats go in and out."

I suspect former travel editors favor lazy vacations because their years on the road leave them all tuckered out. To produce this current series, our writers logged 35,000 miles. They often visit five places to find one to recommend ("We do the legwork so our readers won't have to," Barbara says), and they seldom stay anywhere long enough to unwind.

There are other occupational hazards, too. Barbara has been chased by flamingos (in Hawaii), spends half her time, or so it seems, circling O'Hare airport, and encounters more foul weather than anyone else I've ever met. I think she travels with her own rain cloud, like that character in "Li'l Abner."

But of course travel writing has its compensations, too. "One of my favorite outings for this series," Barbara says, "was a guided canoe trip down the Connecticut River. There were several very nice people along, and the weather decided to cooperate for a change. The pace is just right, about eight miles a day, the countryside is lovely, all dreamy blues and greens with peaceful hardwood forests that come right down to the water, and there are all sorts of fascinating stopping points en route—like William Gillette's castle, the village of Essex, and Seldens Island, where you pitch your tent the second night out. After dinner, everyone shares the good fellowship of a campfire before being sung to sleep by the locusts. Then the mourning doves wake you for another day of the same. Wow."

Gordon Greer

Gordon Greer, Editor

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. April, 1981, Vol. 59, No. 4.

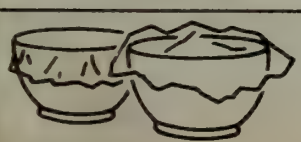
It's Reynolds Wrap®, the good food wrap...

for a country that loves its food.





All across the country, most people feel only Reynolds Wrap will do. They know the only way to get Reynolds Wrap quality is to get Reynolds Wrap. It molds and closes tightly. Helps keep food fresh in the fridge and out. Protects meat in the freezer. Helps cook in the oven. Lines grills and pans for care-free clean-up. For your good food, make sure you get Reynolds Wrap, too.



Sometimes plastic wraps cling, sometimes they don't. You can always rely on Reynolds Wrap.

Grilled Vegetable Trio

1 med. onion, sliced thin
2 med. zucchini, ⅛-in. slices
¼ C. Parmesan cheese
½ tsp. thyme leaves
½ clove garlic, minced
dash pepper
2 Tbsp. butter, cut into bits
2 med. tomatoes, quartered

Tear off a length of Heavy Duty Reynolds Wrap. Place onion in center of foil in single layer; top with zucchini, cheese, seasonings, and butter. Bring four corners of foil up together in pyramid shape. Fold openings together loosely for heat circulation and expansion. Seal by folding over ends and pressing to package. Grill over medium-hot coals 20 minutes. Carefully open bundle; add tomatoes; reseal. Grill 20 to 30 minutes longer or until zucchini is tender and tomatoes heated through. Makes: 4 servings.

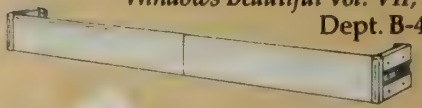


The good food wrap



NEW FROM KIRSCH...CONTINENTAL®
THE 4½" CURTAIN ROD.

It's a fresh, new look for your windows. It's a curtain rod and much more. It can give you beautiful, versatile decorating effects that are so easy to create. Just make a heading pocket in your fabric, slide it over the smooth metal finish and you have instant elegance! Use it as a curtain or drapery rod... a sash rod... with cafe curtains... or as a valance rod over draperies, mini-blinds, shades, shutters, even woven woods. Many products made by Kirsch use DuPont Teflon® coating for smooth, dependable action and durability. The Continental is available now where Kirsch drapery hardware is sold. And for the complete guide to window decorating, *Windows Beautiful Vol. VII,* send $2.50 to Kirsch Co., Dept. B-481, Sturgis, MI 49091.



Kirsch

MAKING WINDOWS BEAUTIFUL SINCE 1907.

YOU'RE SPENDING TOO MUCH

If You're Not An Aldens Customer

When you get this amazing new-customer catalog, you'll spend less and get more. Fantastic discount prices on everything you want for yourself . . . your family . . . and your home. Famous brand names, first quality merchandise. Why shouldn't YOU be paying less?

You can! At Aldens! Because WE REALLY CUT PRICES! **As one of America's leading mail order companies for 92 years, Aldens knows how to give shoppers real value.** Huge reductions . . . zero inflation. And now we want *you* to share the savings experience our customers rave about.



You be the judge. Look at just a few sample savers that you can order from Aldens big new-customer catalog: ■ Playtex Cross Your Heart bra. Cut 30% . . . $6.97. ■ Pantyhose. 100% nylon. 12 for $5.99 . . . 50¢ each. ■ National Semi-Conductor calculator $7.99. ■ His or Hers electronic digital quartz watch $10.99.

To see all the bargains and start your saving, clip the coupon now and enclose $1.00. Here's what you'll get:

Aldens 1981 Spring & Summer Spectacular Sale catalog . . . a quality color book with hundreds of items at more-for-less prices.

Plus details on Gold Key Club customer membership. This amounts to additional savings benefits . . . at NO COST to you.



You can get a free gift: this genuine diamond-studded 24K gold electroplated key and necklace. This gift unlocks the door to continuing savings all year long.

You can get special STAR DISCOUNTS too. That means items marked with the STAR ★ save you even more.

You can get 10 to 50% Key Club discounts on 42 of our most popular items.

And free gifts to everybody on special early orders!

That's a lot for a dollar. Because that's the way we treat our customers. That's why millions keep coming back.

You'll be convinced . . . shopping at Aldens is an adventure in savings. And convenience.



It's time saving . . . gas saving . . . without all the crowds. Shop by mail . . . or toll-free phone calls.

You'll find everything you want . . . without ever leaving home. There are three ways to purchase . . . Aldens charge, cash, or bank cards. It's easy! We're Aldens . . . America's greatest in-home shopping mall.

So start getting more for your money. Send $1.00 for your new-customer catalog today!

"Our Promise . . . everything will be as good as you hoped it would, or your money back as stated in our catalog."

Patricia Alden



ALDENS
America's Showplace of Value

Mail this coupon today to:
Aldens, P.O. Box 7747, Chicago, Illinois 60680

Yes, I wish to become a NEW CUSTOMER of Aldens. Enclosed is my dollar. Please send my Aldens 1981 Spring & Summer Spectacular Sale catalog.

Name (please print)

Street address Apt. no.

City

State Zip code

Allow up to two weeks for delivery. Offer expires June 19, 1981. 9608



KitchenAid versus other compactors.

The KitchenAid trash compactor has many advantages cheaper compactors don't give you.



A Litter Bin® door for quick throwaways.



A large capacity drawer with a Tilt-Away basket that can be used with or without trash bags. And an activated charcoal filter that eliminates odors.



Once you've used a KitchenAid compactor to squeeze a week's trash into one small load, you'll wonder how you ever got along without it. Find out more by sending for our free point-by-point comparison

KitchenAid®
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374

CONTENTS

April 1981 **Vol. 59, No. 4**

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

HEALTH

Folk medicine: Do old-time home remedies really work? 19

MONEY

Condominiums: Pros and cons for your family 23

BUILDING

Sensible Growth awards 30
Indoor/outdoor basement remodeling 44
A simple fireplace face-lift 62
Tips, tools, and techniques 107
Wooden walkways you can build 118
SMALL ADDITIONS THAT MAKE A BIG DIFFERENCE 124

- *Sometimes just a few extra feet of space can do as much for a house as a full-blown addition —and at a fraction of the cost. To prove the point, we've chosen several wonder-working add-ons, each less than six feet wide. A similar mini-addition might solve your own space squeeze.*



DECORATING

WORRY-FREE DECORATING WITH COORDINATED FABRICS 35
SMART NEW LOOKS FOR SHABBY OLD FURNITURE 38
Roll-up shade instructions 93
Easy-to-make chair cover 95
Make-it-yourself mirror and shelf 96

FEATURES

Good news 48
Idea notebook 98

CARS

What to know before your car is towed 56

CONTENTS CONTINUED ON PAGE 10

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1981. All rights reserved. Printed in U.S.A.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

8 mg. "tar", 0.7 mg. nicotine av. per cigarette by FTC Method.

Extra low tar never tasted so good.



TRUE 100's

Vivarin® keeps you going



when the going gets rough.

Working overtime? Beginning to feel the strain? Take a Vivarin Stimulant Tablet.

Vivarin's active ingredient is caffeine. It's like having two cups of coffee squeezed into one little tablet.

Whether you're studying, driving, or working late, you'll stay alert for hours.



Read label for directions

CONTENTS

continued

EDUCATION

Why co-op college makes sense 66

GARDENING

Energy-smart landscaping 76

Gardener's log 85

FLOWER GARDENING FOR GLORIOUS COLOR ALL SUMMER LONG 113

- *With careful planning, you can plant a variety of flowers that will take turns providing color impact in your yard. The show can continue from earliest spring until killing frost, or even year round in mild-winter areas. Just check our photos and planning suggestions before you plant.*



FOOD

Egg-beating basics 88

Soup and sandwich supper 90

SAVVY COOKING: BASIC TECHNIQUES FOR BETTER EATING 128

- *Preparing healthful meals is a snap when you use our poaching, sautéing, steaming, and broiling techniques. With each method, you can cook with less fat and preserve the fresh taste of the foods. We've included hints on what equipment is best for each method.*



Food notes: Know your cookware options 136

Win money for your recipes 154

Prize Tested Recipes 157

- *Fruit salads*
- *Biscuits and muffins*

He cooks: Poor boy fillets 160

CRAFTS

IRISH CROCHET: HEIRLOOM LACE TO MAKE TODAY 122

Cover photograph: Bradley Olman

TRAVEL

Leave-your-car-at-home vacations

The Southwest 166

The Deep South 175

PETS

Can a pet be a threat to your family's health? 183

SHOPPING

Buying information 164

Shopping editor's choice 194

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.

Now **Lysol® Spray** comes in two fresh scents. Regular...

...and new Scent II, too!

Lysol Spray Scent II. Smells different from the Regular Scent, but nice, too! Scent II eliminates odors and kills household germs on surfaces just like the Regular Scent. Only the scent is different.



Lysol Disinfectant Spray gets odors out of the air in the bathroom–keeps it fresh!

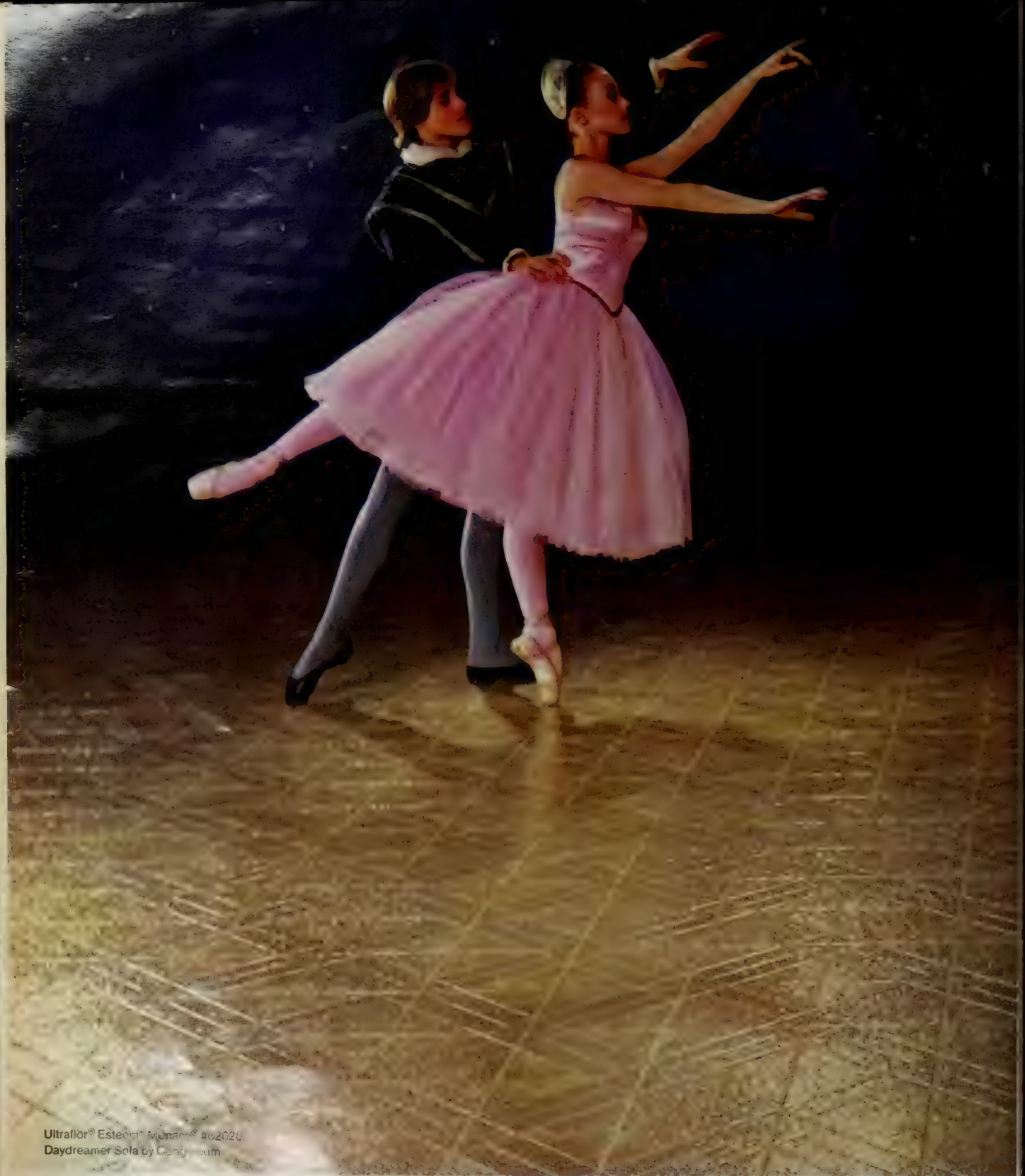


Lysol Spray kills household germs on surfaces.

Regular **New Scent II**



CAN'T RUN A HOME WITHOUT THEM!



Ultraflor® Estecon™ Monaco® #62020
Daydreamer Sola by Congoleum

Timeless Beauty.



Captured in vinyl flooring by

Beauty that lasts, with minimum care. That's the beauty of Congoleum floors, from the sculptured elegance of Ultraflor,® to Contempora®— so revolutionary, it lays down over your old vinyl floor without adhesives. See the whole dazzling collection at your Congoleum Studio Showcase of Floors™ retailer. Call toll-free 800-447-2882; in Illinois, 800-322-4400.

Congoleum

Floors of Timeless Beauty.



Take Your Yard Back With FLOWTRON®

The Bug killer

Nothing breaks up a barbecue or outdoor party faster than biting insects. That's why you need Flowtron, the electronic bug killer. With Flowtron, your back yard belongs to you—not the bugs.

Flowtron's ultraviolet light attracts flying insects to an electrostatic grid which kills them instantly. Flowtron is environmentally safe, using no harmful sprays or chemicals. Economical too: protection for just pennies a day.

Get a Flowtron electronic bug killer today. Available at leading retail outlets.

FLOWTRON®
Takes The Bite Out Of Bugs.

Flowtron, Two Main Street, Melrose, MA 02176

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ROSEMARY HUTCHINSON ELIZABETH WOOLEVER
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY BONNIE LASATER
DIANA TRYON JULIA MARTINUSEN DIANE YANNEY

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH GREG ERICKSON R. LA MONTE JENKINS JIM HARROLD

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Books MARJORIE GROVES
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor G. S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Associate Editors ANN LEVINE COLEEN DEERY GARY BOLING LAURA HOLTORF

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Senior Graphic Designer KRISTIN FRANTZ
Senior Graphic Designer (Covers) SHERYL VEENSCHOTEN
Graphic Designers MARISSA CONNER CHRIS GRECO JUDY HALL
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER DONNA RUSSELL

New York—Eastern Editor MARGARET McMAHON
Shopping Editor ANN LIVELY *Associate Editor* STACEY SMITH

Editor-in-Chief **NEIL KUEHNL**
Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER *Associate Art Director (Managing)* EVA PIETRZAK
Associate Art Director (Creative) RICK BEAULIEU *Assistant Art Director* DAVE WEBSTER
Graphic Designers RUDY EVANS KAREN HUBER DIANE DAVIS
JACK YOUNG JILL CAREY
Copy Chief ELIZABETH BROOKS *Senior Writer* RUSSELL O'HARRA

Books: *Editor* GERALD KNOX *Art Director* ERNEST SHELTON
Associate Art Director (Managing) RANDALL YONTZ
Associate Art Director (Creative) NEOMA ALT WEST
Assistant Art Director HARIJS PREIKULIS *Senior Graphic Designer* FAITH BERVEN
Graphic Designers LINDA FORD TOM WEGNER ALISANN DIXON
LYNDA HAUPERT LYNE NEYMEYER
Production and Copy Editors DAVID KIRCHNER DAVID WALSH LAMONT OLSON

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents:
JAMES A. AUTRY General Manager, Magazines
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Controller
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS:
Chairman of the Board E. T. MEREDITH III
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Controller Wm. DEAN ANKRUM Secretary BETTY CAMPBELL MADDEN
Treasurer MICHAEL A. SELL

Farberware found that the best way to get something done is to go around in circles.

The Farberware Convection Oven. A cooler, cleaner, faster and more economical way to cook.

The Farberware® Convection Oven is taking cooking in a totally new direction.

It works on the principle that if you constantly circulate hot air around the food, food will constantly come out better. That's the same concept cooks have used in professional ovens for years.

You can roast, bake and broil. In fact, you can roast up to an 18 lb. turkey in one-third less time. And because the food is surrounded by even heat, you never have to turn anything over. It also cooks frozen meat in the time it would normally take to cook thawed meat.

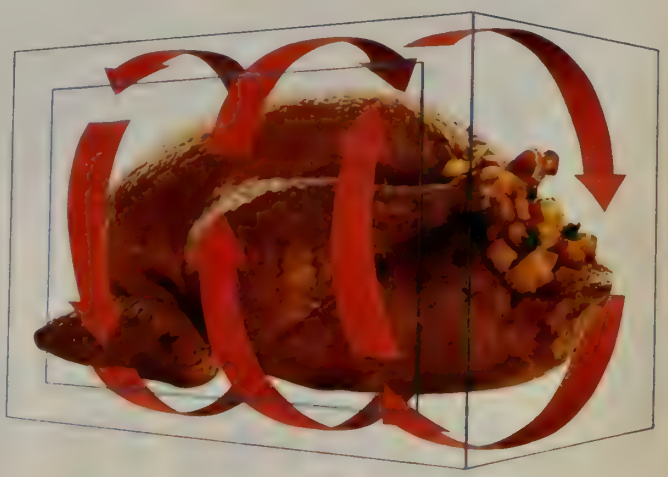
Foods look and taste better than ever before. Poultry gets done to a golden brown, tender and moist throughout. Meats come out pink and juicy inside, brown and sizzling outside. And cakes, pies and breads are so light and moist they'd make a baker envious.

Plus, there's room enough for two cooking racks. So you can cook several different things at the same time.

Exclusive "Probe-A-Matic Control"

Here's a way, other than guessing, to know when a rib roast or London broil is cooked precisely to your liking.

Our Precision Probe-A-Matic™ Control enables you to achieve the highest degree of accuracy in cooking. All you have to do is set the control to the correct internal meat temperature for rare, medium-rare, etc. Once you insert the meat probe, the oven is on "automatic pilot." It shuts itself off when the meat is done.



Save Time, Work and Money

In addition to saving you time, a Farberware Convection Oven saves you money and work.

It cooks so fast and efficiently, it requires less electricity than an ordinary oven. It works on ordinary household current, without needing any special wiring. And, because the air is constantly travelling in circles, it can't escape to heat up your kitchen. You can tell that's true; the oven's top and sides stay cool enough to touch.

It even cleans up after itself. The inside walls of our oven are treated to vaporize food splatters while the oven is on.

The Choicest Choices

Farberware wasn't content to make only one portable electric counter-top oven that would be vastly superior to any conventional oven made. So, we made three.

There's the Farberware Convection Oven with Precision Probe-A-Matic Control and brushed chrome look (shown below). Or, you can choose a Farberware Convection Oven without the meat probe, in either a brushed chrome or rosewood look.

All three give you great results and take less time, effort and work. And, all three sell for a lot less than other ovens that don't do nearly as much, nearly as well.

The Farberware Convection Ovens. They cook circles around all other ovens.



(U.S. Pat. No. 3,828,760)

Farberware, 1500 Bassett Ave., Bronx, N.Y. 10461

FARBERWARE®

Subsidiary of Kidde, Inc.

KIDDE

If it's worth doing, it's worth doing right.


MERIT
Ultra Lights
MENTHOL
ULTRA LOW TAR
MERIT
Ultra Lights
FILTER
ULTRA LOW TAR
MERIT Ultra Lights
Only 4 mg tar
Regular & Menthol

New Merit Ultra-Lights!

Now the MERIT idea has been introduced at only 4 mg tar– New MERIT Ultra Lights. A milder MERIT for those who prefer an ultra low tar cigarette.

New MERIT Ultra Lights. It's going to set a whole new taste standard for ultra low tar smoking.

MERIT
Ultra Lights

© Philip Morris Inc. 1981

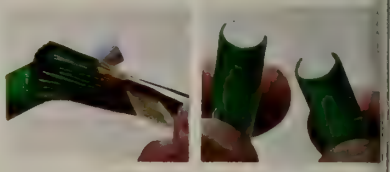
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC Method

Colgate protection doesn't break for lunch when he does.



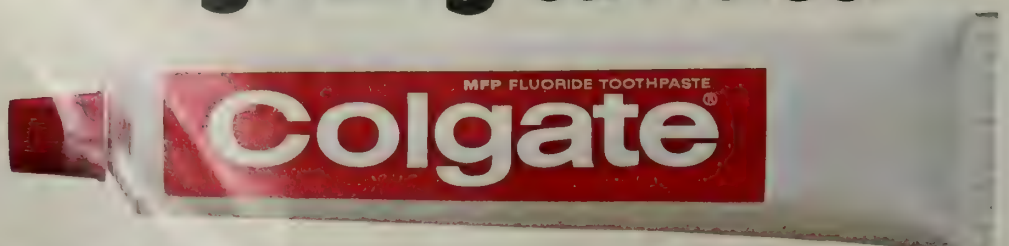
Eating, sleeping, at school or at play, Colgate® keeps fighting cavities. That's because, with regular brushing, Colgate's MFP® fluoride actually joins tooth enamel, to build up extra strength against cavities.



The Penetration Principle: Painting a piece of chalk with colored liquid illustrates how, with regular brushing, Colgate's fluoride joins the surface of tooth enamel to strengthen it, against cavities.

And while Colgate gives kids the fluoride protection they need, it gives you a fresh, clean taste families all over America love. So for unbeaten fluoride protection and great taste, get Colgate today!

It stays on the job fighting cavities.



"Colgate® with MFP®, fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.
See your dentist, limit sweet snacks, brush regularly with Colgate.

© 1980, Colgate-Palmolive Company.

Dan Kaercher

Folk Medicine

DO OLD-TIME HOME REMEDIES REALLY WORK?

Scientists today are taking a second look at many popular home remedies because of the renewed interest in medical self-care, or "home doctoring." In many instances, researchers are vindicating what your grandmother knew all along. But in some cases, "natural" remedies have been found to be ineffective and even harmful. Here's how the medical experts evaluate some of the most common home remedies.

Drink warm milk for insomnia.

Does this advice work? Possibly. Milk contains *tryptophan*, a naturally occurring component of protein. Studies by Dr. Ernest Hartmann, director of the Sleep-Dream Laboratory at the Boston State Hospital, have shown that tryptophan can help you fall asleep faster and sleep more soundly.



But Dr. Hartmann comments, "It's questionable whether there is enough tryptophan in a cup of milk to have a significant effect. Moreover, milk triggers chemical reactions, including some that interfere with tryptophan."

Whether the milk is warm or cold shouldn't make any difference. But for many of us, the soothing effect of warm milk at bedtime stems from pleasant childhood memories.

Sip chicken soup for a cold.

While cold symptoms can be eased, nothing can rid you of a cold until the illness has run its course. In the meantime, Grandma's chicken soup may well be your best medicine.

Dr. Marvin Sackner of Mount Sinai Medical Center in Miami found that drinking any hot fluid will help open a stuffed nose. Further research showed that chicken soup is more effective than plain hot water, and that sipping is more effective than drinking through a straw. But Dr. Sackner has yet to determine exactly what factors account for chicken soup's palliative powers.



To stop hiccups, breathe into a paper bag . . .

. . . or swallow dry bread, or drink from the opposite side of a glass, or eat a tablespoon of sugar.

The multiplicity of hiccup remedies confirms that none works all the time.

Hiccups are involuntary spasms of the diaphragm muscle. The intake of air after a spasm produces the familiar "hiccuping" sound.

New understanding of what controls hiccups may lead to more reliable therapy. Dr. Marshall Nathan, an ear, nose, and throat specialist in San Antonio, suggests that there is a "hiccups center" in the brain. Stimulating the back of the throat by swallowing honey or sugar, or touching the uvula with a spoon handle, opens a pathway to the hiccups center and often may be more effective than other remedies, he says. When hiccups don't stop, drugs may be prescribed.

Feed a cold, starve a fever.

A sick person rarely has a good appetite. Colds in particular diminish the senses of taste and smell—two potent appetite stimulants. Yet, cold or no cold, your body needs nourishment. That's why any food that whets your appetite is beneficial.

On the other hand, fever often is accompanied by vomiting. Eating may only make you vomit more and feel weaker. Actually, the aversion to food may be a protective reaction, according to Dr. George Mann, of the Department of Biochemistry at Vanderbilt University. Dr. Mann surmises that "starving a fever" may inhibit the illness-causing organisms, while forcing yourself to eat may nourish them.

An apple a day keeps the doctor away.

Not exactly, but apples are indeed good for you in several ways.

Apples contain vitamins A and C, plus calcium and iron. Because apples are high in potassium and low in sodium, they are one of the foods that can be eaten by persons with certain heart and kidney disorders.

Apples, like other fruits and vegetables, contain pectin—a fiber that absorbs water and other wastes as it passes through the body, providing "bulk" in the digestion process. There is mounting evidence that persons with diets high in fiber may have lower rates of intestinal disorders. Some scientists also believe pectin absorbs cholesterol, thus preventing it from accumulating in the body.



An apple a day can enhance your

continued

Illustrations: Oasis Art Company

LOVE CAN MAKE YOUR EARS RING, YOUR HEART SICK, LEAVE YOU BREATHLESS, AND WRECK YOUR HEALTH.



SO CAN WISDOM TEETH.



When you're love sick, time is on your side. It's said to be the great healer. With wisdom teeth, though, the passage of time brings you closer to trouble. Because most wisdom teeth are like little time bombs. The question isn't will they go off, it's when.

Trouble with a capital T.
Wisdom teeth can cause a variety of problems. To begin with, since most jaws are too small for them, nine out of ten wisdom teeth come in only partially, and worse, crooked. Furthermore, they can easily become impacted, trapped beneath the gum line, pushing adjacent molars out of position and causing permanent damage. Not to mention serious gum infection. All this boils down to a great many unnecessary ailments, from ringing in the ears all the way to heart disease.

Your dentist knows what to do.
To find out what shape your wisdom teeth are in, simply ask your dentist. If anything's wrong, chances are he'll refer you to an Oral and Maxillofacial Surgeon. A specialist with the kind of experience and advanced anesthetic training that enables him to remove wisdom teeth easily, painlessly, and affordably.

Concern for your total health.
The scope of an oral and maxillofacial surgeon's specialty is far wider than wisdom teeth. He's concerned about helping children born with poorly shaped jaws. About patients whose gums and jaws prevent their use of dentures. He cares for accident victims with serious facial injury (which is why he's usually available for hospital emergency room service, whenever requested).

Just as meaningful, the oral and maxillofacial surgeon is also actively involved in alerting us to hidden everyday hazards, while working on legislation to eliminate them. A prime example is the safety bar on the back of most school bus seats, a frequent cause of childhood facial injury. Moreover, he's a major advocate of the mandatory and proper use of sports safety equipment; goalie masks, mouthpieces, and helmets.

Because prevention is still the best policy.

Write to us.
For more information about this dental surgical specialty, write: *The American Association of Oral and Maxillofacial Surgeons, P.O. Box 1024, Tinley Park, Illinois 60477.*

Oh, and don't forget to see your dentist about those wisdom teeth. Because if a serious condition exists, there's no confusing it with lovesickness.

DENTAL SPECIALISTS WORKING TO INSURE YOUR TOTAL HEALTH

AMERICAN ASSOCIATION OF ORAL AND MAXILLOFACIAL SURGEONS

Folk Medicine

smile, too. Chewing an apple massages the gums and helps clean the teeth, although it's no substitute for brushing.

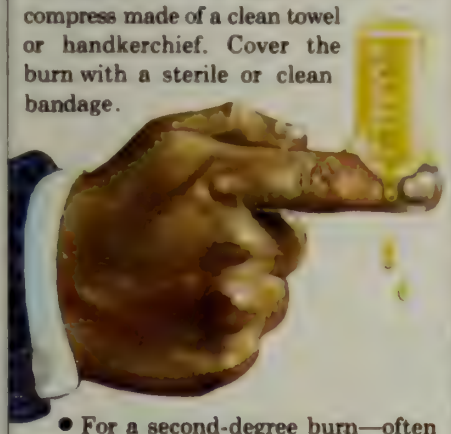
Apply butter to a burn.

Don't heed this often heard "remedy" for burns—it's dangerous.

Butter has no pain-relieving or healing properties. In fact, it can irritate injured skin and contaminate a burn wound. No ointments are recommended for burns, either.

The American Medical Association's new *Handbook of First Aid and Emergency Care* outlines the proper home treatment of burns:

- For a first-degree burn—typically from brief contact with a hot object, hot water, or steam—run cold water over the injured area or apply a cold-water compress made of a clean towel or handkerchief. Cover the burn with a sterile or clean bandage.



- For a second-degree burn—often from hot liquids or a flash burn from gasoline—follow the same steps, then elevate burned arms or legs. Seek medical attention promptly.
- For a third-degree burn—from a fire or electrical equipment—do not apply ice. Contrary to popular belief, applying ice won't help and it may intensify shock. And do not remove clothes stuck to the burn. Get help immediately.

Wear a copper bracelet to cure arthritis.

Stanford University researchers recently investigated a number of "nontraditional" arthritis therapies. Their evaluation, reported to the Arthritis Foundation, was that "no objective benefit can be documented from copper bracelets, diets, vitamins, acupuncture/acupressure, cod liver oil, trips to uranium mines or mineral springs," or other such therapies.

About one-third of a group of 384 patients with rheumatoid arthritis in long-term treatment at Stanford had tried an average of three different, unproven therapies each. About half of the patients reported "subjective" benefit; however, these patients had less severe cases of the disease.

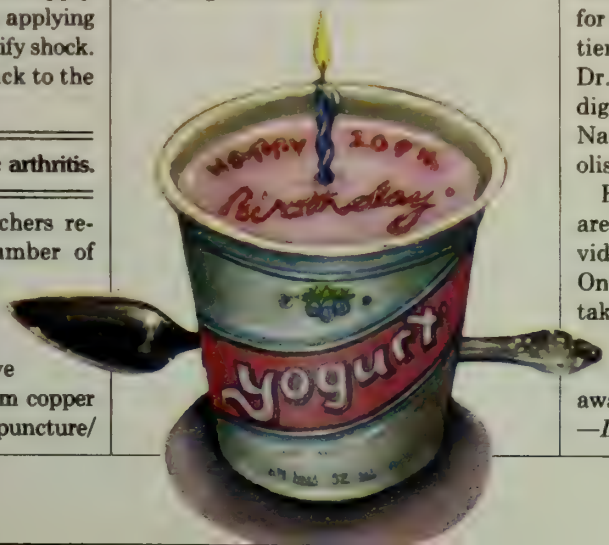
Dr. Jeffrey H. Brown and his colleagues suggest that the perceived benefit of such remedies may be due to a placebo effect. The researchers also point out that, because arthritis symptoms come and go, therapies tried while the disease is in remission can appear to be effective when they are not.

Eat garlic—or onions or yogurt—for long life.

The researchers can do no better than answer "maybe" to this one.

It's hard to prove the exact effect of certain foods on longevity. If your father ate garlic or wore it around his neck every day and lived to be 100, you may, too. But is it garlic or genetics?

There is evidence that eating garlic may lower high serum cholesterol levels, which are associated with heart and blood vessel diseases and other disorders. And many centenarians do say they eat onions. But when it comes to yogurt, be skeptical about those tales of yogurt-eating Russians living to be well over 100. The likely explanations are the Russian practice of naming children after parents or grandparents, and the casual recording of births and deaths.





Avoid chocolate if you have acne.

Chocolate lovers, take heart. "There is no evidence that chocolate causes acne," says Dr. John Strauss, professor and chairman of dermatology at the University of Iowa College of Medicine.

Fried foods, oily foods, soft drinks, and dairy products aren't implicated in acne, either.

Laboratory research has failed to show that fats you eat can be transmitted to the skin from the bloodstream. Instead, it appears that skin oils are formed right in the skin itself.

Because acne flares and subsides unpredictably, it's easy to associate skin eruptions with foods. If you feel a food always makes your skin break out, it can't hurt to avoid it. But Dr. Strauss says, "Diet restrictions are not part of my acne treatment program."

Follow a bland diet if you're ulcer-prone.

A bland diet, including several glasses of milk a day, once was the traditional treatment for ulcers. Now doctors no longer universally recommend such restrictions.

Researchers have found that milk has only a brief neutralizing effect on stomach acid, and in large amounts, can stimulate acid production.

"While a bland diet doesn't speed healing, it may help relieve symptoms for some patients. For some other patients, it makes no difference," says Dr. Harold Roth, associate director for digestive diseases and nutrition at the National Institute of Arthritis, Metabolism, and Digestive Diseases.

He adds, "Diets for ulcer patients are best worked out between the individual patient and his or her doctor. One key rule for ulcer patients is to take medicine at prescribed dosages and for as long as the doctor orders—not just until the symptoms go away." BHG

—Lynne Lamberg

"SHEER ENERGY® (PANTYHOSE) MAKES ME FEEL LIKE DANCING!"

Peggy Fleming
Olympic Figure Skating Champion



©1981 L'eggs Products



"You may find this hard to believe, but when I wear SHEER ENERGY pantyhose, they make me feel like dancing. They feel that good. So refreshing, like a wonderful massage. SHEER ENERGY fits great too. Sleek, sheer, sensational. So do something nice for yourself and your legs. Try SHEER ENERGY with All Day Massage.™ It'll make you feel like dancing."

NOTHING BEATS A GREAT PAIR OF L'EGGS

*SHEER ENERGY and ALL DAY MASSAGE are trademarks of L'eggs Products for pantyhose

•Available in SHEER ENERGY® All Sheer pantyhose, and SHEER ENERGY Undie-L'eggs® panty/pantyhose in one

Margaret Daly

CONDOMINIUMS:
Pros and Cons for Your Family

Condominiums have become a crucial factor in the U.S. housing market. The Federal National Mortgage Association estimates there are now over two million condominium dwellings in the country, and real estate experts fully expect the number to grow. Three good reasons: Condominiums often are the most affordable form of housing available; resale prices have held up well; and condominium owners are entitled to the same tax breaks that owners of more traditional, single-family homes enjoy.

Condominiums have other attractions as well, appealing to a wide variety of buyers: young couples setting up homes for the first time, families with children, older people whose children are grown, single men and women. Not everyone is suited to condominium life, but it's a housing option no one should overlook.

"Condos" come in many different forms, from attached row houses and cluster homes to high-rise apartment buildings and mammoth mixed-housing developments that even include some detached houses. There may be just a few dozen dwellings ("units") in the complex, several hundred, or even more. Many condos provide community facilities such as swimming pools, tennis courts, and recreation halls. Most complexes are built by condo developers, but there is a growing trend in some parts of the country to converting existing rental apartments into condominiums.

What all condominiums have in common is the form of ownership. Each owner has full title to his or her individual unit, plus a share in the grounds, recreational facilities, and other common property in the complex.

You purchase your unit the same way you would a house. You must qualify for a mortgage, pay closing costs and legal fees, and continue to pay taxes on your unit. Conventional mortgages are generally available to qualifying buyers, and the FHA and VA are becoming more active in the market. Often the developer will be able to arrange financing for you.

In addition to making your mortgage payments, you pay a monthly operations fee in the condominium organization for your share of the upkeep of common facilities and services, such as security, lifeguards, grounds maintenance, and landscaping. Generally these fees run up to $100 or so a month, but they can be considerably more depending upon specific facilities and services. Inflation is bound to hike those costs over the years.

How do they operate?

The developer runs the project until a specified number of units are sold. Then management responsibility is turned over to a community association to which all owners belong automatically. In the past, the developer sometimes retained ownership of the land or of facilities like swimming pools and leased them to the association, but that practice is uncommon today.

A board of directors, elected by the owners, presides over all operations. All board members are owners, but often an outside firm is employed to manage general services, such as upkeep of the grounds and building exteriors, collection of monthly fees, management of the budget, and so forth. Costs for this management service are included on a per-unit basis in your monthly operations fee.

When a condominium project is set up, the builder or developer issues various legal documents that establish the structure and powers of the community association; the rules of operation, including election procedures and powers of the board; and various covenants and restrictions governing each

continued on page 26

Award-winning condominiums



Windsor Village Townhomes, Los Angeles
High-density two- and three-story units



Country Trace, Kirkland, Washington
An "octaplex"—eight homes in one building



The Colony, Ponca City, Oklahoma
Clusters of single-family homes

Condominiums are springing up all over the country, and some of the best have won laurels in the Sensible Growth Design and Planning competition sponsored each year by *Better Homes and Gardens* and the National Association of Home Builders. The contest recognizes planners and developers for intelligent and effective land use, and in the past few years, condominiums have won some of the top prizes. Three of this year's winners are shown *above;* for a complete list of winners, turn to page 30.



You can count on Sears for an enormous choice (and sometimes a tiny one)

At Sears you can choose among 46 television sets, from a 2-inch portable to a 50-inch colossus. In TV, as in anything you buy at Sears, you'll seldom have to go without a feature you want or pay for one you don't.

How often have you gone rushing from store to store, only to find exactly what you were looking for at Sears?

It happens all the time—and for a very good reason. Sears gives you an absolutely astounding variety of colors, sizes, styles and features to choose from, in hundreds of lines of goods.

If you're shopping for a new washing machine, Sears gives you a choice of sixteen different models in up to five different colors. From a basic 1-speed, 1-cycle machine all the way to the latest in solid state electronic wizardry. It actually *beeps* if it thinks you've made a mistake in your setting that might harm your clothes.

Are you looking for stainless steel tableware? Sears offers you 21 patterns.

You can choose sheer hosiery in five different levels of quality—up to Sears Best *Endurables,* which lasted an average of 18 wearings in a test with 400 women.

And did you know that you can get the famous Craftsman claw hammer with your choice of *four different handles?*

Sears gives you so many options that sometimes it isn't easy to make up your mind. But then Sears can usually help you do that, too.

For example, hundreds of Sears products are color coordinated. Come in for carpeting, curtains, and a new couch, and there won't be any guesswork. Everything will go together beautifully.

When you've found what you're looking for, paying for it at Sears is just as easy. Over 60 million Americans carry Sears credit cards—and simply say "charge it, please." And if anything you buy needs installation, Sears will take care of it and make sure it's done right.

Sears built its reputation by giving more people what they're looking for than any other store. But if anything you buy at Sears turns out *not* to be exactly what you wanted, remember:

Satisfaction guaranteed
or your money back.

Sears

© Sears, Roebuck and Co 1981

◄*New and only at Sears, the Binoc TV set (foreground) can hang around your neck like binoculars, is 6" x 2½" x ⁷⁄₈" and has a two-inch diagonal measure black-and-white picture. Behind it, Sears new projection television – superb color on a huge screen, 50 inches measured diagonally.*

The 46 Sears TV models are available in most larger Sears stores.

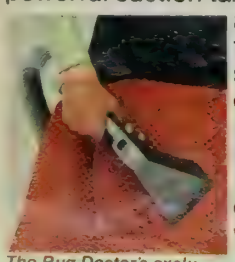
For the life of your carpet

Rent the Rug Doctor® twice a year!



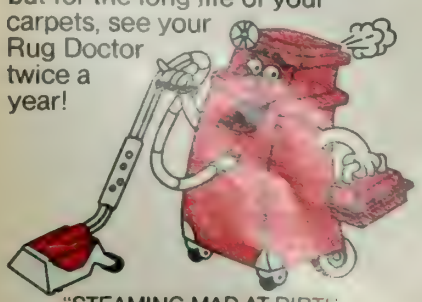
Rent the Rug Doctor and Spring Clean Winter grime out of your carpets. Get professional results at a fraction of the professional cost. The Rug Doctor—the revolutionary Steam Carpet Cleaning machine with the original Vibrating Brush.

Powerful cleaning solution is jetted into carpets. The Vibrating Brush scrubs both sides of carpet nap breaking up deep-down dirt, then Rug Doctor's powerful suction takes it up and away. Easy too! No scrubbing or downward pressure is needed, the Rug Doctor does the work for you.



The Rug Doctor's exclusive Upholstery and Stair Cleaning attachment is available with each rental.

It's light and compact, easy to move up stairs. Small enough to carry in small cars, too. Vacuum often, but for the long life of your carpets, see your Rug Doctor twice a year!



"STEAMING MAD AT DIRT!"

See the White Pages or call information for the nearest Rug Doctor Rents location.

continued from page 23

Condominiums

owner's rights and obligations. It is up to the board to enforce the mutual covenants and restrictions established by those laws, as well as rules that result from them.

With most condo associations, it takes a virtually unanimous vote by all members of the community to change the basic legal agreements. For all other matters, the elected board generally has considerable power to set and enforce rules. Those vary from one complex to the next. Typical rules govern aesthetic restrictions about unit exteriors, restrictions on pets, parking regulations, rules about use of facilities, availability of facilities to children, and action that can be taken when an owner falls behind on monthly payments or fails to keep up his or her property.

"The rules can seem restrictive," says Doug Christison, who lives with his wife and two children in the Harbor Bay Isle complex in Alameda, California, "but they're designed to maintain and enhance the property values for all owners. It's up to the association board to make sure the rules are effective and represent a reasonable compromise among all interests in the development."

What are the advantages?

People buy condominiums for a number of different reasons. Among them:

- ***Price.*** Often—but not always—condominium units cost less than traditional single-family homes in a given area. That fact appeals especially to young families seeking their first home. "It's the only way we could afford to get in on the housing market," says Wayne Hyatt, who bought a condo with his wife in Atlanta a few years ago. Although the Hyatts since have purchased a house, they held on to the condominium. Wayne's mother-in-law now lives there. "The condominium has really proved to be a good solution for two different types of empty nesters," he says.
- ***Property values.*** In recent years, the increase in resale prices of well-managed condominiums has generally kept pace with the single-family dwelling market. Joan Yeager, who lives with her husband and two sons in the Acorn Ponds development in North Hills, on New York's Long Island, says their town house has doubled in value in the past three years. "The turnover possibilities are good," she adds. "We get notices all the time about people who are interested in buying."
- ***Tax deductions.*** Real estate taxes and mortgage interest on individual units are fully deductible, just as they are in any other form of single-family ownership. "The last couple of years, my tax bracket has risen substantially," says Daniel Peterson, a bachelor who recently bought a one-bedroom condo in Washington, D.C. "I was attracted by the tax advantages as well as the price and investment possibilities."
- ***Convenience.*** "We don't have to do the maintenance work on the exterior walls of our unit, or worry about shoveling walks," says Nancy Schpatz, who lives with her husband in the Wildwood Condominiums in Fairfield, Ohio. "For people like us, who are semi-retired, it's an ideal way to live."

"You can go off for a weekend or vacation and leave a condominium easier than a house," according to Joan Yeager. Other condo owners point out they can enjoy amenities such as swimming pools and tennis courts without having to worry about maintenance.

- ***Design.*** Many condominium developments feature innovative, contemporary designs that are more energy efficient than detached construction because of shared walls and utilities systems. Condominiums also make maximum use of open spaces and landscaping.
- ***Facilities.*** Buyers often are attracted to specific condominium developments because they provide tennis courts, swimming pools, racquetball courts, golf courses, and/or other facilities that match the buyers' interests. Other buyers give high priority to security, organized social gatherings, and other things.
- ***Specific life-style and tastes.*** The facilities, rules, and locales of some condominium developments often attract people of like interests and ages—an asset for buyers who seek the comfort of neighbors with similar interests. Other condominium communities attract owners of mixed ages and

continued

5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

FREE PACK

The first ultra low tar built on taste.



New Winston Ultra

MAIL IN OFFER

We'll send you *your* free pack of New Winston Ultra. Just fill in your name and address below.

Mail to: R. J. Reynolds Co., P.O. Box 1626
Winston-Salem, N.C. 27102

I certify that I am a smoker at least 21 years of age.

Check 85mm_____ or 100mm_____

NAME: _____
(please print)

ADDRESS: _____

CITY: _____

STATE: _____ ZIP: _____
(required)

CURRENT BRAND: _____ TEL: _____

Offer restricted to smokers 21 years old or over. Limit one package per household. Void where taxed, prohibited by law or otherwise restricted. All promotional costs paid by manufacturer. **OFFER EXPIRES JUNE 30, 1981.**

Offer good only in USA.

Consumer must pay postage to mail in coupon.



© 1981 R.J. REYNOLDS TOBACCO CO.

continued

Condominiums

interests who prefer a community with variety.

• ***Community involvement.*** "Through the collective action of our association, we have the ability to get things done on a neighborhood-wide basis that might not be accomplished through government bureaucracies," says Doug Christison. "Also, we are not as susceptible to the caprices of individual homeowners."

What are the disadvantages?

The very strength of condominium life—communal interests and organization—can be a drawback for some people. "You have to be prepared to give up some rights," says Christison. "You may not like all the rules and regulations, yet the majority will rule. Some people aren't cut out for that."

Nancy Schpatz points out personal involvement is key. "It's important to keep an eye on the management and participate actively in the process." But that requirement does not appeal to everyone. "We're really not joiners," says Joan Yeager. "Yet I find that sometimes regulations don't make sense. For instance, the board just made a rule that kids couldn't use the tennis court except during certain hours, yet those hours were mainly when the kids were in school."

Joan says she also feels a certain lack of privacy. "It's a psychological thing because most people here mind their own business," she admits. "A house just seems more private because there is all that space between you and your neighbors."

Several owners observed that condominiums aren't always suited to families with children. Rules can be restrictive. There may not be many other children in the community. Living spaces sometimes seem tight to people who dream of a spacious detached house with plenty of room for the kids to play in.

Some condo developments actually set up their initial covenants to exclude children. The issue currently is in the courts, but the trend of present decisions supports the rights of condo developments to exclude children—generally on the basis that these particular developments were not designed to accommodate kids to begin with.

What should you look for?

Don't rely just on the appeal of a particular unit and community facilities. Do some extensive research, compare several developments, and get a lawyer who is experienced in condominium purchases to look over the details before you buy. Also talk with other buyers and people who already live in the development. You'll often learn more about the community that way than by talking just with the board or developer.

Be sure to obtain copies of the legal documents, operating budget, yearly financial statements, bylaws, and regulations. For conversion projects, get an engineer's report on the existing building and what incremental repairs and construction might be required. Once you're an owner, you'll have to foot your share of the bill.

Among the questions to ask:

• What kinds of people does the community attract? Will the age groups and interests fit your needs? Are there many children around?

• Are the extra facilities worth the cost to you? Whether you use them or not, you'll be required to pay a share of their upkeep. Has the developer retained title to any of those facilities (that's rare these days, but worth checking out)? If so, he'll find it fairly easy to raise fees over the years. He's in a similar position if he owns the land under the building or complex and leases it to the association.

• Is the community well managed? Do the grounds and buildings appear to be in good shape? Have budgets been maintained as projected? Have there been any special assessments—direct, incremental costs to individual owners for community repairs and projects? Is there an adequate reserve fund in the budget to handle unexpected expenses and major repairs? If not, you may suddenly get hit hard in the pocketbook to pay for your share of the additional costs.

• Are many owners in arrears on their monthly payments? How are deadbeats handled? What happens if you miss some payments? What action can be enforced when owners don't maintain their property adequately? You all have an investment in the community, and it's essential that each owner play his or her part responsibly.

• Are many owners actively involved in the community association, or do just a few people always run the show?

• What kinds of rules and restrictions govern the community? Do they seem reasonable? Can you live with them? Are there architectural controls? What about restrictions on rentals? What's the attitude of various owners about those rules?

• What does the monthly fee cover? Is it realistic? (Often developers will set those fees low to attract buyers. To see if the fees make sense, compare them to those of similar communities.) How much latitude does the board have to hike monthly fees in order to cover rising wages and other costs? The rules should give the board reasonable flexibility without having to go through drawn-out voting battles. Otherwise operations may be seriously disrupted while various factions dig in on what may well be minor differences of opinion or unnecessarily self-serving views.

• In a new condominium development, if the unit you have committed to buy is not yet finished, will you be able to get your money back should the project fail to materialize? Are there legal safeguards to assure you that specific facilities will be built as promised? What warranties will the builder give you about making repairs on your new unit? Is the developer paying his fair share of monthly operations fees for any unsold units?

Community associations: the key to good management

Running a condominium community is not simple, yet the task often falls on the shoulders of owners who are inexperienced in such matters. Without good management, chaos can result—and sometimes financial disaster. One good source of help for condo board members: The Community Associations Institute, 3000 South Eads Street, Arlington, VA 22202. Through 31 local chapters, the CAI provides courses on condominium management (from $35 to $70) and several good booklets. Send the CAI a self-addressed envelope for a free copy of their booklet on condominium owners' responsibilities.


BAGGIES®
O LEAK, NO DRIP, NO MESS!
HE ONLY SANDWICH BAG
ITH THE TWIST-TIE SAFETY CLOSE!
ced tomatoes and tuna on rye? With Baggies, they won't leak. Half
ozen juicy left-over pickles? With Baggies, they won't drip. Unlike
dover sandwich bags that can make a mess, only Baggies
ve the Twist-Tie Safety Close, so food won't leak, drip or fall out.
RESH TASTE! THE TWIST TIE
IVES A CUSTOM FIT
u can tie Baggies as tight as you like. Great for small food storage
well as sandwiches—all with great fresh taste!
OW! SAVE A WHOPPING 20¢, TOO!
twist tie BAGGIES sandwich bags NO LEAK, NO DRIP, NO MESS!
© 1981, Colgate-Palmolive Company
STORE COUPON
20¢
Y674
SAVE 20¢
on any size
BAGGIES SANDWICH BAGS
NO LEAK, NO DRIP, NO MESS!
ATTENTION CONSUMERS: Do NOT ask your retailer to honor this coupon unless you make the required purchase. Any other use constitutes FRAUD on your part. You must pay any sales tax on your purchase.
ATTENTION RETAILERS. Subject to your compliance as required herein for each coupon you properly accept as our authorized agent we will pay you 7¢ plus the face value of the coupon or your documentable retail price on coupons for free goods. Coupons will be honored when presented by retail distributors of our merchandise or associations of clearing houses approved by us, acting for and at the sole risk of our retailers. It is FRAUD to present coupons for redemption other than as provided herein and without INVOICES in your possession which must be furnished to us on request to prove your purchase of sufficient stock to cover submitted coupons. Mailing of coupons which have not been legitimately received from consumers could bring prosecution under the Federal U.S. Mail Fraud Statutes. We reserve the right to withhold payment on any shipment of coupons when the terms of this offer have not been complied with on all coupons submitted and to confiscate the coupons. This coupon may not be assigned or reproduced and is redeemable only on the specified product(s). Coupons not forwarded within six months from the Expiration Date below will not be honored. Offer Expiration Date: April 30, 1982.
COLGATE-PALMOLIVE COMPANY
P.O. Box CS-16, Jeffersonville, IN 47130 Cash Value 1/20 of 1¢
THE TWIST-TIE SAFETY CLOSE.
BAGGIES
Y674
20¢



continued from page 23

Sensible Growth awards

Here's a complete list of the winners in this year's Sensible Growth Design and Planning competition. If you live near any of these housing developments, be sure to visit them and see why they're award winners.

Category 1
(Fewer than 25 dwelling units)

Merit Awards

ORANGE GROVE TOWNHOMES
Burbank, California
Developer: Richelieu Development Corp.
Planner: Collins and Wraight, Inc.
Architect/Designer: Collins and Wraight, Inc.

CLUSTER HOMES OF HOLDEN FARMS
Greensboro, North Carolina
Developer: Westminster Co.
Architect/Designer: John Stec AIA, Stec and Co., P.A.

Category 2
(25 to 100 dwelling units)

Grand Award

WINDSOR VILLAGE TOWNHOMES
Los Angeles, California
Developer: Richelieu Development Corp.
Planner: Collins and Wraight, Inc.
Architect/Designer: Collins and Wraight, Inc.

Merit Awards

VISTA DEL LAGO
Santa Rosa, California
Developer: Walters Properties
Planner: Donald Sandy Jr. AIA, James A. Babcock
Architect/Designer: Donald Sandy Jr. AIA, James A. Babcock

COUNTRY TRACE
Kirkland, Washington
Developer: Forbes Development Corp.
Planner: Richardson, Nagy, Martin
Architect/Designer: Richardson, Nagy, Martin
Landscape Architect: Richard Carothers Associates

Special Mentions

FORESIDE COMMON
Falmouth, Maine
Developer: Ram and Co.
Planner: Sasaki Associates, Inc.
Architect/Designer: Sasaki Associates, Inc.
Contractor: Foreside Common Development Co.

THE COLONY
Ponca City, Oklahoma
Developer: Ponca City Development Co., Inc.
Planner: Don Williams
Architect/Designer: Don Williams
Engineer: Blubaugh Engineering

TREETOPS
Falmouth, Massachusetts
Developer: The Green Co.
Planner: Matarazzo Design
Architect/Designer: Claude Miquell Associates
Environmental Consultant: John Teal

Category 3
(100 to 500 dwelling units)

Merit Awards

PINE CREEK
Harbor City, California
Developer: The Konwiser Corp.
Planner: Lifescapes, Inc.
Architect/Designer: Carl McLarand Associates, Inc.

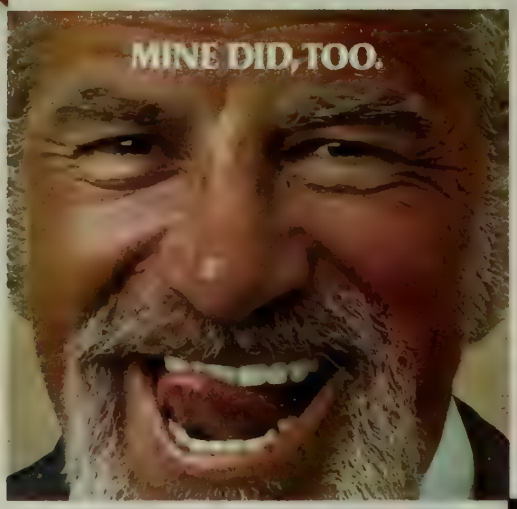
VILLAGE AT GRANDRIDGE
Kennewick, Washington
Developer: Robert Young and Associates
Planner: Donald Sandy Jr. AIA, James A. Babcock
Architect/Designer: Donald Sandy Jr. AIA, James A. Babcock
Landscape Architect: Richard Berna and Associates

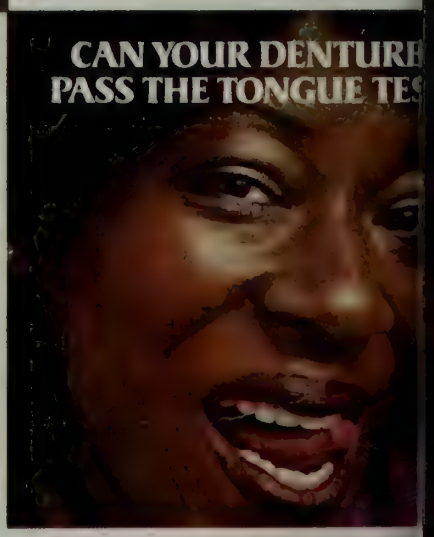
Special Mentions

MAINSTONE FARM CONDOMINIUMS
Wayland, Massachusetts
Developer: Turkey Hill Associates
Planner: E. C. Collins II AIA
Architect/Designer: E. C. Collins II AIA
Marketing: The Codman Co.
Engineer: Schofield Bros., Inc.

PORTOLA VALLEY RANCH
San Mateo, California
Developer: Joseph M. Whelan, Portola Valley Associates
Planner: Anthony Guzzardo
Architect/Designer: Don Knorr FAIA
Russ Hickman, Architect

continued





Run your tongue over your dentu
If they don't feel really smooth and f
try Complete.®

Complete is unlike any other den
cleanser. Its unique cleansing syste
contains smaller, rounded particles
clean away tough stains—plus the
stubborn film that tablets can't touch

And because Complete actually
ishes your dentures smoother, they
cleaner, and stay cleaner longer, to

Try Complete. And feel the smoo
fresh difference it makes.



You can feel how well it clean



Only VISA Gives You All These Ways To Pay. Worldwide.

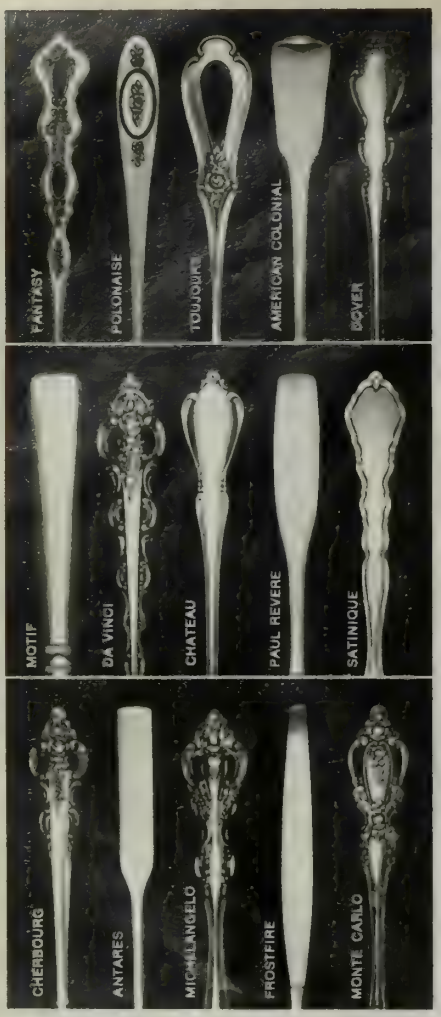
If you want to pay in full each month—or in monthly installments—Visa gives you that choice. If you want cash, it's available to Visa cardholders at over 100,000 financial offices, worldwide.

If you want to pay with money from your checking or savings account—without the problems of using a personal check, there's a Visa card that works like a check. You can get cash, too—around town or in over 140 countries.

If you want a travelers cheque with a name and reputation that means acceptance worldwide, carry Visa Travelers Cheques. And, should you ever lose them, Visa Travelers Cheques are backed by a worldwide refund system.

You can have it the way you want it with VISA.

Each Visa service available at the option of participating financial institutions



Stainless sample $1.

Oneida Sample Center
P.O. Box 9777, New Brighton MN 55197

Great beginnings start with Oneida stainless. Please send me a sample stainless teaspoon in the pattern(s) I have checked. I am enclosing $1. for each spoon ordered. Complete services can be purchased at fine stores everywhere. Offer is limited to a choice of up to three spoons, one spoon per pattern.

- ☐ AMERICAN COLONIAL
- ☐ ANTARES
- ☐ CHATEAU
- ☐ CHERBOURG
- ☐ DA VINCI
- ☐ DOVER
- ☐ FANTASY
- ☐ FROSTFIRE
- ☐ MICHELANGELO
- ☐ MONTE CARLO
- ☐ MOTIF
- ☐ PAUL REVERE
- ☐ POLONAISE
- ☐ SATINIQUE
- ☐ TOUJOURS

Name _____
(Please print)
Address _____
City _____
State _____ Zip _____

Add sales tax for N.Y. & Calif. Offer valid only in U.S.A. & P.R. Allow 4-6 weeks for shipment. Expires 12/31/81. BG041

ONEIDA
The silver cube. Our silversmiths' mark of excellence

continued

Sensible Growth awards

Category 4
(More than 500 dwelling units)

Merit Award
MARINER SANDS
Stuart, Florida
Developer: Mariner Sands Development Corp.
Planner: Team Plan, Inc.
Architect/Designer: Schwab and Twitty, Don Evans
Landscape Architecture: Bruce Howard ASLA
Engineers: Hutcheon Engineers

Category 5
(Restoration, urban and suburban revitalization)

Merit Awards
THE STORKE/SHAUER BUILDING
Santa Barbara, California
Developer: Michael Towbes Construction and Development, Inc.
Architect/Designer: Edwards-Pitman, AIA

THE PARK LAKE STREET CONVERSION
Developer: The Evans, Hegert, Brock Partnership
Planner: The Evans Group
Architect/Designer: The Evans Group
Landscape Architect: Enviroscape, Inc.

Category 6
(Commercial and industrial projects)

Grand Award
THE MARKET PLACE
Long Beach, California
Developer: Bixby Ranch Co.
Planner: Richardson, Nagy, Martin
Architect/Designer: Richardson, Nagy, Martin
Landscape Architect: POD

Special Mention
T. Y. Lin International Offices
San Francisco, California
Developer: T. Y. Lin
Architect/Designer: Donald Sandy Jr. AIA

Category 7
(On-the-boards projects)

Grand Award
VICTORIA COMMUNITY PLAN
Rancho Cucamonga, California
Developer: The William Lyon Co.
Planner: The SWA Group
Architect/Designer: The SWA Group

Merit Awards
BRIDGEPORT CONDOMINIUMS
Long Beach, California
Developer: The Sunset Pacific Development Co.
Planner: Collins and Wraight, Inc.
Architect/Designer: Collins and Wraight, Inc.

OCEAN BEACH PARK ESTATES
San Francisco, California
Developer: Ocean Beach Associates
Planner: Donald Sandy Jr. AIA, James A. Babcock
Architect/Designer: Donald Sandy Jr. AIA, James A. Babcock

SHADOW FARM ON SILVER LAKE
Wakefield, Rhode Island
Developer: David F. Twombly, Gaudreau Development Co., Inc.
Planner: Huygens and Tappe, Inc. and Anthony W. Lachowicz
Engineer: Joseph W. Grsella, C.E.
Contractor: Alfred Calcagni and Son, Inc.

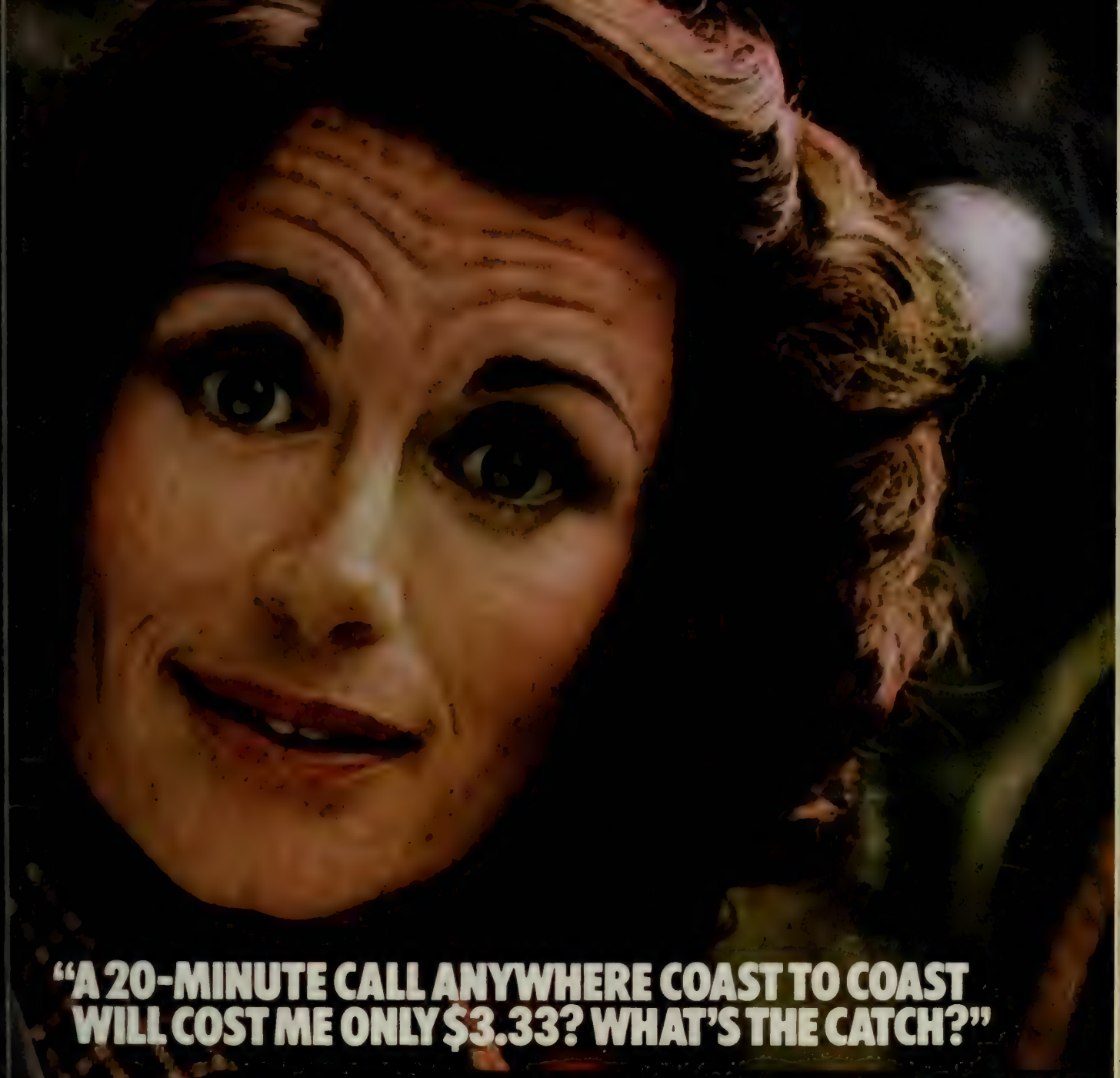
Special Mentions
THE SLOPES
Warren, Vermont
Developer: The Dome Corp.
Planner: CBT/Childs Bertman Tseckares and Casendino, Inc.
Architect/Designer: CBT/Childs Bertman Tseckares and Casendino, Inc.
Engineer: Charles Grenier

HERITAGE LANDING
Santa Cruz, California
Developer: Don Foltz, Santa Cruz Construction
Planner: Berkus Group Architects
Architect Designer: Berkus Group Architects

THE FARM AT SUSSEX
Frankford Township, New Jersey
Developer: Karl Kehde
Planner: Karl Kehde
Architect/Designer: Collins Associates

Category 8
(Student Competition)

Special Mention
PLAZA TEN
Phoenix, Arizona
Robert H. Coe



"A 20-MINUTE CALL ANYWHERE COAST TO COAST WILL COST ME ONLY $3.33? WHAT'S THE CATCH?"

No catch. Just be sure to dial direct when the rates are lowest. That's anytime Saturday and Sunday till 5.

Many of your visits by phone could cost less. 20 minutes is just an example and $3.33 is for the maximum distance on out-of-state calls. The chart below gives you many more city-to-city prices. Have a nice visit.

Reach out and touch someone.

All prices are for 20 minute out-of-state calls dial direct without operator assistance anytime Saturday Sunday till 5 p m or any night after 11 p m till 8 a m A different schedule of attractive dial discount rates applies to both Alaska and Hawaii

Rate Chart

To find the rate between two cities, trace down the vertical column of one city to its intersection with the horizontal column of the other city as illustrated

	ATLANTA	BOSTON	CHICAGO	CLEVELAND	DALLAS	DENVER	DETROIT	INDIANAPOLIS	MEMPHIS	MILWAUKEE	NEWARK	NEW HAVEN	NEW YORK	OMAHA	PHILADELPHIA	SAN FRANCISCO	SEATTLE
ATLANTA		3 16	3 00	2 99	3 16	3 00	3 16	3 00	3 16	2 83	3 00	3 00	3 00	3 16	3 00	3 16	3 33
BOSTON	3 16		3 00	3 00	3 16	3 00	3 16	3 00	3 16	3 00	3 00	3 00	3 00	3 16	3 00	3 16	3 33
CHICAGO	3 00	3 00		2 99	3 00	2 66	2 83	2 83	3 00	2 83	3 00	3 00	3 00	3 00	3 00	3 16	3 33
CLEVELAND	2 99	3 00	2 99		3 00	2 99	2 83	2 83	3 00	2 83	3 00	3 00	3 00	3 00	3 00	3 16	3 33
DALLAS	3 16	3 16	3 00	3 00		3 00	3 16	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 16	3 33
DENVER	3 00	3 00	2 66	2 99	3 00		3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 16	3 33
DETROIT	3 16	3 16	2 83	2 83	3 16	3 00		3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 16	3 33
INDIANAPOLIS	3 00	3 00	2 83	2 83	3 00	3 00	3 00		3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 16	3 33
MEMPHIS	3 16	3 16	3 00	3 00	3 00	3 00	3 00	3 00		3 00	3 00	3 00	3 00	3 00	3 00	3 16	3 33
MILWAUKEE	2 83	3 00	2 83	2 83	3 00	3 00	3 00	3 00	3 00		3 00	3 00	3 00	3 00	3 00	3 16	3 33
NEWARK	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00		3 00	3 00	3 00	3 00	3 16	3 33
NEW HAVEN	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00		3 00	3 00	3 00	3 16	3 33
NEW YORK	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00		3 00	3 00	3 16	3 33
OMAHA	3 16	3 16	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00		3 00	3 16	3 33
PHILADELPHIA	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00	3 00		3 16	3 33
SAN FRANCISCO	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16	3 16		3 33
SEATTLE	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	3 33	

Bell System

ULTRA LOW TAR

Cambridge



4 mg tar 100's

1 mg tar
Soft Pack

For satisfying taste
in an ultra-low tar cigarette.

© Philip Morris Inc. 1981

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Soft Pack: 1 mg "tar," 0.1 mg nicotine—100's: 4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC Method.

Worry-free

DECORATING
WITH COORDINATED FABRICS



By Denise L. Caringer

Fabric is one of the most versatile and effective tools you can use to give a tired room scheme new vitality. And today you don't have to be a pro to get smashing results every time. The new coordinated fabric collections let you mix or match as you please without fear of clashing mistakes. To inspire you, here's a real-life success story.

Lettering by Tim Girvin



Worry-free DECORATING

Before its transformation, this room suffered from a bland mix of timeworn colors, plus a space-wasteful furniture arrangement. In the refurbished version *above*, designer Herman Pluym and his wife, Diane, not only have updated the living room color scheme inexpensively, but also have arranged the furniture to suit the changing needs of their growing family.

Walls, storage cubes, seating pieces, window shades, and even old wooden side chairs have been covered with fabrics from two groups of coordinated cotton prints that were designed to work together (shown in the swatches on the previous page from Fabrications stores in New York and Boston.)

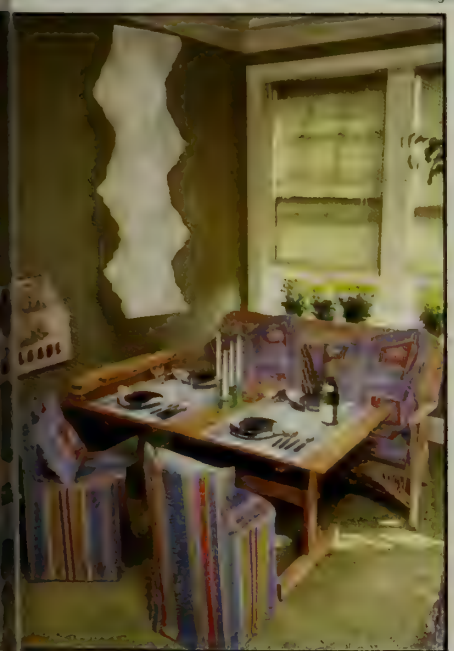
Herman and Diane began the transformation by covering the dreary gray walls with a fresh, country-inspired print—a white mini floral motif on a green background. Using a system called "Fabri-Trak," they tacked a plastic track around the edges of the walls and stretched fabric over the track's adhesive face. Then they stuffed the fabric edges into a special groove in the track. (The fabric is removable for cleaning, and the track is reusable.)

To help unify cut-up wall spaces, Diane made roll-up window shades of matching fabric and lined them with the reverse pattern (green on white). (How-to instructions are on page 93.)

The old daybeds-turned-sofas were



Photographs: Bill Helms. Design: Herman Phyne of Georgetown Printworks





slipcovered in a large-scale floral design from the second fabric collection, and toss pillows were transformed with a related square pattern.

The sofa units, previously butted together in a corner, are now placed diagonally to break up the boxy lines of the room. This placement also frees up the corner for a changeable grouping of store-bought cubes to which Herman stapled the same square-design fabric used on the pillows. The cubes hold records inside and stereo components and collectibles on top.

Behind one of the sofas are three painted wood pedestals of different heights. Topped with inexpensive lantern lamps, the pedestals serve for soft decorative lighting and "sculpture."

Almost everything in the room moves easily, which greatly simplifies both furniture rearranging and cleanup. The daybeds are on casters, as are the stackable drawer units used as coffee tables. When the Phynes have weekend guests, the daybed/sofas become almost-instant single beds, and the roll-around units serve as nightstands.

While Herman and Diane were revitalizing their color scheme with fabric, they rejuggled their furniture to fit their changing needs (they were expecting their second child).

One space-saving strategy was to acquire a new trestle table, *lower left,* that can double as a durable surface for both dining and working. Seating on one side is provided by a wicker love seat, plumped with new seat and back cushions. They're covered in more of the cheery square-pattern fabric used on the toss pillows.

For added seating, two humble old dining chairs were dressed up with easy-to-make slip-over covers. (How-to instructions are on page 95.) The washable covers are made from yet another of the fabric coordinates, which gives you an idea of the varied pattern choices available in these collections.

For evening snacks or a family game, the lightweight chairs pull over to the opposite corner, along with the plastic roll-around television/serving cart. The attractive pine corner cupboard, *lower right,* holds bar supplies and dinnerware, as well as kids' toys.

Underscoring the casual mood of the room and the country-look fabrics is new, easy-care sisal floor covering.

With its colorful mix-and-match fabrics and efficient new furniture arrangement, this once-drab "problem" room has become an inviting and hardworking family center.

Buying information, page 164

SMART NEW LOOKS for shabby old furniture

BY ROBERT E. DITTMER AND DENISE L. CARINGER

With a little imagination and some elbow grease, you can turn a down-and-out piece of furniture into a unique and inexpensive addition to your home.

To show you how effective paint, stain, or wallpaper can be, we scouted local secondhand shops for typical has-been furniture. Since our finds weren't fine antiques, we didn't attempt to preserve the original finishes. Instead, we used some clever techniques to hide surfaces marred by years of use.

Let our refinishing ideas and easy how-to instructions inspire you to creatively turn your own flea-market finds into something special.





stain & sealer

When a furniture piece is in good shape structurally but has an outdated finish, all you need are simple stains and sealers to give it a fresh look and enhance the beauty of the wood's grain.

Here, we've updated a classic "lawyer's chair," a mission-style oak table, and a mint-condition end table. In each case, the old finish was stripped and replaced with tinted or clear stains or sealers. To add a further decorative fillip to the mission-style table, we gave it broad diagonal stripes with oil paint.

When updating your old wooden furniture pieces, test any new finish first on a piece of scrap lumber to be sure that it produces the effect you want.

MISSION-STYLE OAK TABLE/DESK

● *Materials*

Small paintbrush
Artist's brush
Varnish brush
Sandpaper, fine and very fine
Tack rag
3 ounces white colorant
1 quart natural colorless stain
1 quart clear polyurethane
1 tube rose madder oil paint
1 tube yellow oil paint

● *Method*

1. Remove drawer knobs. Strip to bare wood, sand with fine sandpaper. Wipe with a tack rag.
2. Mix one quart colorless stain with three ounces white colorant and brush on. Wipe off residue with a soft rag. Let dry.
3. Mix the colors for the desk-top design. For a red tone, use rose madder. For pink, add white stain to the rose madder drop by drop until you have the desired tint. To make orange, add a few drops of yellow paint to the rose madder. Mix your colors just before use.
4. Paint the diagonal design on the desk top with long, broad brush strokes. Allow paint to dry for 12 hours. Sand lightly with very fine sandpaper. Wipe the surface with a tack rag.
5. Seal with one coat of polyurethane; let dry for 12 hours. Lightly sand with very fine sandpaper.





6. Apply three coats of polyurethane; sand lightly between coats. (Legs and frame need only two coats.)

CLASSIC-STYLE "LAWYER'S CHAIR"

Materials

Sandpaper, fine, very fine
Paintbrush
Varnish brush
Tack rag
3 ounces white colorant
1 tube rose madder oil paint
1 quart colorless stain
1 quart plastic oil sealer
1 quart polyurethane

Method

1. Strip chair and sand smooth. Apply one coat of sealer; let dry 12 hours.
2. Mix one quart colorless stain, the white colorant, and a few drops of rose madder. Brush stain on small area at a time. Wipe off wet stain with a tack rag until you achieve the desired color. Dry 12 hours; wipe with tack rag.
3. Apply four coats of polyurethane. Dry 12 hours between coats.

BLEACHED-LOOK END TABLE

Materials

Varnish brush
Sandpaper, very fine
1 quart polyurethane

Method

1. Strip table. Sand lightly with very fine sandpaper. Apply two coats polyurethane. After each coat dry 12 hours and sand.

Buying information, page 164

SMART NEW LOOKS for shabby old furniture

Early American furniture was often painted to conceal the mix of woods it was made of. Today, you can use paint to disguise blemishes on a run-down but serviceable furniture piece.

Here, we updated an old bed frame with mulberry-tone paint, then accented the interesting carving with white paint for crisp contrast. We also gave a has-been coffee table new elegance with a mottled "tortoiseshell" finish.

In each case, we used techniques that are easy to learn and that require no advanced painting skills.

Here's how to give your own old furniture pieces a new personality with paint.





paint

MULBERRY-COLOR BED FRAME

● ***Materials***

Masking tape
Artist's brush
Paintbrush
Tack rag
1 quart alkyd-base primer
1 quart mulberry-color alkyd paint, satin finish
1 pint white alkyd paint, satin finish

■ ***Method***

1. Strip the furniture piece and sand the surface lightly. Be sure to remove the old finish from any crevices found in delicately carved pieces. Then wipe the surface clean with a tack rag.
2. Apply one coat of alkyd-base primer to the surface. Allow the piece to dry for at least 16 hours.
3. Give the bed frame one coat of mulberry-color satin-finish alkyd paint. Let it dry for 12 hours. Sand the surface lightly, and wipe the surface clean with a tack rag.
4. With an artist's brush and white alkyd paint, fill in the crevices or delicately detailed carvings or decorate the headboard and footboard panels in a design of your choosing. Using masking tape will help you keep lines straight and avoid smearing the white paint.

"TORTOISESHELL" COFFEE TABLE

This is a slow project, because it takes several days of drying time between some of the steps. But the time is worth it, since the finished table has an elegant look that belies its humble origins.

● ***Materials***

Paintbrush
Natural sponge
Sandpaper, fine
Turpentine
1 tube raw sienna
1 tube black oil paint
1 quart yellow ochre paint, gloss finish
1 quart clear shellac
1 pint brown paint

■ ***Method***

1. Strip the furniture piece. Apply a base coat of yellow ochre paint to the tabletop. Allow the piece to dry for at least 12 hours. Then sand the surface lightly, before repeating the process.
2. Apply three coats of clear shellac to the table-





top, allowing each coat to dry before the next application.

3. Squeeze tubes of raw sienna and black oil paint into separate containers. Thin each with turpentine until they're the consistency of thick ink.

4. Using an artist's brush, apply the raw sienna and black oil paint to the tabletop in small strokes in an overlapping pattern resembling shingles on a roof. Be sure to distribute the colors equally over the top, allowing some of the yellow ochre paint to show through.

5. Soak a natural sponge in turpentine and squeeze almost dry. Blot the slightly tacky surface with the sponge to mingle the many overlapping strokes of color.

6. Spatter black oil paint onto the tabletop by gently tapping the small brush. This should create a mottled effect.

7. After the surface has been left to dry for several days, it should not be tacky to the touch. To test it, rub your hands across the surface. If it feels sticky, let it dry for one more day.

8. When the tabletop is dry, seal it with one coat of clear shellac. Paint the legs of the table with dark brown paint so that they will blend with the new, tortoiseshell-look top.

Buying information, page 164

SMART NEW LOOKS for shabby old furniture

When an old piece of furniture is badly marred, a new "finish" of wallpaper will conceal imperfections and add color, pattern, or texture.

Here, we used grass-cloth wall covering to transform a beat-up dressing table into a wall console handsome enough for an entry. We also gave a textural cosmetic lift to a dresser that had seen better days but was still sturdy.

In both cases, we found that heavy coverings were easier to work with, especially on pieces with many gouges and other surface blemishes. And we rejected a darkly dyed pattern on a white backing because the color ran when tested.





wallpaper

CONSOLE TABLE

● ***Materials:***

Tape measure
Single-edge razor blade
Sandpaper, fine
Paintbrush
1 quart matte-finish white paint
Heavy-duty vinyl wallpaper paste
1 roll paper-backed grass cloth
Small wallpaper roller
Clear polyurethane varnish, matte, semigloss or high gloss

■ ***Method***

1. Remove drawer pulls. Smooth chips or cracks with sandpaper. For deep nicks, apply wood filler, let it dry, and sand it smooth. To prepare the surface, either strip the furniture piece and apply one coat of white paint, or give the old finish a good sanding.
2. Cut wallpaper pieces to fit. (If you are using a textured paper such as grass cloth, make sure the grain of the paper runs vertically from the front of the piece to the back.)
3. Begin with the legs. For each, you need four strips of wallpaper. Each strip should be ½ inch wider and longer than the leg surface.
4. Apply wallpaper paste to the back of each strip. Press the strip into place, beginning with the outside corner of the leg and working to the right. Be sure to butt the edges of the wall covering together. Then secure by rolling the wallpaper roller over the surface. (Be sure the seams of the wallpaper align with the seam of each leg.)
5. Trim excess paper with a single-edge razor blade.

CHEST OF DRAWERS

● ***Materials***

1 quart white flat paint
Fine sandpaper
1 roll heavy textured wall covering
Wallpaper roller
Paintbrush
Clear polyurethane varnish

■ ***Method***

When choosing a wall covering to refinish your furniture, avoid dark designs on white stock. The dye in the paper tends to run, creating an undesirable effect.

1. Preliminary steps are the same as for the grass-cloth project.





2. Brush flat paint over the entire surface of the chest to seal the wood and make a base to which the wall covering will adhere. Let the paint dry.
3. Measure width of top and two sides from top to bottom. Cut a length of wall covering to go up one side, across the top, and down the other side, and allow a half inch extra.
4. Apply paste to the wall covering and smooth it carefully in place, starting from the bottom of one side and working up, across the top and down the other side. Trim the excess with a single-edge razor blade.
5. For the drawer fronts, cut wall covering a half inch larger than the fronts on all sides. Apply paper to the edge of the front and trim the paper to fit exactly. Leave the edges of the chest bare. You can stain these edges and/or cover them with polyurethane varnish.
6. When the paper is dry, apply three coats of clear polyurethane. Let dry and sand lightly after each coat.
7. Because varnish usually has a yellow tint that might change the color of your wall covering, test the varnish on a sample of the wall covering first. This is especially important if you intend to match your refinished piece with a wall covering on the walls.

Buying information, page 164

INDOOR/OUTDOOR

BASEMENT REMODELING

By Greg Erickson



Photographs: William N. Hopkins. Architect: William Ludwig, AIA. Field editor: Maxine Schweiker





You probably know that finishing off an unused basement is an economical way to gain new living space that will stay comfortably cool all summer. But did you know you can make that space doubly enjoyable for warm-weather gatherings by opening it onto a walk-out patio—even if your basement is completely underground? Here's how to do just that.

Don't let a few tons of earth and a little concrete stand in your way. Remove the dirt by hand or pay someone to do the job for you with a backhoe or other equipment. And as for the concrete, have an engineer or other qualified pro cut through the foundation and install a support header at the top of the opening. From that point on, you'll most likely be able to do the work yourself.

Create your own design for the walls and floor of the sunken patio. In this example, *far left,* the homeowners used railroad ties in a tiered arrangement for maximum strength. Opposite the stairway you see here is another just like it, made of ties and concrete. The floor of this 12x15-foot patio is a concrete slab topped with quarry tile. A drain and a sump pump keep the floor free of puddles.

Once you've finished your outdoor work and installed a sliding glass door in the foundation wall, you can start work inside the basement.

To the left of the double-pane glass door, *top left,* are built-in shelves, custom made by the homeowners to hold books and party games. To the right of the door is a wine rack which they constructed with stacked tiles. The frame of the rack was designed to hold the unattached tiles securely in place.

The family room measures 14 by 28 feet. To keep the long and narrow room from looking like a tunnel, the homeowners located a floor-to-ceiling mirror on one side, *bottom left.* The open stairway at the far end also gives the room an airy feeling. Across from the stairway is a bar, complete with refrigerator. (The wall above the bar is covered with cedar strips.) Between the stairs and the bar is a door leading to a guest bedroom and bath.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Lights & Ultra Lights 100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec. '79. Box: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Marlboro Lights

The spirit of Marlboro in a low tar cigarette.



Also available in King Size Flip-Top box.

Kim Garretson

GoodNews

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

Lifting tool



All of the shortcomings of a metal winch—exposed gears, hard-to-pull levers, and clumsy ratchet catches—are eliminated in this all-plastic model. It weighs only seven pounds, but it will lift 1,000 pounds. A two-speed transmission lets you switch from a 42:1 power ratio to 1:1 freewheel for quickly winding up the 12 feet of 3/16-inch steel cable. You can use the tool to move heavy appliances, haul a boat onto a trailer, move firewood logs to a cutting area, and bind a load in a trailer. Options include adapters for powering the tool with a socket wrench and a power drill.

ET1 Easy Tugger Load Handler, about $80. Tool Master, Inc., Box 2190, Boulder, CO 80306.

Heat-storing can



Most solar energy projects require a big investment in money and time. Not so with this seven-inch-high steel can, costing just $5. It's filled with a chemical called a phase change compound. At temperatures above 81 degrees Fahrenheit, the compound absorbs heat. When the temperature drops below 81 degrees, the compound releases heat at a continuous 81 degrees for hours. Projects you can build with the cans include portable or built-in passive solar heaters, with added forced-air circulation if you wish.

Texxor Heat Cell, About $5 each. Texxor Corporation, 9910 N. 48th St., Omaha, NE 68152.

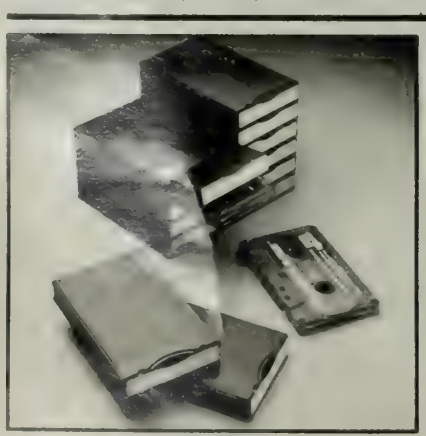
Garden shredder



Photographs: William N. Hopkins

If you have an average-size garden, it's hardly cost efficient to invest in a power shredder. Here's an alternative. This thrifty manual unit has a carbon-steel angled-elliptical cutting disc that can shred hard twigs of up to three-eighths-inch thickness and wet leaves, too. You can reduce a barrowful of prunings and twigs to up to one-tenth of the original volume, and in the process produce excellent mulch and compost. The 12-inch handle can be operated right- or left-handed. The height of the unit is just over four feet.

Quickrich Shredder, about $80. Rotocrop (USA) Inc., 604 Aero Park, Doylestown, PA 18901.



Nifty tape-storage boxes

Here's a great way to clear up the clutter of cassette tapes around your home or car stereo. These storage boxes can be attached to each other by sliding the sides or tops and bottoms together, so you can arrange any number of boxes in many configurations. The boxes can fill an entire shelf in a bookcase or stereo rack, or an unused area around your car stereo. Touch the finger spot on a box's face and a door pops outward and upward. Insert a tape in either direction, push down and in on the door, and the tape is sealed from sunlight, moisture, and dust. Self-stick labels are included, and a mounting rack for car dashboards is optional. Larger storage boxes are available for video cassette tapes.

Shape Cassettebox, about $6 for 6 boxes. Shape, Inc., P.O. Box 366, Biddeford, ME 04005.

continued on page 52

GETTING ONLY ONE CAVITY A YEAR SOUNDS GOOD.

UNTIL YOU MULTIPLY BY 10 YEARS.



INTRODUCING ADVANCED FORMULA CREST.

BECAUSE ANY CAVITY YOU GET IS TOO MANY CAVITIES.



At first glance, one cavity a year seems pretty good. Until you do some basic arithmetic. 1 cavity a year x 10 years = 10 holes in your kids' teeth. Is that what you want for your children? If you're like most parents, the answer is an unequivocal "No!"

We think you'll agree that any cavity you get is too many cavities. That's why we proudly announce a totally new Advanced Formula Crest.

NEW CREST WITH FLUORISTAT. NOW, GET FEWER CAVITIES WITH CREST THAN YOU EVER GOT BEFORE.

If you think you were getting great checkups with old Crest, just wait till you try new Advanced Formula Crest.

A major clinical study has shown that for every 4 cavities old Crest prevented, new Crest prevented almost 7. This dramatic improvement means now you can get fewer cavities with Crest than you ever got before.

You see, new Advanced Formula Crest has a new and different cavity-fighting system called Fluoristat. No, we didn't add more cavity-fighting ingredients to new Crest. Instead, our scientists discovered a new cavity-fighting system that actually works harder for you than old Crest did.

So you might say that now there's a whole new Crest for cavity prevention.

THE FIRST MAJOR CAVITY-FIGHTING ADVANCE FOR CREST IN 25 YEARS.

Don't think for one moment we haven't tried to beat old Crest at fighting cavities.

Over the past quarter of a century, we've

"Crest has been shown to be an effective decay preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association

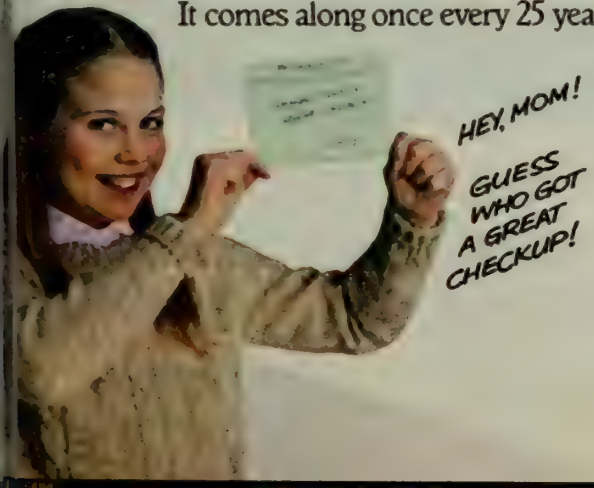
©1981, The Procter & Gamble Company



leveloped more formulations than you can hake a toothbrush at. But none of them could ever eat Crest. Not one! Except new Advanced ormula Crest with Fluoristat.

It seems a toothpaste like ours doesn't come long every day.

It comes along once every 25 years.



NEVER HAS A NEW TOOTHPASTE BEEN TESTED SO MUCH BY SO MANY.

New Advanced Formula Crest is backed up by the largest clinical tests ever performed on a toothpaste. These exhaustive tests lasted for 3 solid years involving almost 5,000 kids.

We conducted over 10,000 dental checkups and examined a staggering 250,000 teeth.

The results have shown that now you can get fewer cavities with Crest than ever before. Naturally, you still have to watch sweets, see your dentist, and brush often with new Advanced Formula Crest.

Knowing all this, can you still be content with your kids getting only 1 cavity a year?

After all, in 10 years, it'll be nothing to smile about.

continued from page 48

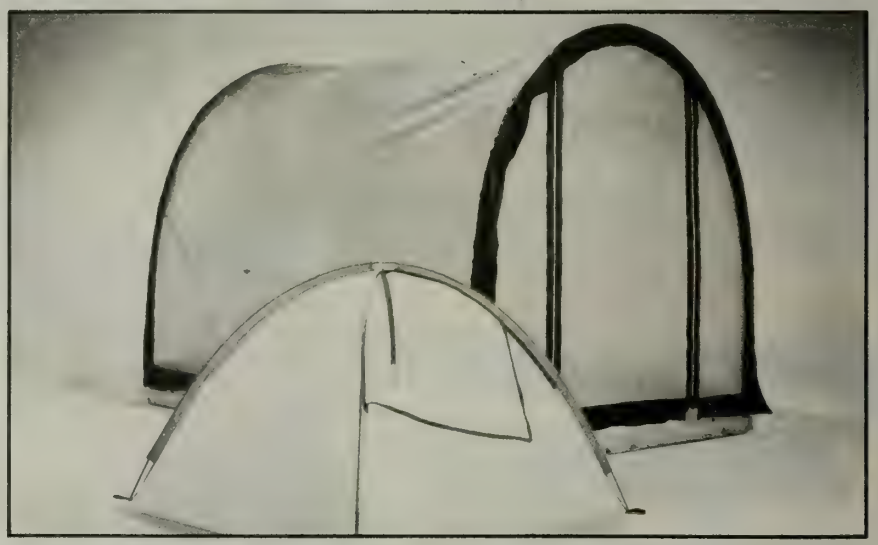
GoodNews

Gardener's helper

Flexible fiber glass rods provide the framework for this garden cold frame and hobby greenhouse. The rods bend easily into place for assembly but will not break in strong winds. They also are unaffected by water, heat, and cold, and are resistant to chemicals.

The cold frame has a five-foot-square floor and is three feet high. It's covered with a translucent polyester-reinforced PVC fabric. Since the assembled unit weighs only five pounds, you can carry it around a garden plot. A larger 7½-foot-high model with a ten-foot-square floor and aluminum framework also is available.

The hobby greenhouse can be installed on its secure base stakes by one person in about three hours. The base measures about 6½ feet by ten feet; its height is seven feet, three inches. The cover is a clear, polyester-reinforced PVC film.



Moss Garden Cloche, about $49.50 (larger garden shelter, about $295). Moss Tent Works, Camden, ME 04843.

Solcoor Hobby Greenhouse, about $250. Solcoor, 2 Park Ave., New York, NY 10016.





Raid Crack & Crevice Spray kills crawling bugs where they hide!

Raid's unique extension wand does it. It lets you shoot a powerful bug-killing foam into places bugs can hide—under baseboards, behind counters, between appliances. The hard-to-reach places you couldn't spray before.

And once inside, Raid Crack & Crevice Spray keeps on killing roaches dead for up to 60 days.

Johnson wax

© 1980 S.C. Johnson & Son, Inc.

NOW YOU CAN FEEL BETTER ABOUT THROWING IN THE TOWEL.

Running a household requires a lot of energy. Yours. And the country's. But, now there's a way you can save a little of both. With a new, energy-efficient gas clothes dryer.

Compared to electric, the new gas dryers dry 3 loads for the price of 1.

The average cost of drying clothes with an electric dryer is three times the cost of drying clothes with gas.* Today's gas dryers are equipped with energy-saving pilotless ignition and automatic shut-offs. They also feature larger drums to handle bigger loads. All of which help you keep the cost of drying clothes to less than a nickel a load!

So, the next time you go to throw in the towel, and the sheets, and the shirts . . . toss them in a new gas dryer. You'll feel a lot better knowing you're saving energy and money at the same time.



Gama

Gas Appliance Manufacturers Association

The new gas appliances are good for your economy.

*Comparisons are based on the average conditions specified in the Department of Energy test procedures.

"I'm More satisfied."



More. For that extra measure of satisfaction.



21 mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

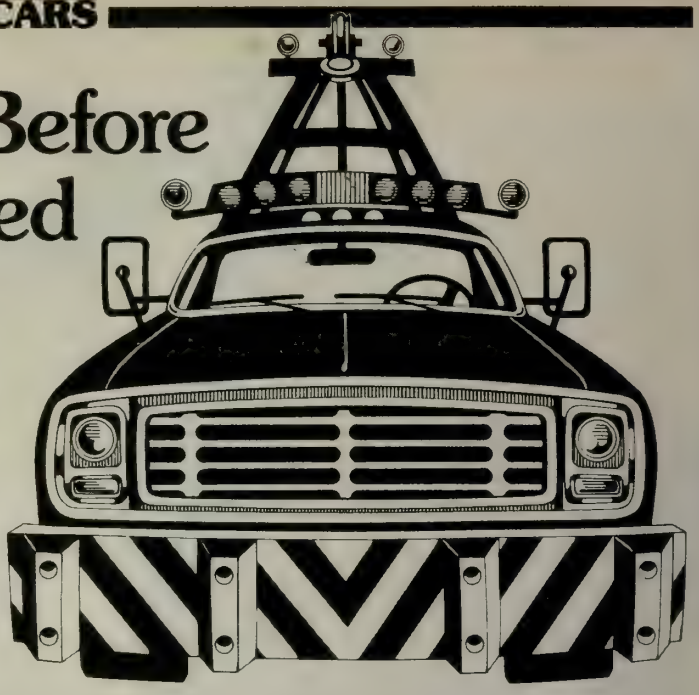
SWEATER BY CARLOS ARIAS FOR L.A. DESIGN



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Kim Garretson

What to Know Before Your Car Is Towed



Unless you're really unlucky, your car will only have to be towed every couple of years or so—after an accident or breakdown on the road, or simply when your car won't budge out of your driveway. That's hardly enough experience to acquaint you with the ins and outs of the towing business. In fact, tow truck operators sometimes find it's relatively easy to do a sloppy job and charge any amount they please because they're dealing with uninformed and distraught drivers. When you're upset about your car and your predicament, you're not likely to question what equipment is used to lift your car, how the car is lifted by the truck, and where the car is taken to be fixed. But, as you'll see below, it pays to be vigilant.

Picking the operator

When you must pick a tow operator from the Yellow Pages, about all you have to go by is the size of the ad, the number of years the operator has been in business (if included), and the number of trucks the ad says he has. When you call, ask if the firm is licensed or certified by the city or state. Also make it clear where the car is to be towed and get a quote. Get the name of the person you're talking to so you can contact him or her again if the tow truck driver balks at the quoted price or destination.

If you belong to an auto club, make sure you know the club's rules on towing. Most will reimburse you for the tow (not the repairs) regardless of the operator you've called. In most cities, AAA, Allstate, and Amoco certify tow operators. You can reach them by calling the club's emergency number or calling operators displaying the club's logo in their ads. If a police officer or CB radio operator will call for your tow, make certain he or she contacts an operator certified by your club. You may find the auto club requires the operator to take your car to a specific repair shop. Don't worry; if any dispute arises about the shop's repairs, the club will mediate.

Sometimes, you can't pick the operator who will tow your car. When it's blocking traffic on a freeway or in an intersection, your car may be towed by the first truck to respond to the police officer's call or by an operator under contract to the police. And the officer may order the truck to push your car out of the line of traffic before attaching towing devices. If this causes additional damage to your car, you may have more difficulty than usual collecting a settlement.

The hookup

If you don't carry your owner's manual in the car, make certain you know the towing instructions. Letting a tow truck driver hook up your car without your supervision could result in damage; it can be as minor as a crushed air deflector under the front bumper or as major as a ruined transmission.

Transmission damage can occur when the car is towed with its driving wheels on the road. Even if the transmission is in neutral, it often won't get proper lubrication. If your car is one of the new front-wheel-drive models, make sure the tow truck driver doesn't lift the rear of the car.

Before allowing a tow truck to lift your car, make sure the truck is the type specified by your owner's manual. Most tow trucks are the conventional sling type that use grab hooks around the subframe in front of the tires to lift the tires into the truck's rubber sling. A large wooden beam cushions the connections, and chains secure the entire system.

Some cars, mostly imports, may require wheel-lifting equipment for rear hookups. This system, called a Vulcan Cradle Snatcher, lifts the car under the wheels, touching only the tires. The car's weight is supported just as it is when the car is moving on its own power. If your car requires wheel-lifting equipment, make sure you request it when you call an operator.

There's another method of transport: the car can be lifted onto a flatbed truck. This is a more expensive service, and is only required for the most expensive sports cars. However, you may want to consider this option as a safety precaution if your car will be transported a great distance.

Pre-trip precautions

Before allowing the tow driver to drive away with your car, inspect how he has connected the car. If the chains or hooks look as if they may mangle, scratch, or dent the bumpers and subframe during the tow, ask the driver for assurance that no damage will occur. Then check the car again before it is unhooked at the destination. If you spot any damage, point it out to the tow operator and fill out a complaint form before you leave the car.

A warning: If the driver asks you to sign a waiver releasing him from responsibility for damage to your car, do not sign the form and do not let the driver tow your car. The driver's request amounts to intimidation, because such

continued

Illustration: Art Factory

There are over 3000 imported whiskies in America. Only one can be the best-seller.

That's V.O.

There's a reason why.

Taste!



More V.O. is bought than any other imported distilled spirit in America. More than any Scotch, Canadian, Rum, Gin, Vodka, Tequila. You name it.

Enjoy our quality in moderation.

V.O

CANADIAN WHISKY. A BLEND OF CANADA'S FINEST WHISKIES. 6 YEARS OLD. 86.8 PROOF. SEAGRAM DISTILLERS CO., N.Y.C.



W.C. BRADLEY ENTERPRISES, INC., BOX 1240, COLUMBUS, GEORGIA 31902

continued

Towing

waivers rarely hold up in court.

In some cases, the tow truck driver may have to push or pull your car away from its resting place before he can lift it onto the towing device. For instance, cars stranded in ditches usually must be pulled up to the road surface. Unfortunately, if damage occurs to your car from the pulling or pushing, you probably can't get a settlement from the tow operator.

The trip and destination

Stay with your car during the tow, either by riding in the tow truck or in a following car. This is the only way you can keep the driver from pulling the car at highway speeds; insist he keep the speed between 20 and 40 mph, the limit recommended by most manufacturers.

Unless you insist otherwise, a tow driver will take your car to the closest repair shop or his own. If you ask him to take it to another shop, you'll have to pay a small additional charge for the extra distance, but it's probably worth the cost. Should the driver deposit your car at the shop of his choice, request an estimate while the car is still attached to the tow truck. And if you are dissatisfied with the estimate or the appearance of the shop, you'd be wise to pay the extra charge to have the car towed to another shop for a second estimate.

If a mechanic cannot write an estimate while the car is attached to the tow truck (at night, for instance), again let the mechanic know you may get a second estimate. And watch out for an exorbitant storage charge from the garage; the charge shouldn't be higher than a parking garage's daily charge. If the daily storage rate isn't listed on a bill, ask that it be included.

When you're not around

The price of parking illegally, even for a few minutes, can be especially high if your car is towed away. Almost without exception, you'll have to pay the towing charge in cash before you can get your car. If you think you're innocent of any charges, you still must pay the towing bill and then apply for a refund through a local court.



The Mascheronis' bag is sculptured, uncluttered, carefully crafted and



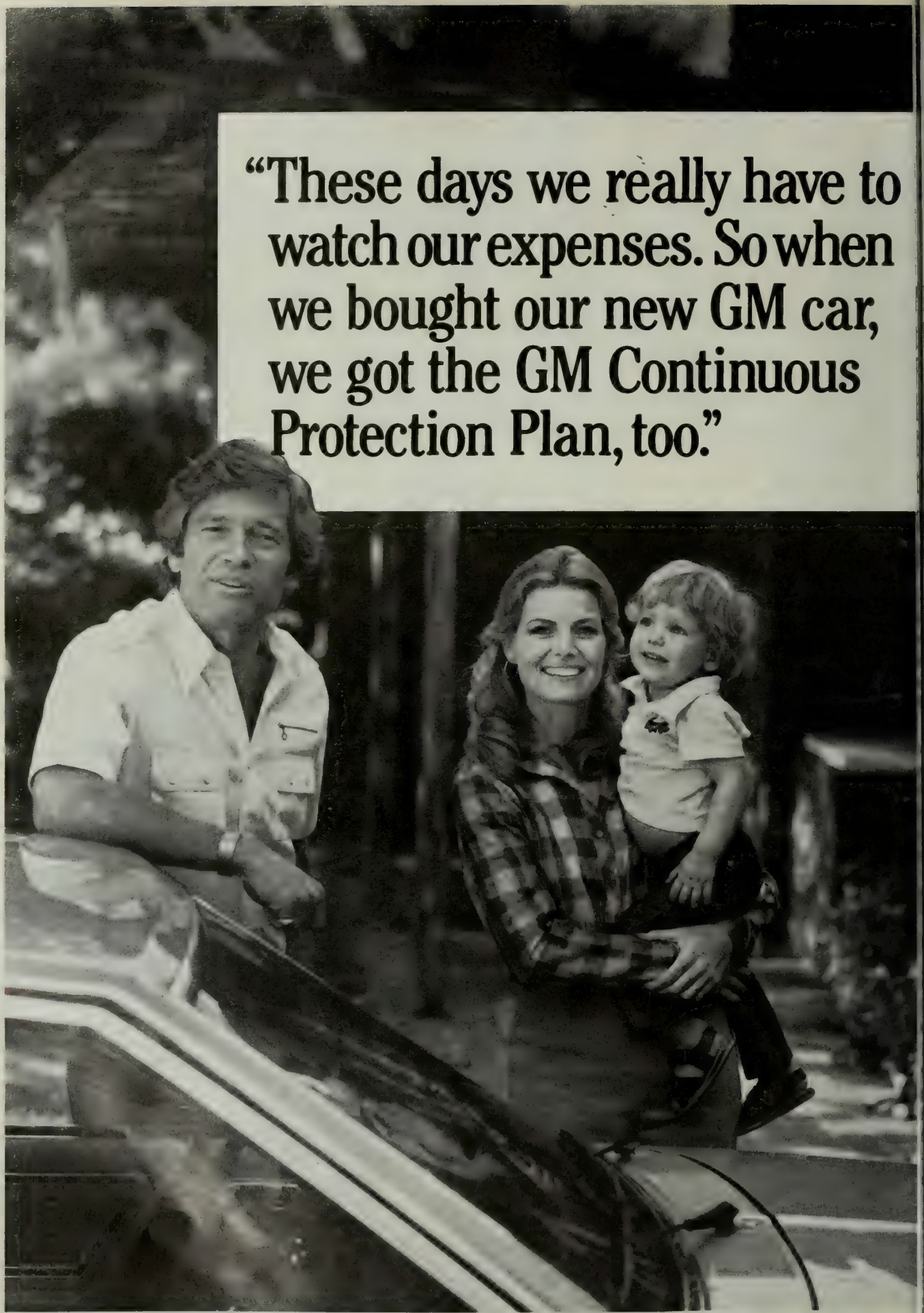


yes, it's Samsonite.

John and Sarina Mascheroni are a successful design team, famous for creating exciting furniture and fabrics that meet real needs.

"That's why we use this Silhouette® II luggage," Sarina says. "It has the clean, uncluttered lines we prefer. The sculptured handle is amazingly soft and comfortable. Yet Silhouette II is as durable as Samsonite can make it."

Samsonite®


"These days we really have to watch our expenses. So when we bought our new GM car, we got the GM Continuous Protection Plan, too."

More and more people are buying GM's Continuous Protection Plan for cars, light trucks and vans. It offers low-cost protection against major repair bills for up to 4 years or 50,000 miles.

GM's Continuous Protection Plan is an inflation-fighting option that goes well beyond GM's new-vehicle limited warranty. Even beyond GM's 24-month/24,000-mile Power Protection Plus warranty on 1981 vehicles.

Depending on the plan you choose at purchase time, protection on covered repairs can extend for as long as 7 years or 50,000 miles. And once your new-vehicle warranty expires, you pay only $25 per visit on covered repairs. GM pays the rest!

The built-in convenience of car rental and towing allowances.

The GM Continuous Protection Plan also offers bonus features that enhance your new-vehicle warranty and extend for the life of the Plan. Like generous car rental allowances anytime your vehicle is inoperative and kept overnight for covered repairs. And towing allowances up to $25 per occurrence.

Up to 10 major assemblies are covered, including engine, transmission and air conditioning.

Depending on the coverage you choose, GM covers up to 10 major assemblies: engine, transmission, front- and rear-wheel drives, cooling and fuel, steering, front suspension, brakes, electrical system and air conditioner. Of course, such things as tires, batteries or normal maintenance items are not covered. See your dealer for full coverage details.

Choose the coverage that's right for you.

You can get protection that lasts for 3 full years or 36,000 miles, whichever comes first, for less than 30¢ per day on the average car. Or extend your coverage to 4 years or 50,000 miles for just a few cents more per day. Any way you choose it, you have a long-term agreement directly with General Motors.

15,000 dealers to go to, and a toll-free hot line.

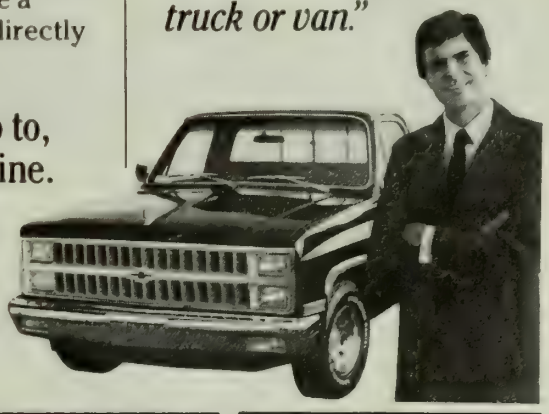
With GM's Continuous Protection Plan, there are approximately 15,000 dealers in the United States and Canada to serve you. And if you're out of town and need service, you have a personal identification card and toll-free "800" hot line telephone number to use.

It's transferable, too, for added value.

For a nominal $25 fee, you can transfer your Plan to a subsequent owner. This could be an added selling feature when you sell your GM vehicle, or you can cancel the Plan and receive a prorated cash refund.

So protect your new vehicle investment with the GM Continuous Protection Plan. Available only from General Motors.

"Keep the GM connection on your new Chevrolet, Pontiac, Oldsmobile, Buick, Cadillac, GMC or Chevrolet light-duty truck or van."



Continuous Protection Plan

GM

Tiffany Charm at Tremendous Savings! Only $35.00 a Pair, or $20.00 Each.

These attractive antique brass finished lamps in romantic Tiffany styling will add a graceful glow to that certain room in your home. They spread a warm, rich light which is ideal for bedside use. Each elegant lamp rises 14" from its lovely lily pad base to a striking ruffled, frosted glass shade, and will make a dramatic accent wherever used. Buy a pair now for just $35.00 and save $10.00. Or order one for only $20.00 (save $5.00).

Your satisfaction is always assured or your money will be promptly refunded.



Clip and mail today! Or for credit card orders call toll-free 800-228-5025—24 hours a day. In Nebraska, call 800-642-8777.

Wild Wood Gallery Inc. **Dept. 762S**
P.O. Box 300, 4001 S. Salina St., Syracuse, NY 13205

Yes! Please rush my order today!

For two #801000 lamps, $35.00 plus $3.00 shipping and handling ($38.00) $ _____
For one #801000 lamp, $20.00 plus $2.00 shipping and handling ($22.00) $ _____
Total $ _____
Sales Tax (NYS residents only) $ _____
Total Enclosed $ _____

☐ My check or money order is enclosed.
Charge to ☐ Master Card ☐ Visa ☐ Americard Express

Card # _____ Exp. Date ___/___/___

Name _____

Address _____

City _____ State _____ Zip _____

I understand I must be completely satisfied or my money will be refunded. (Continental U.S. shipments only.)

A Simple Fireplace Face-Lift

Revitalizing a fireplace doesn't have to entail chipping off the facing and building new facing from scratch. The owners of this Cape Cod home gave their fireplace a completely new look without removing any of the masonry. The project was so successful that it triggered a total room remodeling.



Photographs: Wm. N. Hopkins. Architect: Solomon Claybaugh Young Architects, Inc. Builder: L. E. Brooks. Field editor: Jeanne Eblen

The juxtaposition of vertical and horizontal lines dramatizes the fireplace and makes it seem much larger than it actually is (it occupies only one-sixth of the total wall area). The chimney breast, made of oak flooring and mitered at the corners, seems to float atop the white oak plywood shelves at either side. These shelves can be used to display art, accessories, and stereo equipment. Note how the top shelf lines up with the uppermost bricks in the fascia of the fireplace. Spotlights recessed in soffits above the shelves create interesting light patterns on the unadorned walls.

An old carpet was removed, and the finished oak floor underneath was stained to match the oak chimney breast.

Venetian blinds made of natural pine are used on the southwest window. The wooden louvers complement the horizontal lines of the floor and chimney shroud and regulate sunlight. A window to the right of the fireplace was removed to make way for the symmetrical treatment of the wall. A handwoven Persian rug adds just enough color to enliven the natural tones used throughout the room.

A touch of womanhood in a high potency vitamin.

Water-soluble vitamins

Unlike fat-soluble vitamins and most minerals, the water-soluble B complex and C vitamins are not stored in heavy reserve. They must be replaced daily.

Stress/vitamin demand

Daily stress conditions such as chronic overwork, fad dieting or even too much smoking or drinking can put an increased demand on your B complex and C vitamin supply. A greater demand than an inadequate diet may provide.

B complex

Along with 12 mcg. of B_{12}, this high potency formula contains the full line up of key B complex vitamins. It even includes Folic Acid—an essential factor in building red blood cells.

Vitamin C

In every tablet, there's 600 mg. of Vitamin C, another important water-soluble vitamin which the body demands daily and uses in above normal amounts during periods of stress.

Vitamin E

STRESSTABS® 600 with Iron contains 30 units of Vitamin E.



Iron

And that touch of womanhood. 27 mg. of Iron, to tailor this stress formula to the special needs of many young women.

STRESSTABS® by Lederle.

The Stress Formula Vitamins preferred by physicians.

Look for the Lederle mark on every STRESSTABS® package. If it doesn't say Lederle, it's not the real STRESSTABS.®



© Lederle Laboratories 1981


New
thrive!
Brand Cat Food
the four food groups™ cat food
Purina®

Help your cat to nutrition at its best.



© Ralston Purina Company, 1981

New Thrive is 100% complete and balanced.
And it's the only leading cat food with ingredients from all four basic food groups. By combining these ingredients with vitamins and minerals, Thrive gives your cat all the nutrition he'll ever need.

And it's all cooked up by Purina to taste great.
Taste-test after taste-test, hundreds of cats proved new Thrive has the flavor your cat will keep coming back for every day.

Here are the four food groups:



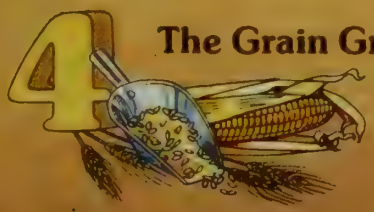
The Meat/Fish/Poultry Group.
Meat and fish products are a major source of protein. These ingredients provide essential nutrients for your cat's growth and body maintenance.



The Dairy Group.
Cheese and milk products help provide the calcium and other nutrients your cat needs for the development and maintenance of teeth and strong bones.



The Vegetable Group.
Vegetable products add natural fiber to aid your cat in the digestion of food.



The Grain Group.
Grains are a major source of energy and also provide many vitamins for your cat's daily activities.

Help your cat to Thrive!™

The only leading cat food with ingredients from all four basic food groups.

Dan Kaercher



Why Co-Op College Makes Sense

Is inflation deflating your family's college nest egg? Do your college-bound youngsters need workplace experience as well as classroom learning? If the answer to either or both of those questions is yes, cooperative education may be the smart college strategy for your son or daughter. Co-op programs are booming on—and off—campuses nationwide; about a third of U.S. colleges and universities now offer their students the co-op option. By co-oping, your youngster gets a financial lifeline, firsthand experience, and a preview of the world of work.

Cooperative education, or co-oping, is an arrangement in which a student divides his or her school time between the classroom and a job. What distinguishes co-op students from those who simply are working their way through school? The key is that co-op jobs—often called "work experiences"—are formally supervised by the school in order to help students accomplish specific career-related educational goals.

Each co-op job assignment is either a step up in technical difficulty from the last assignment or an opportunity to sample another career option. Some students find co-op jobs close to their schools; others take assignments out of town or even across the country. Work experiences can last a whole term, alternating with terms of classroom study; or work and classes can be combined during the term. Most co-op students participate in the program year round (including summers).

Make no mistake: While co-oping has attractive financial advantages, the educational benefits are very important. Many educators say that integrating on-the-job experience into the academic curriculum is as essential to a quality college education as are other classroom supplements such as labs. Many employers also vouch for the excellent results of such programs: Co-op education clearly results in better prepared candidates.

How does co-oping work?

Consider the example of a business student at Indiana State University.

Thomas Gaither signed up for the school's co-op program in 1976 primarily as a way to pay for his college expenses. But by graduation day, his co-oping experiences had given him much more than money. The results included an impressive résumé and some solid offers for attractive jobs.

Gaither attended classes full time his first semester. The next term, he worked full time, off-campus, under the guidance of a university coordinator who helps place students in co-op jobs. Gaither's first employer was the state's largest electric utility, Public Service Indiana. For the remainder of his college career, Gaither followed a similar pattern, spending some terms in full-time, classroom-based study and others in full-time, employment-based learning.

"When I worked, I was able to save just enough to pay for my next semester," explains Gaither. "Then my funds would drop back to zero, and I'd get another co-op job to pay for the next term."

The bottom line: Gaither graduated last year and the co-op program was his financial ticket to an education. He started at $126 per week at his first co-op job in 1977 and was earning $200 per week during his last work period in 1979. In all, Gaither earned about $8,800. Gaither's co-op paychecks covered tuition bills ($3,400) with enough left over for all other college expenses.

Of course, the educational side of co-oping paid off too. Gaither held four full-time, off-campus jobs in his field before graduation. While co-oping at Public Service Indiana three times and at the personnel department of the State of Indiana once, he handled a number of assignments. He acted as an energy consultant to homeowners, advised commercial businesses on energy use, and helped write brochures and an employee handbook—all at Public Service Indiana. At the state personnel department, Gaither contacted potential employees and was able to spend a day at each of a number of state agencies to learn how they operated.

Are there other advantages to co-oping?

In addition to the basic financial and educational benefits, co-oping programs can:

- let students sample a variety of careers
- give students who are unsure of their educational goals more direction for their studies
- instill realistic career expectations in students by bridging the gap between academia and the "real world"
- develop personal attributes such as responsibility and adaptability
- give graduates an advantage in the job market by adding practical experience to the college degree (this can be particularly true in the case of liberal arts majors).

Despite all co-oping's obvious pluses, such work and study opportunities have become widespread only in the past few years. Co-oping originated way back in the early 1900s but didn't take off until recently—spurred by student pressures for "relevancy," em-

continued on page 71

GIVE YOUR DRINKS OUR GOOD NAME.

The smooth and refreshing taste of Seagram's Gin
makes the best drinks possible. Enjoy our quality in moderation.

Seagram's



100% NEUTRAL SPIRITS DISTILLED FROM GRAIN 80 PROOF SEAGRAM DISTILLERS COMPANY, NEW YORK NEW YORK



©1981 U.S. Pioneer Electronics Corp.



PIONEER SYSCOM.

FINALLY, ALL THAT'S INVOLVED IN OWNING GREAT HI-FI IS A LOVE OF MUSIC.

Now, the music-lovers of our world can have the wonders of great music without all the complexity of great hi-fi.

Pioneer, the leading maker of high fidelity components in America, has created a system for you. It's called Syscom.™

Syscom is serious, substantial, superb hi-fi. Each component was created specifically for Syscom. And since the entire system was both built and matched by Pioneer engineers, you can't make a mistake.

Syscom is everything you need to maximize your music. Turntable, amplifier and tuner (or receiver), tape deck, and speakers. Syscom even comes with its own specially designed cabinet. So it's as easy to look at as it is to listen to.

There are seven Syscom systems to choose from. One is perfect for your budget, your room, your music.

For the name of the Pioneer Syscom dealer nearest you, call us at **800-621-5199**.* It'll be the beginning of a great new love. *(In Illinois 800-972-5855).

Headphones, microphone and digital timer optional



SYSCOM™

PIONEER®

We bring it back alive.

VANTAGE ULTRA LIGHTS 100's



ONLY 6 mg
Also available in King

ULTRA TASTE!
ONLY ONE ULTRA LOW TAR HAS IT.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

6 mg. "tar", 0.6 mg. nicotine av. per cigarette by FTC method.

continued from page 66

Co-op college

ployers' requirements for more realistically prepared graduates, and federal funding for new co-op programs. Today, 1,100 colleges and universities make co-op programs optional in most academic courses of study—165 courses at last count.

How are co-ops run?

Two basic systems are used to combine work and study periods:

In the *alternating pattern*, used at Indiana State and most other four-year schools, a student switches back and forth between terms (either ten- to 13-week quarters or 15-week semesters) of full-time study and full-time work.

The *parallel approach*, typically used at two-year colleges, combines work and study during the same term. A student may work half a day and go to classes during the other half; or the student may go to classes three days a week and to the job the other two days.

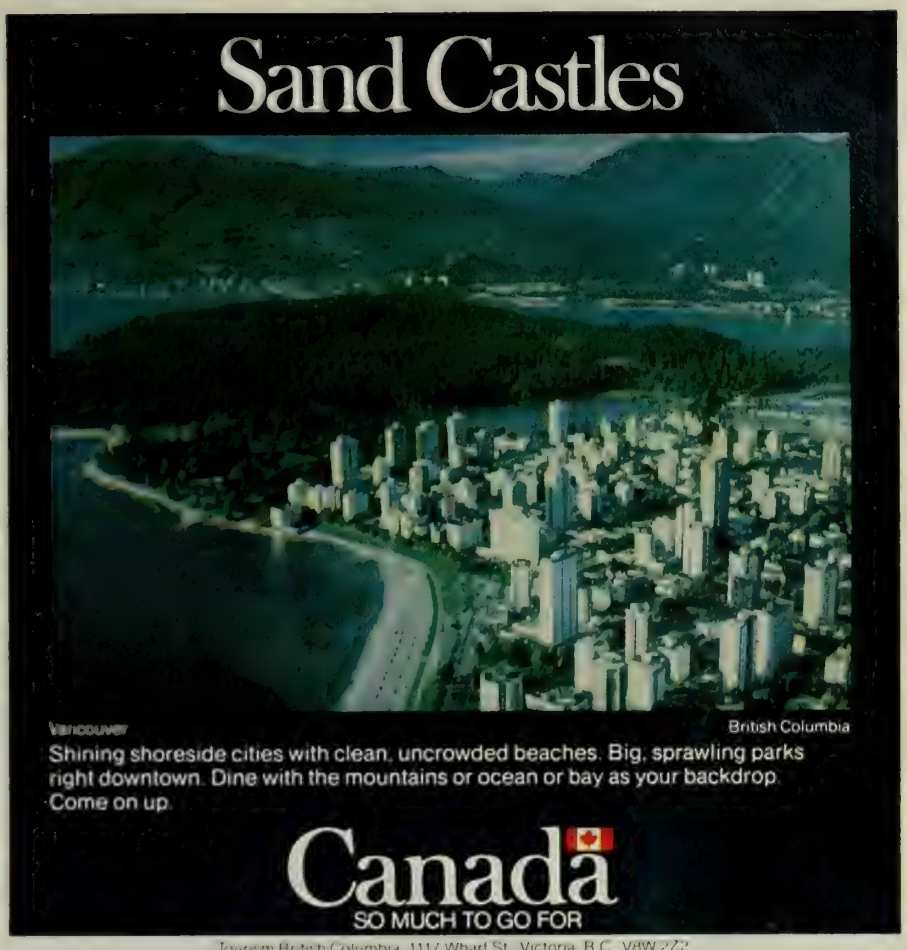
Some schools combine the two systems; others stick to one. Supporters of the alternating pattern say full-time work is more true to life. And they cite other advantages: the student's energies aren't divided between job and classroom responsibilities; there are no geographic limitations on jobs; and employers give full-time co-op students more absorbing and responsible work.

Advocates of the parallel approach claim advantages for their system, too. They point out that, because there is no lapse between sequential courses, the student doesn't lose the "study habit." These advocates also argue that many students need the continuous cash flow of part-time work; that working and studying in the same locale often is more economical; and that some employers who need part-time help most will give the best assignments to part-timers.

What are other points of difference in co-op programs?

- *Who's admitted:* Co-oping is optional in most schools and often has only minimal academic requirements for entry, such as a 2.0 grade point average on a 4.0 scale. Sometimes co-oping is a reward for students with high marks. In a few schools, such as Boston's Northeastern University, co-oping is mandatory for graduation.
- *Which curricula offer co-ops:* Over half the schools with co-op programs have them in most or all courses of study; co-ops are most prevalent in engineering programs.
- *Time involved:* With the exception of five-year programs, co-oping takes no longer—or usually no more than a term longer—than standard college programs. But students must go to school and work 12 months a year; summers aren't free.
- *When the first job starts:* A student usually has his or her first work experience in the summer after the freshman year in four-year programs, and during the freshman year in two-year programs. In the five-year setups, students may wait until after the sophomore year to enter a co-op program.
- *Number of jobs:* Schools vary, but students often have a variety of different work experiences available to them, even if they stay with the same employer. With an alternating four-year plan, a student could have up to seven "jobs." The average is three.
- *Academic credit:* Most schools give an average of three academic credits during both alternating and parallel work periods. The credits often are awarded in place of credits usually earned in on-campus courses. But some schools only give "additive" co-op credits that don't replace but rather supplement required course credits.
- *Tuition:* Most colleges that give credit also charge tuition for co-op work periods at the same (or a slightly lower) hourly rate as for on-campus courses. Those that don't award credit may charge a "co-op fee," generally lower than tuition. Some schools, most typically two-year colleges, don't charge tuition during co-op periods.
- *Transfer students:* Getting a late start in co-oping doesn't usually pose much of a problem. Most programs are flexible enough to allow a student to catch up or reduce his or her work periods if necessary. However, it isn't always easy to transfer co-op credits to other schools: Transfer students may not be given full credit toward their degrees at another school.

continued



New Maxwell House® Master Blend®. Delicious ground coffee that can save you money!

With new Maxwell House® Master Blend® Coffee you enjoy delicious ground coffee. And you can save money, too.

New Maxwell House Master Blend tastes delicious.

Master Blend is 100% pure ground coffee that's specially roasted and ground, not concentrated or flaked.

You can save money, too.

Because we make it a special way, 13 ounces of Master Blend goes as far as 16 ounces of ordinary coffee. And you make it the same way you usually do.

Use the same number of scoops. That's how Master Blend can save you money.

New Maxwell House Master Blend Coffee comes in three grinds: *Regular, Electra-Perk,®* and *Automatic Drip Blend.* It's the delicious ground coffee that's always..."Good to the Last Drop,®" and it can save you money, too.



Mmm... smell that rich aroma! It's 100% ground coffee.



Use the same number of scoops you use with ordinary coffee.



The flavor is always "Good to the Last Drop.®"



© 1981 General Foods Corporation

GF GENERAL FOODS

continued

Co-op college

Typically, what share of college costs can be paid by co-oping?

Unfortunately, "average" figures don't mean much because of the many variations in college costs and student wages. But you can make an educated guess about your youngster's situation by checking these components:

- *Education costs.* To find the fees of specific schools, look in *The College Handbook* (published by The College Board) at your library or contact the school directly and ask for a catalog and printed information about fees.
- *Student earnings.* Co-op pay ranges from minimum wage (about $27 a day) to about $65 a day. Earnings in technical fields, such as engineering, are on the higher end of the scale. Students' earnings in other fields will usually fall between the two figures just cited. To get a reference point, look at the average monthly pay of University of Cincinnati co-op students last year: engineering, $960; business, $792; design, architecture, art, $774; arts and sciences, $670.

Note: Uncle Sam doesn't view co-oping earnings as scholarship money. All co-op earnings are taxable.

- *Number of work experiences.* Though three is average, the number varies so widely that it's best to get information from the school you're considering. Many schools will arrange for as many jobs as possible if a student needs the money and the academic program can accommodate many co-op experiences.

What kind of work experience might your youngster get?

That depends on the student's specific needs, goals, and priorities—such as career exploration or application of classroom theory.

When technical knowledge is the goal, students often remain with one or two employers for all their work experiences and take on increasingly more specialized and demanding jobs. Students who have decided on a general field, but aren't sure which niche appeals to them most, sometimes are placed in several jobs to explore their options. Typically, this means working with a number of employers.

Liberal arts colleges have long been criticized for not sufficiently emphasizing career preparation, and many educators believe co-oping may fill this gap. Students who have an academic interest—but not a career—in mind can sample a wide range of co-op jobs. A co-op job also can become the vehicle for other educational goals, such as personal growth or cultural enrichment. A student from a rural area might spend a term "experiencing" a large city, for example.

How do employers view co-oping?

In any co-op program, it's essential that employers give students more than "busy work."

"We have specific programs to give students exposure to various departments," says Horace Becker of Xerox Corporation. "You can't bring them in to do nonmeaningful work. It has to be a two-way street."

What makes 30,000 employers take on these wet-behind-the-ears student workers?

The incentive is *not* cheap labor—wages for co-op students are competitive with what equally experienced and educated workers would earn. But Becker points out that the employer does save recruitment costs by hiring and retaining co-op graduates. Among a group of 70 employers, the average employee recruitment cost for a co-op student was $50, while that for non-co-op graduates was $800. Since the employers offered jobs to 62 percent of the co-op graduates and, of those, had acceptances from 79 percent, recruitment savings added up.

How can you find a good co-op school?

Co-op education has been given an overall "A" in most academic circles, but some individual programs have been criticized.

Many schools are proud, and rightly so, of the way they plan and track students' work experiences. Take New York City's LaGuardia Community College: Its students receive individual counseling and a work preparatory course before going out on co-op jobs.

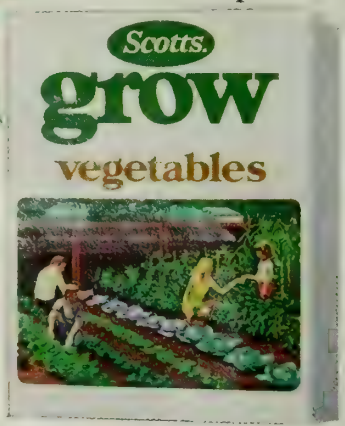
continued



Travel Alberta Dept 009, Box 2500, Edmonton, Alta T5J 0H4

You better have a large appetite if you use Scotts Grow Vegetables.

How many tomatoes can you eat this summer? Or cucumbers? Or ears of sweet corn? We have a fertilizer that can give you up to twice the yield on these vegetables. It's called Scotts® Grow Vegetables. And unlike many fertilizers, you only have to use this one once per crop (in most gardens). It has both fast release nitrogen for a quick start, and slow release nitrogen that keeps on feeding week after week. Just work it into the soil an inch or so at planting time and that's it. Before you know it, you'll be picking your own fresh vegetables for dinner. Who knows, you may even have enough to give the neighbors.



© 1981, The O. M. Scott & Sons Company. All rights reserved.

continued

Co-op college

During work experiences, co-op students are visited on the job by the faculty and must attend seminars to discuss and interpret what they're learning. Counseling and grading follow each job.

In contrast to LaGuardia, some schools reputedly do little more than shuffle papers to place students in jobs, then wave good-bye till next term. How can you and your youngster find the best co-op program? For starters, get answers to the following questions when considering schools.

- Is co-oping described fully in the school catalog? Scanty information may indicate less than enthusiastic institutional support.
- Is there an administrative structure for co-oping? In all disciplines, there should be a full-time administrator or coordinator for co-ops, and active participation by the faculty.
- How long has the program been operating? If the answer is less than five years, look for concrete evidence of the school's wholehearted support. Many colleges obtain federal five-year start-up grants, then drop programs when the grant cash flow stops.
- Is each student given individual counseling to help him or her decide on jobs and to evaluate them when work periods are completed?
- Are there other requirements, such as seminars and papers, that are used for reinforcing and evaluating work experiences?
- Is an attempt made by university coordinators to visit students on the job—if this is logistically possible?
- Do employers have an opportunity to formally evaluate student performance and to submit their evaluations to the college?
- How are students placed in jobs? Are they able to talk in person or at least by phone with a number of employers? Be wary of programs in which neither student nor employer has input.
- How many employers work with the school? Though there's no magic number, the more employers and fields represented, the healthier. The absence of big companies can be a warning sign—these firms can pick and choose among schools.



Want more information?

- Two directories that list co-op programs are: *The Undergraduate Program of Cooperative Education in the United States and Canada* (free from The National Commission for Cooperative Education, 360 Huntington Ave., Boston, MA 02115); and the new directory of the Cooperative Education Association (no charge for single copies—write: Executive Secretary, Cooperative Education Assn., 247 Alumni Center, Indiana State University, Terre Haute, IN 47809).

Emily Freeman

Other off-campus experiences

In addition to co-oping, there are various other ways a student can get off-campus work experience. Unlike co-ops, the programs listed below may or may not offer a student credit or pay. For more information, contact college admissions offices.

Internship: Often a term for a variety of off-campus volunteer or paid learning experiences. Internship work can be done at any point in a student's college career.

Practicum, field practice: Volunteer or paid work often related to the social sciences, teacher education, and health sciences.

Externship: A short period of work experience.

January term: By shortening the length of a vacation between terms, some schools set aside the month of January for off-campus activities.

Service/learning: The emphasis here is on community service rather than simply paid employment in a profit-making enterprise. Often there is no pay, while there may be academic credit.

Independent study: A course designed for the individual student with a faculty member—this may be on-campus research, but at more and more schools, independent study takes place off campus.

Marjorie P. Groves

Energy-Smart Landscaping

You can take some sizzle out of your summer and put some warmth in your winters through wise landscaping. No need for a complete revamping—just a few well-placed trees and shrubs can trim heating and cooling bills significantly. The first step is to decide where your problems are and which to solve first. If too much sun on the south and east of your house makes your air conditioner work overtime, a shade tree can be the answer. And if you want fast relief, consider a quick-growing softwood tree, such as silver maple, gray birch, Chinese elm, or weeping willow. Hardwoods, such as the white oak and sugar maple, grow more slowly but live longer.

If too much winter wind from the north and west chills your bones and taxes your furnace, you might plant rows of conifers. They'll block the wind and help supplement the caulking, weather stripping, and insulation that you have put on the house.

Plants for coolness

A seat under a large shade tree is sheer luxury on a hot July day. In fact, trees are often called nature's air conditioners. The cooling is done by evaporation. A single tree can transpire, or give off, 100 gallons of water from its leaves each day. This cooling would be equivalent to one or several average room air conditioners running 20 hours daily. (The number of air conditioners and the hours depend on the size of the tree, the location, the temperature, and the house.)

Because the air under the tree is cool and the air around it is warm, the air moves upward, creating a breeze. If the window of the house is open, the breeze moves inside and keeps the house well ventilated.

The combined effect of evaporation and shade can make the temperature under a tree almost 20 degrees Fahrenheit cooler than the air beyond the leafy canopy. The heavier the foliage, the cooler the air is likely to be.

To keep the house temperature down, first concentrate on a major problem area, such as a south window, and plant a tree to shield this location first. The sun heats both walls and roof, and shadows will be shortest in summer when you need the most protection, so set the tree as close to the house as possible. If the tree will be more than 20 feet tall when mature, set it at least 15 feet from the house or other buildings. A small tree, such as a dwarf fruit tree or Russian olive, can be planted as close as eight feet. Even a single tree, well placed, can keep the adjacent room comfortably cool.

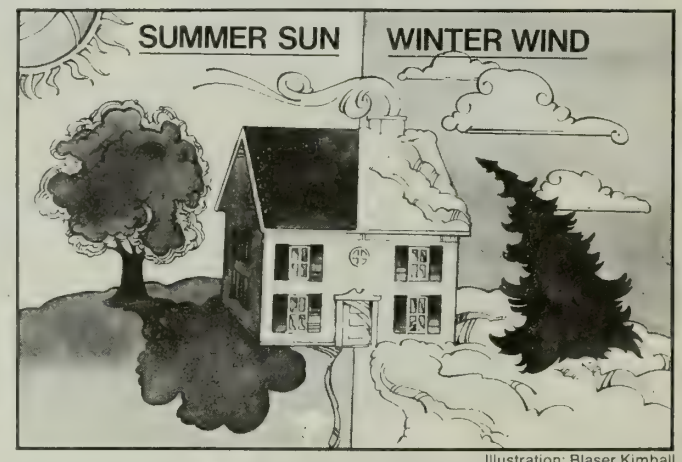


Illustration: Blaser Kimball

Deciduous trees—those that lose their leaves in winter—will shade windows in summer. But when winter comes, the bare branches will admit warming, low-angled rays of the sun.

Even lawns and ground covers can help conserve energy. A coarse, dark surface, such as grass, reflects less of the sun's rays than a light, smooth surface, such as concrete paving, and thus produces less glare and heat. In fact, the temperature over a lawn or ground cover can be ten degrees or more cooler than over bare soil.

Vines, too, have an insulating effect, which is why a vine-covered wall is cooler than a bare one. (If your walls aren't brick, you can use lattice trellises for vines to climb.)

Plants for wind control

City and suburban dwellers are learning about windbreaks from their country cousins. A double or triple row of trees on the north and west side of your lot will be more effective than a single row. When selecting trees and shrubs, find out how wide they'll spread when mature so you can figure planting space. A nursery or your local county extension office can provide this information. The trees and shrubs should touch within a few years and form a solid mass. Set wide-spreading trees, such as linden, silver maple, and sweet gum about 65 feet apart when you plant.

An ideal combination is two staggered rows of trees filled in with another row of shrubs. Use small trees and shrubs at the outer edges of the windbreak. The fewer rows your windbreak has, the thicker each row should be. Siberian pea tree *(Caragana arborescens)*, purple chokeberry *(Aronia prunifolia)*, Preston lilac, and coniferous shrubs are excellent choices. It's best to use more than one shrub species. Then if one kind is damaged by insects, drought, or disease, your wind control won't be completely lost.

Windbreaks need not be restricted to straight rows. Just make sure the plantings protect your yard from the prevailing northwesterly winds. Don't overdo your landscaping by surrounding your home with tall, thick plants. In winter, trees on all sides will direct the snow upward over the tops and drop it inside the border—on your house and yard. Thick foliage on all sides can also reduce air movement during hot months.

You can prevent much of the heat from escaping from your house by planting evergreens next to the foundation. If you use low evergreens, make sure they're a dense variety, such as arborvitae or spruce (*Picea* species), and plant them close together so they form a solid wall.

Gardener's log

"How many million Aprils came
Before I ever knew
How white a cherry bough
could be,
A bed of squills, how blue!"
—*Blue Squills,* by Sara Teasdale

IN THE NORTH

Divide lackluster perennials

Now's a good time to divide and replant your phlox, chrysanthemums, Shasta daisies, hollyhocks, primroses, and any other perennials that have been blooming less each year because they have become crowded. Lift each clump gently with a spading fork, and divide the clump into smaller sections (if you can't pull it apart, use a sharp knife). Examine the roots for signs of insects and disease, and ruthlessly discard any doubtful portions. Replant at the same depth the perennials were growing previously, spacing the clumps 12 to 18 inches apart.

Try hardy asters

If you live north of the zone where chrysanthemums can be grown with safety, consider growing hardy asters. You can't find more rugged perennials than these daisy-eyed flowers, and they're available in a wide selection of colors. Popular varieties that may reach four feet include Harrington's Pink, Sailor Boy (violet flowers with yellow eyes), and Boningale White (double, with yellow eyes). The dwarfs of the aster tribe grow eight to 15 inches tall, and include Jenny (cyclamen-red), Blue Bouquet, Snow Cushion (white), and Romany (violet flowers).

Most hardy asters bloom in late summer or fall and demand no more than a little water and sun or even part-shade. If you pinch the tops back sharply in June, you can curb the height of the tallest varieties. Left unpinched, they will probably have to be staked in August.



Hardy asters

Improve your lawn

Lawn rolling was enthusiastically recommended in past decades, but the practice is frowned on by most modern gardeners. The only rolling a lawn may need is a very light one to push back into the soil any sod that has heaved during alternate freezing and thawing. Roll only when the soil is dry enough to crumble in your fingers.

Actually, if your soil is on the heavy side, lawn aeration may be worthwhile. Heavily trampled lawns do not allow ready intake of air and water. You can improve the situation by inserting a spading fork about four inches into the soil and wobbling the handle slightly to loosen the soil. Repeat at distances of about a foot throughout the compacted area. For large areas, you can save both time and energy by renting a regular lawn aerator.

IN THE WEST

Start vegetables

Even a tiny plot can yield plenty of that great homegrown flavor. Pick a spot that receives at least six hours of sun each day, and that is free of competitive roots of trees and shrubs. Nearly all warm-season crops, as well as some cool-season kinds, can be seeded or set out now in California. Sow seeds of bush or pole beans, beets, chard, corn, cucumbers, parsley, and summer squash. Set out plants of peppers, tomatoes, and eggplant. In the Northwest, wait another three weeks before planting, but you can go ahead and prepare the soil.

Plant glads

Northwesterners can set out their first batch of gladiolus corms now. In California, it's time for the third planting. Stagger the plantings over two-week intervals for a longer season of bloom. Before the leaves of spring bulbs dry up completely, mark the areas with stakes so you will know where they are. Otherwise, you might dig the bulbs up by mistake the next time you spade the bed.

IN THE SOUTH

Take mum cuttings

Check your chrysanthemums and take three- to four-inch cuttings from the ones that are making new growth without setting buds. Then dig up and discard the old plants to avoid carrying over diseases and inviting termites. The cuttings will be rooted and ready for their permanent place in the garden next month; pick a spot where they will get plenty of sun.

Illustration: Steven Schindler

Big Apple goes bananas



Taste, real taste, in a really low tar, and New York's taste of the town.

It's taste that's made Kent III America's most popular new low, low tar introduced

Experience Kent III

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

)ver Kent III taste!

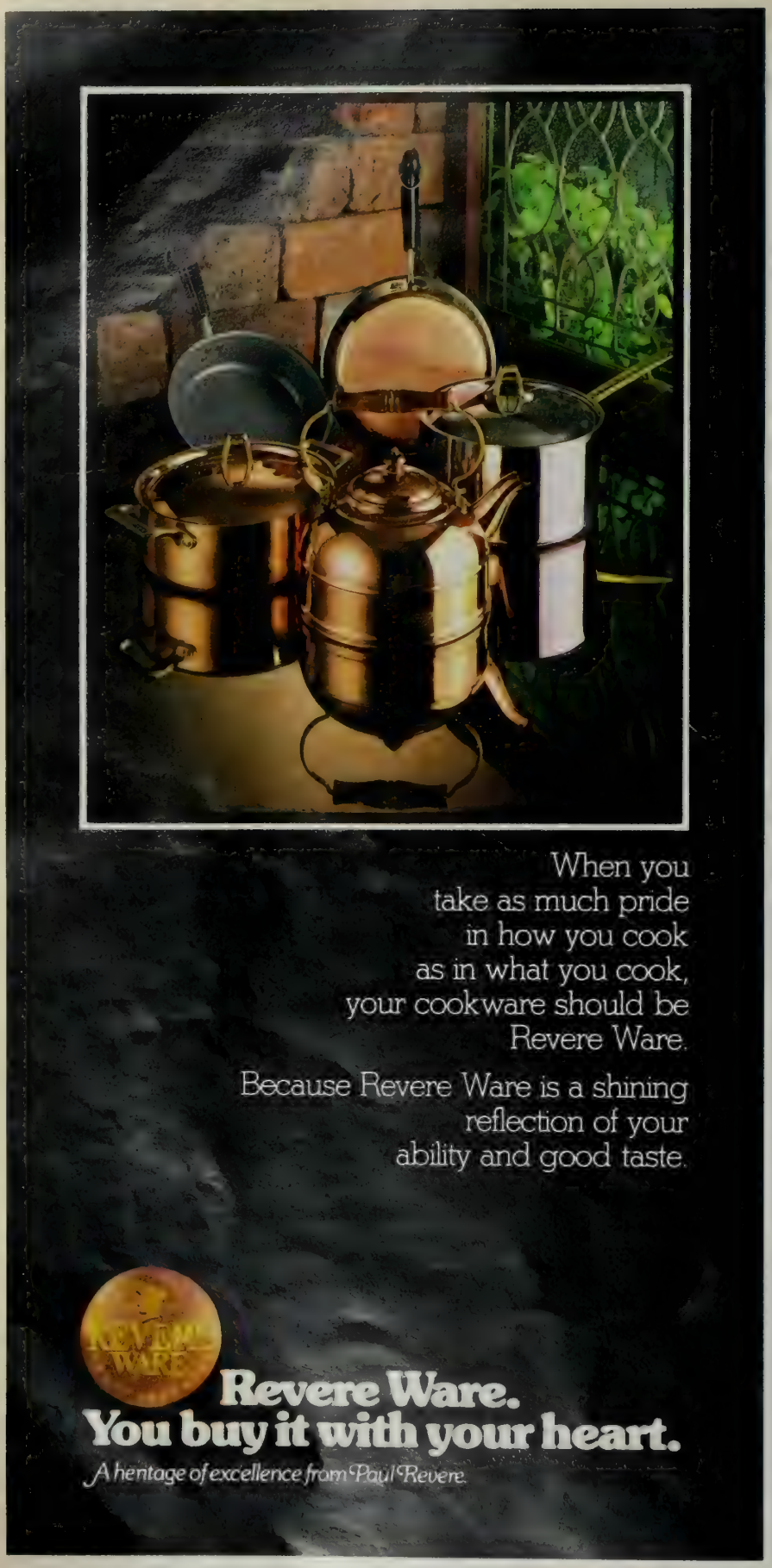
© Lorillard, U.S.A., 1981

Kings: 3 mg. "tar," 0.3 mg. nicotine av. per cigarette, FTC Report January 1980. 100's: 5 mg. "tar," 0.6 mg. nicotine av. per cigarette by FTC Method.



n the last four years in New York City, Salt
.ake City, Kansas City, Allentown, Jamestown,
'oungstown, Motown and yo' town.
Come experience it!

The taste of the town!™



Clockwise Revere Ware Copper Clad Skillet, Copper Core Paul Revere Signature Collection Sauce Pan, Paul Revere Signature Tea Kettle, Copper Paul Revere Signature Collection Buffet Casserole, Revere Ware Stainless Steel Skillet with SilverStone®

DuPont registered trademark

Egg-Beating Basics

Have you ever been let down by a sunken soufflé, an angel food cake that refused to rise, or a meringue pie that was flat as a pancake? You can banish those problems by mastering the basics of egg beating.

Egg whites

First, when you separate the whites from the yolks, make sure no yolk gets into the whites—even a minuscule amount will doom your egg white foam to failure. If you drop some yolk into the white, dip it out with a spoon.

Equipment is important, too—be sure your beaters, spatula, and bowl are completely grease-free.

The trick to beating egg whites successfully is knowing how much to beat them. Most recipes refer to two crucial stages—soft peaks and stiff peaks. As you beat, air is incorporated and the whites begin to foam as they increase in volume. With continued beating, the volume increases, and the whites lose their translucency and thicken.

- *Soft peaks* form after one or two minutes of beating. Test for soft peaks by lifting the beaters from the bowl—the tips of the egg whites should bend over. If you're adding sugar, gradually add it after soft peaks have formed.
- With continued beating, stiff peaks form fairly quickly after the soft peak stage. As you beat, the foam continues to thicken until the tops of the whites stand straight up without bending over when you lift the beaters from the bowl. At this point, do not overbeat—further beating will produce dry, brittle peaks with reduced volume.

Egg yolks

For some foods, such as sponge cakes and soufflés, beating egg yolks to their maximum volume is just as important as beating egg whites to theirs. Although the egg yolks will never form peaks as egg whites do, the yolks will thicken when beaten for four to six minutes. Check the yolks by lifting the beaters from the mixer bowl—the mixture should flow back into the bowl in a thick stream and have a pale, lemon yellow color.

Improving on the French.



It isn't easy to improve on a great French dish like crepes. But Stouffer's® did it.

By taking all the work out. And putting a lot of delightfully different things inside.

Like Ham and Asparagus. Spinach, with Cheddar Cheese Sauce. Or any of six other delectable varieties.

They're just right for lunch or dinner, brunch or late supper. And all you do is heat. And enjoy.

Stouffer's Crepes.

Part French. Part American. Totally delicious.

Le Coupon. 25¢

Save 25¢ on any of Stouffer's eight crepes.

Grocers may accept this coupon for 25¢ on the purchase of one package of any of the following Stouffer's Crepes: **Beef Burgundy, Chicken with Mushroom Sauce, Ham & Asparagus, Spinach with Cheddar Cheese Sauce, Swiss Cheese with Mustard Sauce, Mushroom, Ham & Swiss Cheese or Sweet & Sour Chicken with Sweet & Sour Sauce.** We will redeem it for 25¢ plus 7¢ for handling when mailed to: Stouffer's, Box 1084, Elm City, North Carolina, 27898. Offer void where prohibited, taxed or restricted by law. Customer must pay sales tax. Cash value 1/20¢. Invoices showing purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Offer good only in United States. Offer limited to one (1) coupon per package purchased. **Coupon expires May 31, 1982.** STORE COUPON

331101

331101

C'est Stouffer's.®

© 1981 Stouffer's Foods Corporation

Power Driven.
No other upright cleans as effectively, yet is so effortless to operate as the Concept One.™ The Power Drive™ does the work. All you do is guide it. Find out how effortless vacuuming can be. Get a demonstration from your Hoover dealer.
HOOVER


America Trusts Hoover.

1½ cups finely shredded lettuce
½ cup chopped seeded cucumber
½ cup chopped mandarin oranges
2 tablespoons sliced green onion
2 6-ounce packages thinly sliced boiled ham
Butter *or* margarine

Remove soft centers from the top half of each roll. (Reserve centers for another use.) Combine mayonnaise, mustard, and salt; add lettuce, cucumber, oranges, and onion, tossing to coat. Fill bun tops with salad mixture; top with ham. Spread bottoms of rolls with butter or margarine; place, buttered side down, atop ham slices. Makes 6.

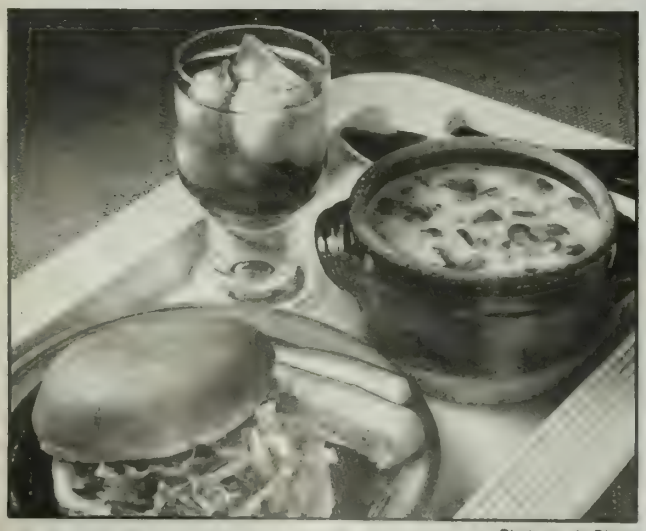
MUSHROOM-BROCCOLI CHOWDER

1 14½-ounce can chicken broth
½ of a 10-ounce package frozen chopped broccoli
1½ cups sliced fresh mushrooms (4 ounces)
½ cup chopped onion
2 tablespoons butter *or* margarine
2 tablespoons all-purpose flour
1¼ cups milk
1 8-ounce can whole kernel corn, drained
1 tablespoon chopped pimiento

In saucepan bring broth and broccoli to boiling. Reduce heat; cover; simmer 5 minutes. Set aside. Cook mushrooms and onion in butter or margarine. Blend in flour, ½ teaspoon *salt,* and ⅛ teaspoon *pepper.* Add milk; cook and stir till thickened. Cook and stir 2 minutes more. Add broccoli with broth, corn, and pimiento; heat through. Serves 6.

FOOD

Soup and Sandwich Supper



Photograph: Dieter

HAM 'N SALAD SANDWICHES

6 kaiser rolls, halved lengthwise
3 tablespoons mayonnaise *or* salad dressing
1 teaspoon prepared mustard
½ teaspoon seasoned salt

Power-Packed Compact.
No other compact packs as much cleaning power into such a small unit as the Hoover® Portapower™ cleaner. In fact, it gives you more cleaning power than many full-size canisters. Yet, it's lightweight and truly portable. The perfect second cleaner for every home.


America Trusts Hoover.®

PIZZA CHICKEN! BRAVO!



PIZZA CHICKEN

Mamma mia, Shake 'n Bake! Fabulous chicken with the fun taste of pizza. Lots of bubbly cheese and tomatoey sauce.

1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken–Barbecue Style
1 teaspoon oregano
2½ pounds cut-up chicken
¾ cup shredded mozzarella cheese

- Place Shake 'n Bake and oregano in the shaker bag; shake to blend.
- Prepare, coat and bake chicken as directed on package.
- Sprinkle with cheese and bake 5 minutes longer, or until cheese has melted. Do not spoon pan drippings over chicken.

Makes 4 servings.

©1981 General Foods Corporation

Fisher-Price believes in friendships that last.



These beautiful little-girl dolls were born to share your child's every waking moment. Because they look just the right age to be best friends, the kind of friends to share the most secret secrets with.

My Friend Jenny is dark-eyed and raven-haired. My Friend Mandy is blond and pink-cheeked. They're just the same size, so like many good friends, they can even wear each other's clothes.

(You can buy extra outfits or sew them yourself, because each doll comes with a pattern of her own. There's even a My Friend pattern book available for more creative stitchery.)

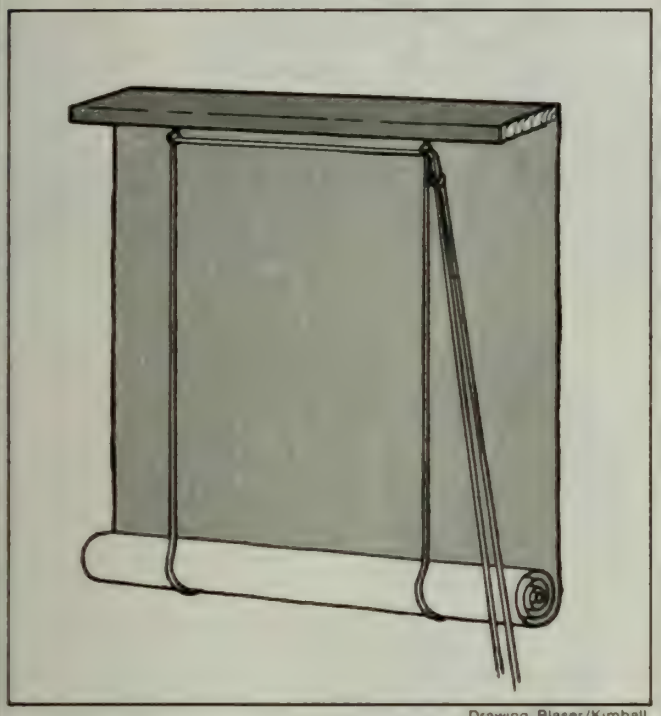
And though My Friend Mandy and My Friend Jenny are soft and huggable, they can still stand up on their own two feet. Best of all, they're friends that can come to live at *your* house. And stay over and over.

My Friend Jenny

My Friend Mandy

© 1981 Fisher-Price Toys, East Aurora, New York 14052
Division of The Quaker Oats Company

Roll-Up Shade Instructions



Drawing Blaser/Kimball

The roll-up shades featured on page 36 are a cinch to make. Just follow these step-by-step instructions:

For the shade's front and back, cut two fabric panels that are two inches wider and 20 to 24 inches longer than the window. Join the two pieces with fusible webbing, following the manufacturer's instructions. Then trim the shade to the desired width. To prevent the fabric from raveling, apply a thin layer of white craft glue to the raw edges.

To form a rod pocket for a two-inch-diameter dowel, roll the bottom edge up ¼ inch and stitch, roll it up another 2½ inches and stitch again.

Then cut a 1x2 to fit inside the window casing and serve as the shade's mounting board. Paint the mounting board to match the shade fabric. To secure the shade to the board, turn the top edge of the shade under and staple it to the underside of the board. Wrap the shade up and around the board (see drawing).

Insert two screw eyes in the underside of the board, spacing them an equal distance from either end.

Then staple the ends of two curtain cords to the back of the mounting board, spacing them as you did the screw eyes. Wrap each cord around under the shade and back up through its corresponding screw eye. Thread the left cord through the right screw eye so that both cords hang down the shade's right side.

Mount the shade inside the window casing with screws or angle brackets. Adjust the cords so they are of equal tension when the shade rests on the windowsill. Then tie them together just below the right screw eye. Finally, secure an awning cleat to the window frame for wrapping the cords when the shade is pulled up.

Fisher-Price creates a wardrobe for My Friend dolls.



Winter Wear



Roller Skating Outfit



Ballerina Outfit



Knickers Outfit



Jumper and Blouse



Sweater-Coat Outfit

© 1981 Fisher-Price Toys, East Aurora, New York 14052 Division of The Quaker Oats Company



Virginia Slims remembers when women first went to work in the stock market.

VIRGINIA SLIMS *Lights*

You've come a long way, baby.



In the crush-proof purse pack.



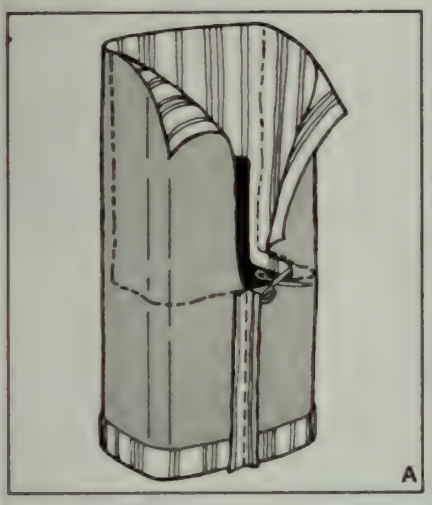
Fashions: Stephen Burrows

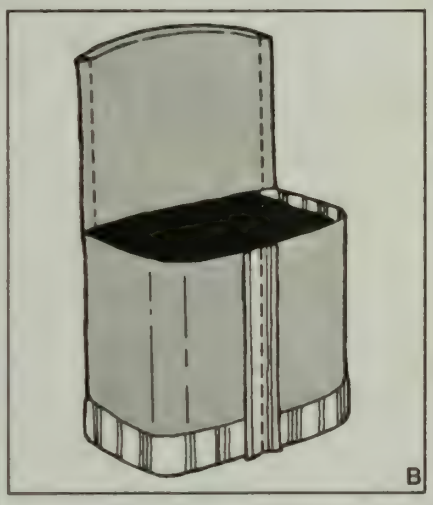
9 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

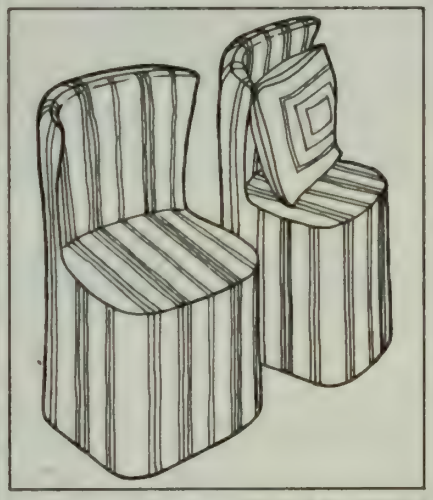
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Easy-to-Make Chair Cover

The snazzy slipcovers shown on page 37 are a great way to dress up drab chairs or disguise timeworn ones. And the simple construction of the slipcovers makes them a snap to put together.


A


B



Drawings: Blaser/Kimball

First choose a clean-lined armless chair to cover. A folding church-supper chair or dinette-style chair works well.

Next determine how much fabric you'll need by measuring from the floor up the chair's back, down to the seat, and across to the seat's front edge. Add an extra 24 inches to this total measurement *if* the perimeter of the chair at seat level is greater than the width of the fabric or *if* the chair legs flare out from the seat.

To cover the chair, wrap the fabric *right side in* around the chair so the selvages meet at the center front. (You may need to piece the fabric to get the needed width.)

Remove the fabric from around the chair and pin the bottom edge up two inches for the hem. Then wrap the fabric back around the chair right side in and pin the selvages together at the center front, making sure the cloth "tube" fits snugly around the chair. Mark a point ½ inch above the chair seat along the center front seam. Then sew the seam, starting at the bottom edge and stopping at the marked point. Press the seam open.

Slip the cover back over the chair, then cut away the excess fabric ½ inch above the seat, beginning at the center front seam and continuing up ½ inch from the chair back (see illustration A). Fold the remaining fabric flap down to cover the inside back of the chair. Then, beginning at the top corners of the chair back and continuing down to the seat, pin the flap in place (see illustration B). Stitch the two side seams, clip the corners and trim the seams. Then press the seams forward.

Next cut a fabric piece to cover the chair seat (remember to allow for a ½-inch seam). Slip the cover back over the chair right side in and pin the seat fabric piece in place right side down. Remove the cover, stitch the seat section to the cover, then trim the seam.

To complete the cover, machine-stitch the hem and press. Then turn the finished cover right side out and slip it over the chair.



Free Offer from Pella.

A book on renovation, remodeling and replacement with Pella wood windows and doors

Lots of handy facts and colorful photographs to help you make the right window choices. Everything you need to know about window styles and placement, plus information on how Pella windows conserve energy and reduce maintenance. Information on different styles of sliding glass doors and wood folding doors too. Send for this free 16-page brochure today.

Please send me a free copy of *Pella Window and Door Ideas for Older Homes*. I plan to ☐ remodel ☐ replace windows.

Name_____

Address_____

City_____

State_____ Zip_____

Telephone_____

Mail to: Pella Windows & Doors, Dept. C01D1, 100 Main St., Pella, Iowa 50219

Also available throughout Canada

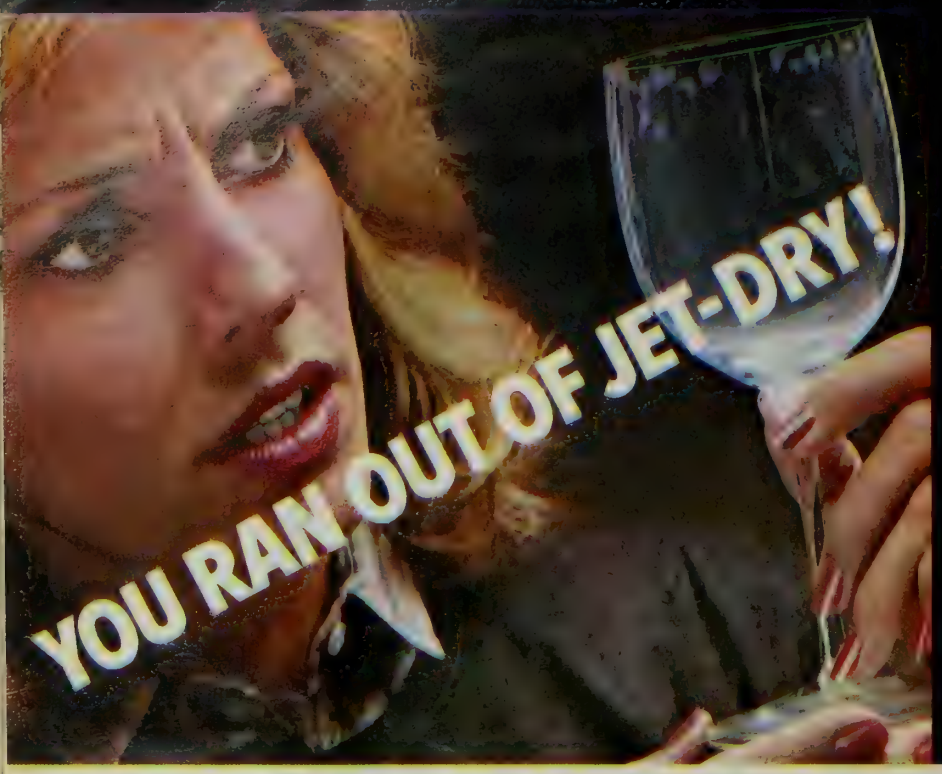
This coupon answered within 24 hours.



© 1981 Rolscreen Co.

Pella. The significant difference in windows.

"One day-no spots. Next day-spots. What happened?"



If you use a dishwasher detergent by itself, you *might* get water spots.
Not with Jet-Dry® Water Spot Preventer.
That's because Jet-Dry helps stop spots when detergents alone can't. Jet-Dry works in the rinse cycle when water spots form and detergents are rinsed away. Leaves glasses and dishes sparkling.
Jet-Dry...Liquid, for machines with dispensers. Solid, for machines without.
Jet-Dry helps stop spots when detergents alone can't.



DECORATING

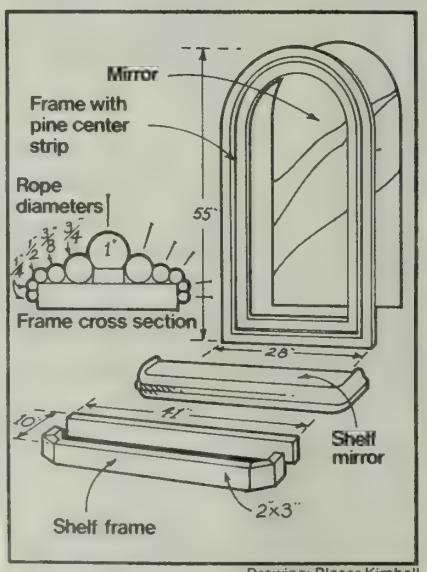
Make-It-Yourself Mirror and Shelf

This rope-wrapped mirror and shelf can add a handsome "twist" to any entry or hallway wall. And the pair is easy to make—just follow these instructions.

First, have a mirror custom cut to fit a 28x55-inch arched frame. Then use a jigsaw to cut the one-piece frame from ¾-inch-thick plywood. Glue and nail a cut-to-fit ½x¾-inch pine strip to the center of the frame (see drawing).

Next, glue and nail two cut-to-fit lengths of one-inch-diameter rope on top of the pine strip; the first rope piece should cover the strip from one bottom corner to the other, and the second piece should cover the sides and the arched top. Miter the rope ends at the corners and countersink the nails. Repeat the procedure to attach cut-to-fit lengths of varisized ropes to the rest of the frame (see cross section).

Cover the raw ends of the ropes at the corners with braided twine; glue the twine into place. Then attach the mirror to the frame with mirror clips.



Drawing: Blaser Kimball

To make the matching shelf, first glue and nail 2x3s together as shown. Round the front corners with a rasp file. Then cover all but the top edge of the shelf with rope, as above. Glue the mirror to the frame as shown. Finish by attaching the last rope length around the top edge of the shelf.



Photograph and design: Dennis Skinner
Field editor: Pauline Graves



"Fitness that feels good by day needs firmness that feels good by night."

Susan Anton

Millions of people are discovering just how good fitness feels. There's a new "fitness attitude" making you more aware of the personal benefits of feeling good. And an important part of fitness and feeling good is a great night's sleep. Sound body...sound mind...sound sleep. That's total fitness!

Every model of the Perfect Sleeper line is designed with this in mind because Serta knows that firmness and support must be combined with comfort to give you the quality of sleep required for total fitness.

The Perfect Sleeper is an excellent balance of top comfort and firm, deep support. Luxurious layers of top comfort cover Serta's famous inner construction giving you just the right amount of firm, deep support you need to sleep your best.

And the patented SertaLock® Foundation is the **ideal partner to the Perfect Sleeper mattress**, providing comfort and durability for many active years to come.

Top comfort. Firm, deep support. You get both in every Perfect Sleeper. That's firmness that feels good. It's a healthy investment in yourself!

Serta

Perfect Sleeper®

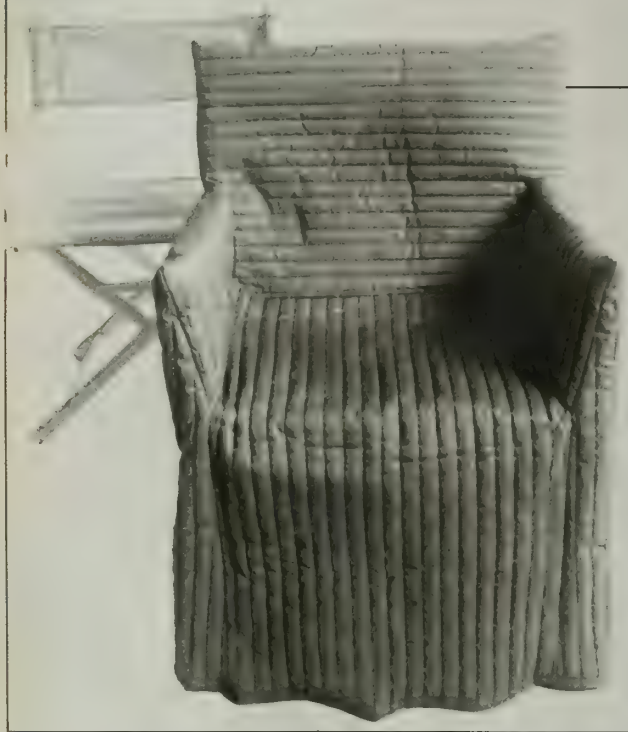
It's a healthy investment in yourself!

SLEEP BETTER
LIVE BETTER

SERTA, INC. Rosemont, Ill.

Margaret McMahon

idea NOTEBOOK

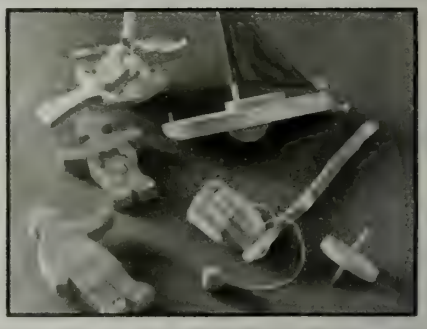


Director's chair cover-up

Derived from the British officer's campaign chair (or, some say, Cleopatra's throne), the folding canvas and wood director's chair is recognized as a classic design. However, even a classic wears out so you might welcome a chance to transform your old director's chair with a snappy quilted slipcover from Up & Company. The machine-washable covers are made of a sturdy cotton/polyester blend and are available in brown, white, blue, red, and tan. Each costs about $50. Up & Company has several other innovative designs in storage and seating. The "flying closet," made of natural or beige canvas and wood, hangs from the ceiling, and the "off the wall closet" combines a shelf, a wooden rod for hanging clothes, and wooden knobs. "Soft Shelves" is a canvas and wood unit with a steel frame that includes compartments for clothes, a shoe bag, and a detachable laundry bag. Finally there is "netchair" a weatherproof, mini hammock. For a brochure illustrating the complete line, send $1 to Up & Company, 190 Hubbell Street, San Francisco, CA 94107.

Yesteryear toys

Good toys arouse a child's curiosity and satisfy his natural sense of fun. These qualifications are met by the charming group of Folk Toys from Joy Enterprises. They're reproductions of playthings used by children for centuries and include old favorites like the Wimmydiddle and Jacob's Ladder, plus dancing toys, puzzles, tops, doll furniture, ornaments, and noisemakers. Each toy is handcrafted by a single craftsman, and each has its own personality. Some of the carved pieces (like the charming rocking horses) are made with 18th-century tools. An illustrated catalog of the complete line of over 80 items is free from Joy Enterprises, Box 375, Bethany, WV 26032.





Exotic wall coverings

Katzenbach and Warren, well known for accurate and lovely reproductions of 18th-century wallpapers from the collections of colonial Williamsburg, has introduced a handsome new wall covering collection, "Wonders of the Orient." It includes 21 designs in 88 exquisite color variations. Like the earlier collection, "Wonders of the Orient" has been carefully researched. Most of the vinyl-coated papers are adaptations of 17th- and 18th-century designs. An Oriental screen, a Worcester plate, a Chinese silk ceremonial robe, and other antiques are the inspirations for the patterns in the collection. Floral motifs dominate the group but there are other captivating designs. One is "Peking," a stunning pattern derived from a 17th-century tapestry hanging which features a pair of phoenixes amid rocks and peonies. The papers are 27 inches wide, pretrimmed, and cost between $15 and $17 a roll. They are available through interior designers or in fine wall covering stores.

continued on page 103

Save from 21% to 42%

on the traditional elegance of this Total Bath from Sears.



Whatever size bathroom you want to re-do, Sears can help. Choose our smartly harmonizing fixtures for a total, coordinated look. Do it now. And save with these low sale prices

Traditional Vanities. Four sizes in any of three luxurious styles They're built for long, happy use (Prices do not include lavatory tops and faucets.)

36" Vanity. Shown in White louvered design. Now $100 **Save $40.**

30" Vanity. (Not shown.) Now $55 **Save $35.**

(Inset A) Washerless Chromed Faucet. Has color insert to coordinate with your Total Bath Now $29 99 **Save $15.**

(Inset B) 24" Vanity. Shown in louvered Woodtone-color design Now $50. **Save $30.**

(Inset C) 20" Vanity. Shown in White with Gold-color trim Now $40 **Save $30.**

Three-Way Medicine Cabinet. Gives you multi-angle viewing White with Gold-color trim, or in Antique Brass finish (not shown) Now $79 99 **Save $25.**

Matching Light Bar. Same trim or finish as Medicine Cabinet (Bulbs not included.) Now $34 99 **Save $10.**

Storage Cabinet. White louvered design, shown above toilet, or louvered Woodtone-color or White with Gold-color trim (not shown). Now $59 99 **Save $20.**

Tub Wall Surround. Built-in shelves and soap dishes. (Tub extra.) Now $124 99 **Save $35.**

Sculptura Toilet. (Seat extra.) Now $84 99 **Save $25.**

Antique Brass-finish Faucet. (Not shown.) Single control. Washerless. With color insert. Now $49 99 **Save $15.**

You can count on Sears

On Sale: March 29 To April 11

Available at most Sears retail stores
Prices and dates may vary in Alaska and Hawaii. These are the minimum savings nationally. Regular prices and dates may vary in some markets

© Sears, Roebuck and Co. 1981

He's about all I need to know about fixing my GM car.





It's good to know Mr. Goodwrench.

Mr. Goodwrench has General Motors training available and he has the right equipment in his shop. He knows how to analyze problems. Fix them. And get me back on the road, pronto!

I want GM parts. No substitutes. So I expect them from Mr. Goodwrench. He always seems to have a good supply of the parts I need. Genuine GM parts.

He puts his name on the line. I want an idea of what things are going to cost and I know I can get a written estimate from Mr. Goodwrench without even asking. Best of all, I find that he's committed to prices that are reasonable—that are competitive with those of other places I could go for service around here. So when I need work on my car I look for a Mr. Goodwrench sign. It's at more than 5,000 GM dealers. Across America.



wrench

KEEP THAT GREAT GM FEELING WITH GENUINE GM PARTS.

AT PARTICIPATING INDEPENDENT MR. GOODWRENCH DEALERS SELLING CHEVROLETS, PONTIACS, OLDSMOBILES, BUICKS, CADILLACS, GMC AND CHEVY TRUCKS.



Only Tareyton has the best filter!

For a taste too good to be 5.

Why the best? Because Tareyton's unique charcoal filter means taste that's smooth. It means flavor that's distinctive. It means that no other cigarette is quite like Tareyton.





TAREYTON LIGHTS

5 mg. tar
0.4 mg. nic

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

5 mg. "tar", 0.4 mg. nicotine av. per cigarette by FTC method

continued from page 98

idea NOTEBOOK

Young consumers' magazine

Children as well as adults are consumers, and the more youngsters know about the marketplace, the better they'll be able to cope. To help make them more knowledgeable, Consumers Union is publishing a new magazine, *Penny Power*, for children in grades four through six. Schoolchildren played a major part in developing the topics and approaches of the magazine, and the contents are intelligent, lively, and never patronizing. *Penny Power* will be published six times during the school year and will be supplemented by a bimonthly teachers' Activity Guide, published by Consumers Union's Education Division. The subscription rate for the magazine plus an Activity Guide is $4.50 for ten or more. A single subscription is $9 for the magazine plus $3 for the guide. Order from *Penny Power* in care of Consumer Reports, Box 6000, Orangeburg, NY 10962.

Designer gardens

If you're a vegetable gardener, you'll want to take advantage of Northrup King's "Smarter Garden Plan." Developed in cooperation with a leading agricultural university and using computer technology, the program can design a garden to fit your specific needs. This customized service takes into account the size of your garden, the soil content, the climate conditions, etc., and tells you how much of which vegetables to plant and when for optimum yield. The plan provides a computer "picture" of your garden showing row placement of the vegetables and indicates planting methods.

"Smarter Garden Plan" costs $3.50 and the forms can be obtained at garden centers or by writing Northrup King Co., P.O. Box 1615, Minneapolis, MN 55440.



SOFTHEAT™
hot-water heat without plumbing.

However you heated before, you'll like the change to SOFTHEAT. Each room can have its own thermostatic control—so you don't waste heat in rooms when you're not using them. And SOFTHEAT units blanket a room with even heat—no cold floors. No drying of air—no soot. Safe, too. Circulating hot water continues to heat after the thermostat turns the electricity off. And because SOFTHEAT utilizes natural air currents, there's no noisy blower. You can have permanent installation or portable units.

FREE HEATING ANALYSIS and SOFTHEAT brochure. Send name, address and floor plans to:
Dept. BH481
Intertherm, Inc.
10820 Sunset Office Drive,
St. Louis, MO 63127
(314) 822-9600

INTERTHERM

BLOWER MODELS FOR BATH & KITCHEN
LEFT:
Recesses into bathroom wall.
RIGHT:
Fits in kick-space under counters.

Expert appraisals

Ever wondered if your grandmother's steeple clock was a valuable antique or just another 100-year-old clock? To help you discover the provenance of those questionable antiques, Sotheby Parke Bernet sponsors "Heirloom Discovery Days" at fine arts institutions around the country. There is a nominal appraisal fee (usually about $5) which goes to the host museum. Sotheby experts are on hand for evaluations of decorative and fine arts, as well as furniture and jewelry. They do not appraise coins, stamps, books or modern jewelry. To obtain an Heirloom Discovery Days schedule, write Sotheby Parke Bernet Inc., 1334 York Avenue, New York, NY 10021. If your local museum is not aware of Heirloom Discovery Days, Sotheby will be pleased to send information about the program.

True Value HARDWARE STORES

WIN • A • TRIP TO A GARDEN SPOT IN HAWAII

FREE SEED PACKET





Hi, Pat Summerall with some exciting news for you from your True Value Hardware Stores. Right now, just for bringing in and presenting the Entry Coupon below, your participating True Value Hardware Store will give you a *FREE* packet of flower or vegetable seeds.

Then, to enter the exciting "Win a Trip to a Garden Spot of Hawaii" Sweepstakes, simply deposit your Entry Coupon in the Entry Deposit Box. You may win a trip for four to one of Hawaii's garden spots, or one of these 19 fantastic prizes offered by participating manufacturers featured on these pages, or one of 1,000 True Value Hardware Store Gift Certificates.

And, while you're at your True Value Hardware Store, be sure to look at what True Value can do to help make *your* home the garden spot of your neighborhood.

The Win A Trip Grand Prize is a one-week trip for four including deluxe hotel accommodations and air fare to one of Hawaii's Garden Spots. A vacation of your choice for you and your family anywhere in Hawaii to be taken anytime during 1981. Total value $4,000.00.

True Value HARDWARE STORES

FREE PACKET OF FLOWER OR VEGETABLE SEEDS
One to a customer 35¢ to 50¢ VALUE! SEEDS

Free seed offer void where prohibited, taxed or otherwise restricted by law. Offer good while supply lasts. Limit one seed packet per customer. Offer begins March 17, 1981 and expires May 31, 1981.

Fill out this Entry Coupon and bring to your participating True Value Hardware Store to receive your free packet of seeds. Then, drop it in the Entry Deposit Box at the store and you'll be eligible to Win a Trip to a Garden Spot of Hawaii™ or one of over 1,000 other prizes.

"Win a Trip to a Garden Spot of Hawaii" Sweepstakes Official Rules

1. To enter, hand print your name and address on the official entry blank or on a 3" x 5" piece of paper, print your name, address and the words, True Value® Win A Trip To A Garden Spot of Hawaii Sweepstakes and deposit in the official entry box at any participating True Value Hardware Store. Mechanical reproductions are not permitted and will be ineligible if drawn.

2. NO PURCHASE NECESSARY. Enter as often as you like. Entry must be made after March 17, 1981 and before May 31, 1981.

3. Winners will be selected in a random drawing conducted by H. Olsen & Co., an independent judging organization, whose decision will be final. All 1,020 prizes worth approximately $15,521.68, will be awarded. Odds of winning depend upon number of entries. Approximately 5,000 True Value Hardware Stores will be participating in the continental United States, Hawaii and Alaska.

4. Sweepstakes open to all residents of the USA, including Florida, except employees and their immediate families of Cotter & Company, True Value Hardware Stores, their advertising agencies, and H. Olsen & Co. Residents of Ohio only may enter by sending their entries to Garden Spot Sweepstakes, P.O. Box 4504, Chicago, Illinois 60677. Entries must be postmarked no later than May 31, 1981 and received by June 9, 1981. Void wherever prohibited or restricted by law.

5. All entries become the property of Cotter & Company and none will be returned. Winners will be notified by mail. Major prize winners will be required to provide an affidavit of eligibility and a release from liability. Only one prize per household. No substitution of prizes will be allowed. No cash redemptions will be made. Taxes on prizes are the responsibility of the winners.

6. Winners list available upon request. Send self-addressed, stamped envelope to:

Win A Trip To A Garden Spot
of Hawaii Sweepstakes Winners
P.O. Box CC
Chicago, Illinois 60677

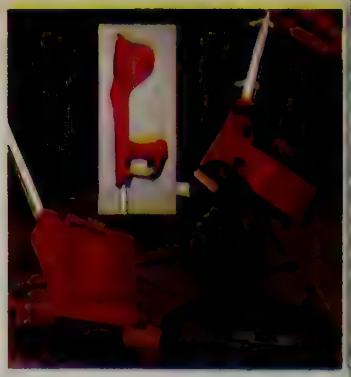
Name _____

Address _____

City _____ State _____ Zip _____



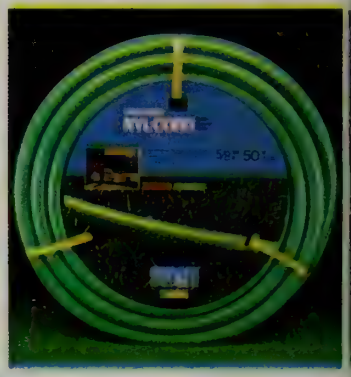
HOMELITE Electric Chain Saw-12 inch guide bar, 11 amp motor. 9.6 lbs., rubber-coated wrap-around handle bar for added comfort. Hand guard and SAFE-T-TIP® anti-kickback device. Built-in chain tensioner. Slip clutch. XEL-12 . . . . . **$59.95.**
Prize #8.



HOMELITE Electric String Trimmer with 10" cutting swath and fully automatic line advance. ST-20. . . . . **$29.99.**
Prize #10.
Gas String Trimmer with 20" wide cutting swath. Fully automatic line advance. Accepts *FREE* power blower attachment. ST-100. . . . . **$124.99.**
Prize #6.



NELSON Dial 5" Multi-Pattern Stationary Sprinkler with an N-109 Snap Connector.™ Five-in-one sprinkler! Covers up to 36 ft. diam. circle, 36 ft. diam. ½ circle, 32 ft. sq., 15 ft. x 40 ft. rec. and 6 ft. x 60 ft. strip. No moving parts, non-clog water openings. 2150SP. . . . . **$4.99.**
Prize #20.



SWAN HOSE DIVISION Nyl-Cord® Reinforced vinyl hose. Dual tire cord reinforcement. Features Weatherguard™ specially compounded to keep hose flexible in temperatures below zero and strong in hot summer sun. 50 feet long. ⅝" inside diameter. 8590. . . . . **$12.99.**
Prize #16.



ORTHO WEED-B-GON Lawn Weed Killer-M. Kills 37 common weeds. 3968. **$6.49.** ISOTOX Insect Spray. Broad spectrum garden insecticide kills many chewing and sucking insects. 1601. **$5.44.** KLEENUP® systematic weed and grass killers. Kills whole plant in 2-4 wks. 4357. . . . . **$3.99.**
Prize #15.



Jobe's Tree & Shrub Spikes, the easy and convenient way to feed your trees and shrubs. 1000. . . . . **$2.77.**
Evergreen Spikes give your shrubs the nourishment they need. 1001. . . . . **$2.77.**
And, Tomato Spikes help you to grow prize tomatoes. 6001. . . . . **$.99.**
Prize #19.

There are over 5,000 True Value Hardware Stores in 50 states. Look under "Hardware" in the Yellow Pages.

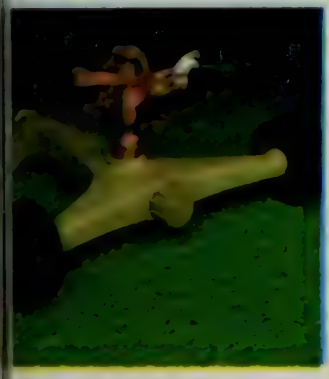
ACOBSEN Super Bagger " Self Propelled. Compact, rear igging feature allows easy ac- ss to hard to get spots. Close mming on 3 sides. 3½ h p iggs & Stratton Engine 230 . . . . . $349.95. ize #2.

AWN CHIEF 5 h p Tiller ree controls on handle. "Dead- an" reverse control returns to eutral when released. Handle rs adjust 5" 26" tilling width. 16 lo tine blades. 5C. . . $319.99. ize #3.

AWN CHIEF Rotary Mower inch, 3½ h.p. easy-lift vertical arter and 7" steel wheels. Lever tion height adjusters, antiscalp c, 4-position handle . . . . . $159.99. ize #5.

Rubbermaid Planters Contemporary. Weathered od- and Ceramic-look designs own here. Range from $1.99-4.99. ze #12. (Includes 7 planters— 4.93 value)

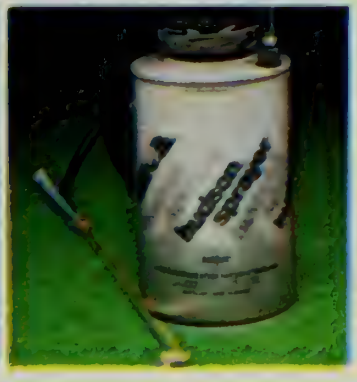




AWN BIRD Impulse Sprin- er waters areas from 30 ft. diam 80 ft. diam. Full or part circle verage. Precision Jet PJ" spray ide eliminates backsplash. Ad- stable deflector. Extra base out- t WB-25. . . . . $18.99. rize #14.



TEKNOR APEX Bi-Flex Radial Reinforced Braided Hose featuring THUM-THING. Fully warranted 4-ply construction. Coils easily year round. ⅜" I.D. Will withstand 425 lbs. pressure. Brass couplings. 50 feet long. 8520. . . . . $12.44. **Prize #17.**



hudson Favorite" Sprayer 2 gallon, stainless steel. Quality and excellence in every detail! Extra reach 5-feet hose and 18-inch extension, fully adjustable nozzle, brass pump. 67209. . . . . $44.99. **Prize #9.**



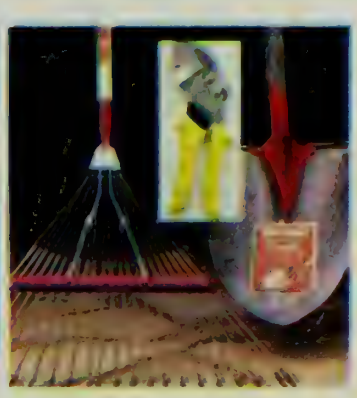
melnor TIME-A-MATIC Pulsating Sprinkler. Built in timer shuts itself off automatically. Waters all or any part of an 88' diam. circle. No water wasting side splash. Adj. deflector for distance control. Diffuser pin for spray adj. 114. . . . . $9.77. **Prize #18.**



cCULLOCH Chain Saw 16" r and powerful 2.1 cubic inch gine with chain break/hand ard. Anti-Vibration System for creased comfort during pro- nged cutting. Solid State Elec- nic Ignition for easier starting, ss ignition maintenance. AC310. . . . . $179.99. ize #4.



Black & Decker Deluxe 16" Double Edge Shrub & Hedge Trimmer. Smooth, consistent power. 8124. **$29.99.** Deluxe Heavy Duty Double Insulated Edger-Trencher. Electric 8" blade cuts neat ¾" trench along walks and driveway. 8224. . . . . $64.99. **Prize #7.**



TRUE TEMPER Pull Type Lawn Rake. Fire Hardened" ash handle. SL22. **$6.99.** Dynalite" Dirt Shovel. Long handle. Heat treated for strength and wear resistance. DLR. **$11.99.** Rocket Anvil Pruner. Redesigned for added strength and durability. A35. . . . . $6.44. **Prize #11.**



WEED EATER Electric Trimmer for light trimming. 10" cutting path and Tap-N-Go™ line advance. Perfect for small-to-medium lawns. Nylon line cuts grass and weeds quicker and safer than metal blades. 409. . . . . $24.88. **Prize #13.**

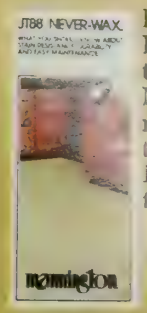
COTTER & COMPANY. 100% Member-Owned warehouse distributor serving over 5,000 True Value Hardware members who own their own stores, set their prices and reserve the right to limit quantities. Because participating True Value Hardware stores vary in size and merchandising policies, some may not stock all items shown. Prices may vary and are subject to change without notice. Prices expire June 1, 1981.

Only Mannington JT88® floors have Never-wax protection.

Protection so thick, tough and lasting your floor will never need a vinyl dressing to keep it shiny.

Protection so resistant even iodine can't penetrate it.

One careless drop of a bottle would ruin most no-wax floors. But not even iodine, black shoe polish or hair coloring stains Mannington. Send for the free booklet below and find out why. Mannington Never-wax. Never more stain resistant. Never more wear resistant. And never more beautiful.



For this FREE booklet or the names of the Mannington dealers nearest you, call toll-free 1-800-345-8112. In Pennsylvania, toll-free 1-800-662-2444.



Lustrecon
Pattern 5127

mannington™

Mannington Mills, Inc., P.O. Box 30, Salem, NJ 08079.

* Mannington Mills, Inc.
* Mannington Mills, Inc. 1981



NEW RAID ROACH TRAPS.

Raid attracts 'em. Traps 'em. Kills really tough roaches dead.

Tough luck, tough roaches. New Raid Roach Traps are here. With the trapping power to kill really tough roaches dead. No spraying. No insecticides. Raid Roach Traps attract roaches, then trap them. When the traps are full, just throw them away. Dead roaches and all.



Johnson wax

© 1981 S. C. Johnson & Son, Inc.

BUILDING

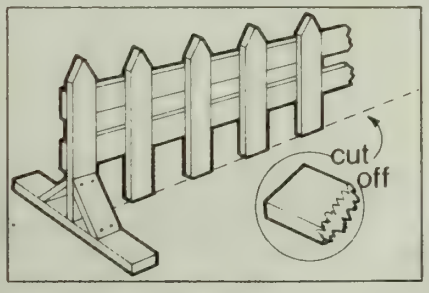
TIPS, TOOLS & TECHNIQUES

This feature is written by you. It's a wide-ranging collection of shop hints, installation tips, and repair shortcuts that you—along with millions like you—have picked up from your experience as a do-it-yourselfer. We pay $25 for each problem solver we publish. See box on page 109 for submission details.

PROBLEM: The wooden slats of your little garden border fence have rotted at the point where they were driven into the ground.

SOLUTION: Save the fence by trimming off the rotted portion, then attaching horizontal crosspieces and angle supports as shown. The fence will be serviceable again, and you'll be able to move it out of the way when you want to mow the lawn.

A.T., Darien, Conn.



PROBLEM: Sometimes you must collapse a stepladder and lean it against the house when painting. This means you can't use the pail shelf, so you have no place to put the can of paint.

SOLUTION: Make a ladder-top hook for the can from a length of ¼-inch milled steel rod. Screw three screw eyes into the top of the ladder to accept the rod. Bend one end of the rod into a U shape to hold the pail handle; drill a hole through the other end

continued

If your water had been RainSoft™ treated,

your skin would be cleaner,
your plumbing would last longer,
your bathtub would clean easier,
your detergent would work better,
your drinking water would be safer,
your water would heat faster,

and, your money would last longer.

HOMEOWNERS: To prove it, we'll test your water and give you this set of 6 Steak Knives FREE!

Use our coupon and a RainSoft representative will arrange to test your home's drinking water. During his visit, he'll give you the Steak Knives. (Offer void where prohibited by law, and is subject to minor rules.)

Name _____

Address _____

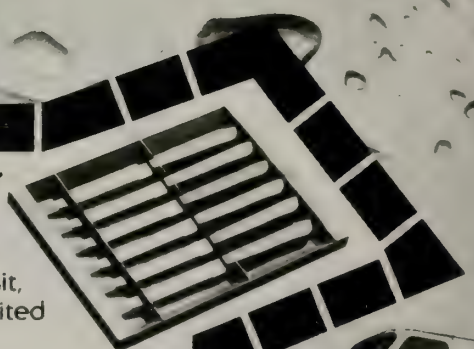
City _____

State _____ Zip _____

Telephone _____

RainSoft®

Water Conditioning Company
1225 E. Greenleaf
Elk Grove Village, Ill. 60007





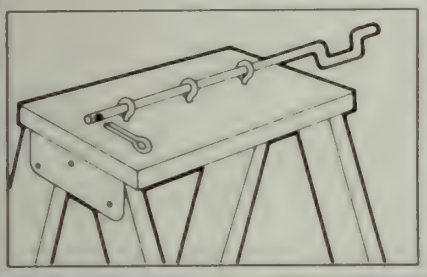
RainSoft
Water Conditioning Co.
1225 East Greenleaf
Elk Grove Village, Ill.
60007

continued

Tips, Tools & Techniques

to accommodate a cotter pin. The pin will keep the rod from slipping out when you move the ladder.

A.S., Phoenix, Ariz.



PROBLEM: You've misplaced the funnel you use to pour windshield-washer fluid into the container under your car's hood.

SOLUTION: Make a simple funnel by cutting a used envelope as shown. Use the funnel once and then throw it away. Homemade funnels also will come in handy for countless kitchen chores.

C.M., Belpre, Ohio



PROBLEM: If you get paint on a windowpane while painting the frame, you can use a single-edge razor blade scraper to remove the dried dribbles. But when you try to lift the dribbles off the glass, you often take paint off the frame along with them.

SOLUTION: Before you scrape, run the blade of your scraper or utility knife along the edge of the pane next to the frame, cutting through the paint. Then when you scrape, you can lift up only the paint that's on the glass.

L.C., Neward, Ohio

PROBLEM: One of your power tools needs a new grounded cord. You'd prefer not to buy wire and a male plug and make a new cord yourself because that can be time-consuming and fairly expensive.

SOLUTION: Save time and money by using a nine-foot grounded extension cord—14/3 gauge—instead of wire and a separate plug. Cut the female end off the cord, bare the wires, and attach the cord to your power tool.

M.G., Birmingham, Mich.

Do you have do-it-yourself suggestions and/or shortcuts to share? Mail them to: Tips, Tools, & Techniques, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336. We will pay $25 for each idea accepted for publication and reserve the right to shorten or otherwise edit all copy. No materials will be acknowledged or returned to the sender, and if your tip is purchased, you give Meredith Corporation the right to use it in any manner and as long as we wish. We do not accept previously published ideas.



MAKE A LOT OUT OF A LITTLE OVEN.

THE GE TOAST-R-OVEN.™

Sure the GE Toast-R-Oven makes great toast. But it bakes and broils too. So you can make everything from meat and potatoes to hot biscuits and casseroles.

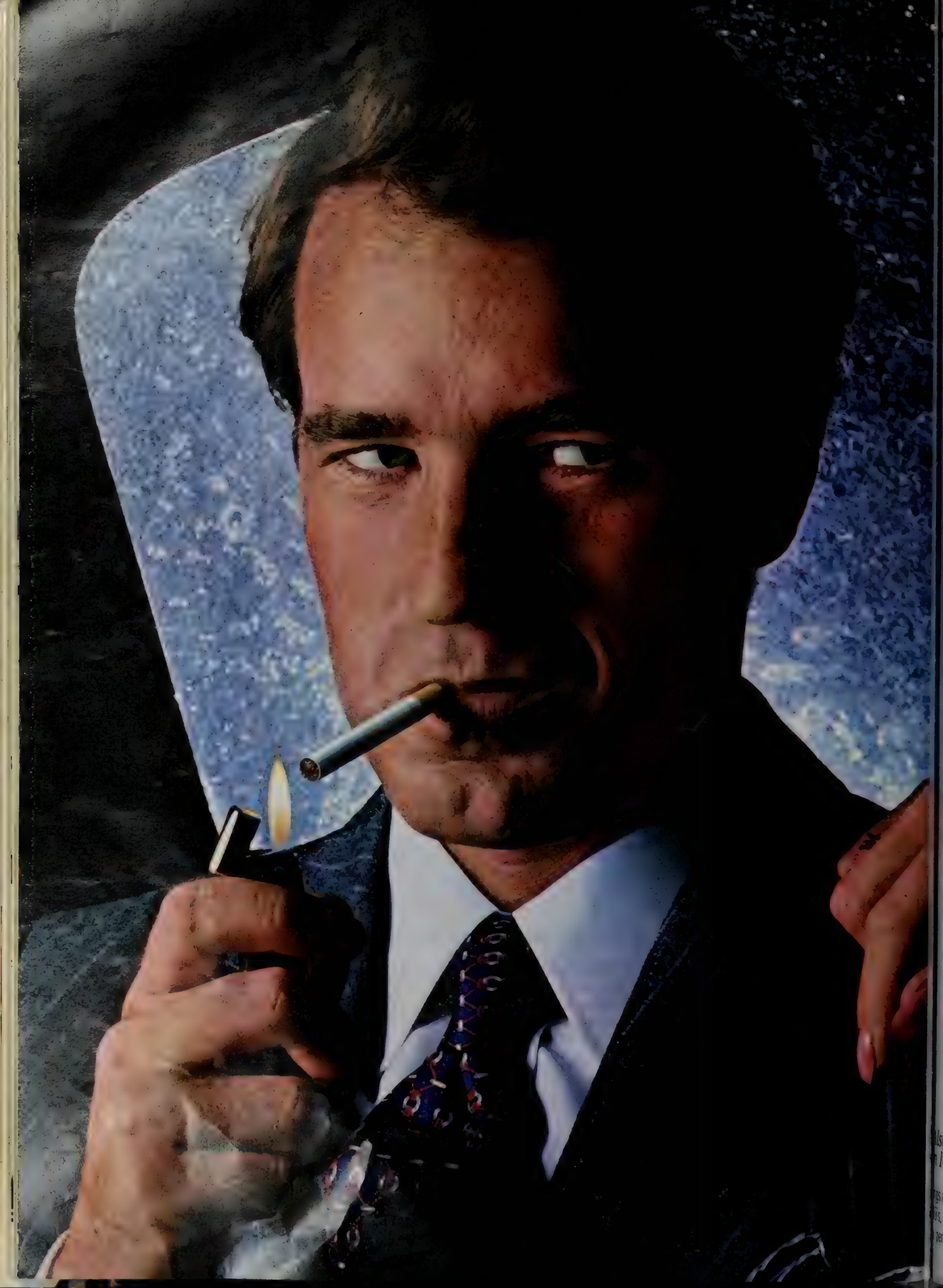
And, it can also help take some of the bite out of your electric bill. Because when this Toast-R-Oven bakes and broils, it uses less electricity than a big oven.



So let the GE Toast-R-Oven™ toaster cater to your cooking needs. It may be a little oven. But it does lots of things a big oven can.

WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC



B&WTCo

The pleasure is back.



BARCLAY

99% tar free.™

lso available
100's and Box

gs and Box, 1 mg. "tar", 0.2 mg. nicotine;
's, 3 mg. "tar", 0.4 mg. nicotine
per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

"Free is a very good price."



Diane Leigh-Davis, Los Angeles:
"In times like these, free really helps."

All it takes is two proofs of purchase from selected Purex products, and you'll get other Purex products free. Not at a discount. Not a few pennies off. But free. And what could be better than free?

That's why we're calling this the Purex Free Clean-Up Festival. And that's what you can look forward to in participating supermarkets soon.

Free Purex® Liquid Bleach. Free Purex® All Fabric Bleach. Free Purex Toss 'N Soft® Fabric Softener. Free Purex Dobie* Pads. Free Brillo® Nylon Scrubbers.

You'll find complete details on the back of specially marked Purex packages, and on the exciting display in your store. It's easy and just the sort of money saving idea you'd expect from Purex.

So look for the Purex Free Clean-Up Festival. It's about time the American homemaker got a break.



© Purex Corp. 1981

*American Can registered trade

A Corridor Kitchen Expansion

"Impossible" was the word the homeowners used to describe their old kitchen —a long narrow corridor with an oppressively low ceiling. Since everyone in the family loves to cook and entertain, something had to give. By opening up the original corridor, the homeowners gave their house a whole new dimension. Now the kitchen is the core of the house, not merely a passageway.







Photographs: Fred Lyon. Architect: Robert H. Stoker AIA. Interior design: Susan Tyson. Field editor: Barbara Cathcart

To expand the width of the kitchen corridor, the homeowners chose to convert a seldom-used patio that opened off the kitchen. The 11x16-foot patio area was ideal for the kitchen expansion because it was already enclosed on three sides by the walls of the house. By enclosing the fourth side of the patio, roofing over the open area, and removing the wall between the original kitchen and the patio area, the homeowners —with the help of an architect—created a new kitchen work center and family dining area, *above* and *top right*.

Recycling the original

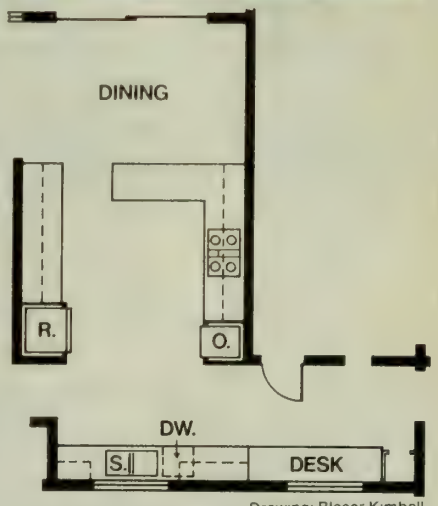
To lower their remodeling expenses, the homeowners kept much of the original kitchen corridor intact. The double sink on the exterior wall was left as is, and many of the cabinets were retained. New butcher block counters line one entire wall of the 19-foot-long corridor section. The new work area of the kitchen also boasts butcher block counters. To gain a desk and planning center, the homeowners removed the cabinets beneath one section of the new corridor counter and added a swivel bar chair (see photo, *bottom right).*

Although the old corridor kitchen had a low ceiling, the adjacent family room (now open to the dining room end of the kitchen) had a lofty ceiling with open rafters. To give the new section of the kitchen a similarly open feeling, the architect raised the roof to match the height of the family-room roof line. Now, sliding glass doors and fixed pane windows at the far end of the room (see photo, *upper right)* supplement the natural light that streams through the new clerestories over the central work area. The original ceiling in the corridor section remains, but the area no longer seems claustrophobic because of the additional light.

Adding lots of storage

The homeowners now have plenty of room to cook simultaneously in the kitchen, plus a wealth of storage space provided by a pleasing mix of open shelving and conventional cabinets. Guests can enjoy the cooking, too—either by lending a hand or by kibitzing from the adjoining dining area.

The division between the dining area and the kitchen proper is visually reinforced by a wide peninsula and a rustic hanging pot rack. The peninsula is frequently used for buffet-style serving, and hastens serving and clearing at mealtimes.



Drawing: Blaser Kimball

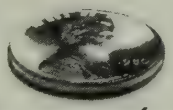
Throughout the addition, old and new are gracefully blended. An antique table and chairs, new hardwood floors, Oriental rugs, pottery, artwork, and a display of favorite cookware all give the room a warm, lived-in look.



Casual elegance. Unmistakably Brown Jordan.®

Nomad®... Foldable. Portable. Versatile. The beauty of an original design in handcrafted aluminum. To be admired... and used. For years.

At leading stores and interior designers. Write for a free brochure, or send $3 for a 72-page catalog and the address of your nearest dealer. Brown Jordan, Dept. BZ111, P.O. Box 5688, El Monte, CA 91734.



Over one hundred

Great

Ceramic Tile Decorating

Ideas

Less than a penny apiece.

Ceramic tile savvy. Get it from American Olean in several beautiful brochures. Each shows how our ceramic tile turns rooms into the kind that get all the ooohs and aaahs. Send $1. Or visit an American Olean Showroom (check the Yellow Pages) and get the brochures f[illegible]

American Olean Tile Company, 2809 Cannon Avenue, Lansdale, PA 19446

I've enclosed $1.00. Please rush your brochures to me.

Name_____

Address_____

City_____

State_____ ZIP_____

American Olean Tile

A National Gypsum Company

Storage with Style

Plentiful kitchen storage space is often hard to come by. This family eased their storage squeeze by including a floor-to-ceiling storage wall, a wine rack, and a hardworking pantry in their complete kitchen remodeling.



Photographs: William N. Hopkins
Design: Jerry Brown, NDS Co.

Don't be fooled by the European look of these cabinets. They're part of a domestic line. The convincingly wood-grained melamine panels are set off with real birchwood rails.



Source: Maxine Schweiker

This capacious pantry would be a welcome addition to any kitchen. Two sets of upper shelves swing out to reveal in-depth storage behind; the shelves are lipped to keep cans and boxes in their places. Below are slide-out drawers that hold bulky staples and more canned goods.

THE FIRST OVEN WITH A SPLIT PERSONALITY.

The engineers at Jenn-Air have yet to discover anything they believe can't be improved upon. Even the concept of an oven.

So instead of designing an oven that cooks just one way (like most other ovens), they decided to design one that cooks two ways.



The result is the Jenn-Air Dual Use Convection Oven.

And it's unlike any oven you've ever seen before. On one hand, it's a normal radiant oven. So you can cook your favorite recipes the way you always have.



But flip its switch and suddenly it transforms into something completely different: a professional style convection oven. An oven that employs hot, circulating air to cook the most tender, juicy meats and roasts you've ever tasted. And it cooks them up to 50% faster than your old oven.

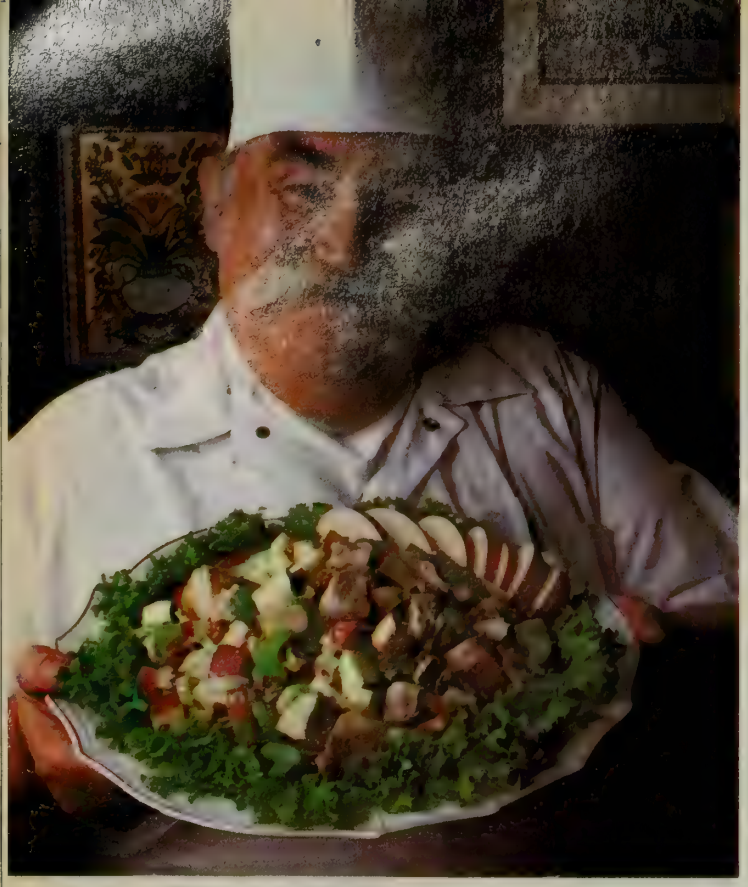


The versatility this combined system affords you in preparing meals is unmatched by any other single oven in the world.

If you'd like more information on the Dual Use Oven, or any of the extraordinary cooking equipment from Jenn-Air, we suggest a visit to your local Jenn-Air dealer. You'll find him listed in the Yellow Pages. Or write to Jenn-Air, 3035 Shadeland Ave., Indianapolis, Ind. 46226.

®JENN-AIR. THE FINEST COOKING SYSTEM EVER CREATED.

1980 Jenn-Air Corporation



"My original recipe for Chicken Salad Waldorf includes Lea & Perrins Worcestershire Sauce. Is there any other?"

—Chef Louis Szathmáry, Owner, The Bakery Restaurant, Chicago, Ill.



"As far as I'm concerned, Lea & Perrins is the original and only worcestershire sauce. I started using it in Europe over 30 years ago—and have used it exclusively since. It adds a special taste to my Chicken Salad Waldorf—and my other recipes, too." Creative chefs all over the world use Lea & Perrins to add a distinctively delicious taste to their original recipes.

Unlike its imitators, Lea & Perrins is naturally aged in wooden casks. It takes over two years to reach peak flavor. And Lea & Perrins' century-old recipe uses only natural ingredients. Try the recipe below or create your own with the Original Worcestershire Sauce—Lea & Perrins.

Make your next dish an original with the Original Worcestershire Sauce—Lea & Perrins.

Chef Szathmáry's Chicken Salad Waldorf

1½ c. mayonnaise
½ tsp. salt
2 tsp. Lea & Perrins Worcestershire Sauce
3½ c. cooked chicken chunks
2 c. diced red delicious apples, or similar
1 c. diced celery
½ c. chopped walnuts

In a large bowl combine mayonnaise, salt and Lea & Perrins. Add chicken, apples, celery and walnuts; mix well. Serve on lettuce garnished with apple slices and celery leaves, if desired. Yield: 6 portions (5 cups).

For more recipes, see our free cookbook offer on the bottle.

Unique Dessert Waffles

Want to serve an exceptional dessert? Try these sour cream chocolate waffles. Top them with the *pièce de résistance*—custard spiked with almond liqueur.



Photograph: Dieter

CHOCOLATE WAFFLES WITH ALMOND-CUSTARD SAUCE

2 slightly beaten eggs
1⅓ cups milk
2 tablespoons sugar
2 tablespoons Amaretto
⅓ cup dairy sour cream
¼ cup chocolate-flavored syrup
2 tablespoons butter *or* margarine, melted
1 beaten egg yolk
⅔ cup all-purpose flour
½ teaspoon baking powder
¼ teaspoon baking soda
1 stiffly beaten egg white
¼ cup ground almonds
¼ cup sliced almonds

Make Almond-Custard Sauce: In a heavy saucepan stir together the 2 beaten eggs, *1 cup* of the milk, the sugar, and a dash *salt*. Cook and stir over medium heat for about 5 minutes or till mixture thickens and coats a metal spoon. Remove from heat. Set saucepan in a larger bowl of ice water. Stir in Amaretto; stir 1 to 2 minutes till mixture is cooled. Set aside while preparing waffle batter.

In a medium bowl stir together the sour cream, the remaining ⅓ cup milk, the chocolate syrup, melted butter or margarine, and egg yolk. In another bowl thoroughly stir together the flour, baking powder, and baking soda; stir into sour cream mixture. Beat till smooth with rotary beater. Gently fold in beaten egg white. Pour batter onto preheated waffle iron; sprinkle ground almonds over batter. Follow manufacturer's instructions for baking waffles. To serve, ladle sauce over each hot waffle; top with sliced almonds. Makes 4 servings.



We know what good cooks need. We've made it our business, at Ekco, for over 90 years. So don't expect us to tell you that cookware performs better because it's sky-high in price, or because it's foreign-made.

Only materials and design determine performance. Grand Prix cooks better because it's a combination of only the finest materials and the newest designs.

It's the only cookware that marries stainless steel to a heavy heat-distributing copper disc—not a thin copper layer. And we bond them together with silver alloy for the most efficient cooking possible.



To keep more of food flavor and nutrients, we perfected a unique 3-position Easy-Vent™ vapor control in each cover. It lets you control the moisture inside for more accurate results—when boiling, simmering or cooking with a minimum of water.

Of course, Grand Prix has all the other quality cookware features you expect. And there are 16 beautifully crafted pieces to accommodate everything from boiling an egg to creating *coq au vin*.

It's a collection that truly gives you "great cooking from the bottom up." Ninety years of experience guarantee it.

A Special Introductory Offer



Introducing GRAND PRIX™ By EKCO®

Great cooking from the bottom up.™

Offer available at participating department and specialty stores while supplies last.

A Trio of Fish Cookers

If the only way you ever fix fish is to fry it, you're missing out on a whole feast of flavors. Fish is one of the tastiest and least fattening foods around—so take advantage of it. Instead of masking those delicate flavors with thick breading and a blanket of tartar sauce, experiment with poaching, baking, and barbecuing a variety of fish. These utensils will help you along.

▶ **Fish poacher.** This French fish poacher can be found in most gourmet shops. The poacher shown here is 20 inches long—big enough for most fish. For poaching whole salmon, however, you may need a poacher that's up to 30 inches long. Poachers should be made of tin or stainless steel; aluminum types may discolor the fish stock.

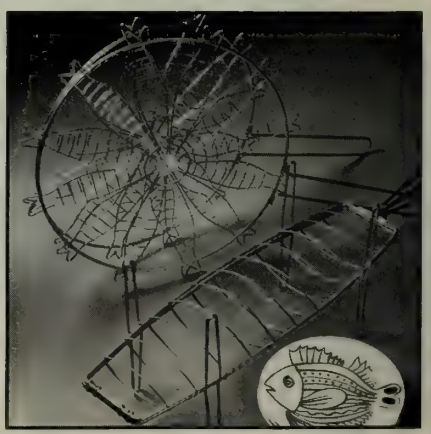
Set the poacher over two stove elements and simmer the fish gently in court bouillon—a combination of water, lemon juice or wine, vegetables, herbs, and spices. The perforated rack holds the fish above the bottom of the poacher and allows you to remove the cooked fish in one piece. Poaching works well for all fish except very oily types, such as mackerel and tuna.





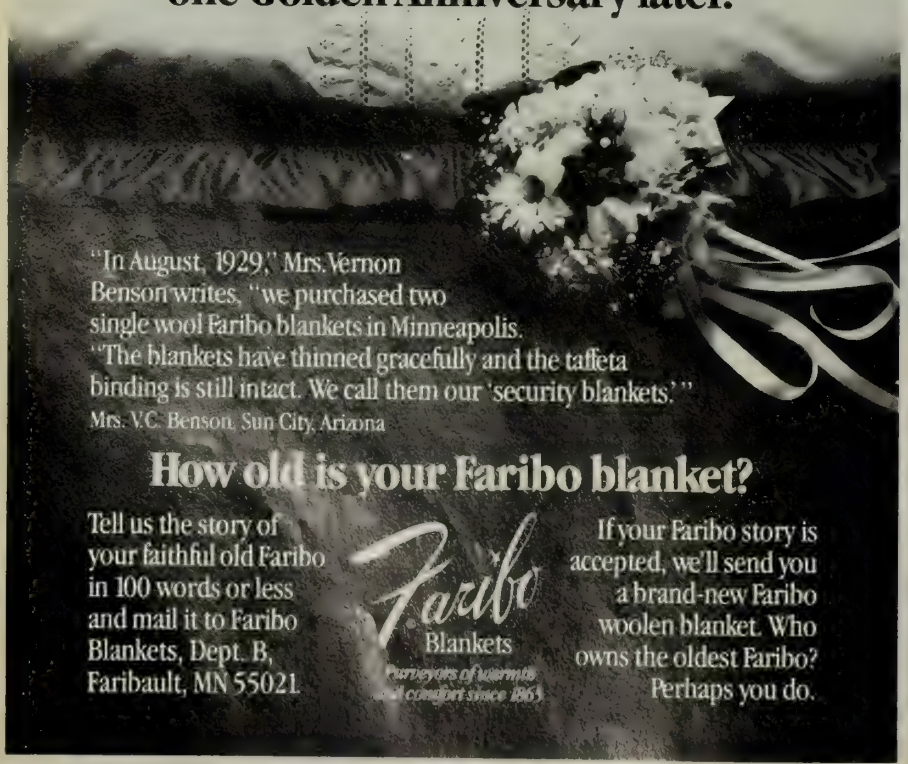
Photographs: Mike Dieter

▲ **Clay cooker.** For a real treat, cover a whole fish with assorted vegetables and bake it in this fanciful dish. It has a glazed interior, but other cookers are available unglazed. Before using the unglazed type of cooker, soak it in water; the wet clay will steam the fish and seal in delicate flavors.



▲ **Barbecue grills.** Barbecuing fish—small or large—is simple when you use either of these barbecue grills. They hold the fish firmly in place, prevent them from curling while cooking, and let you turn the fragile fish with a twist of the wrist.

The Benson's 'new' Faribo wool blankets are still in use. One Great Depression, one World War and one Golden Anniversary later.



"In August, 1929," Mrs. Vernon Benson writes, "we purchased two single wool Faribo blankets in Minneapolis. "The blankets have thinned gracefully and the taffeta binding is still intact. We call them our 'security blankets.'"
Mrs. V.C. Benson, Sun City, Arizona

How old is your Faribo blanket?

Tell us the story of your faithful old Faribo in 100 words or less and mail it to Faribo Blankets, Dept. B, Faribault, MN 55021.

Faribo Blankets
purveyors of warmth & comfort since 1865

If your Faribo story is accepted, we'll send you a brand-new Faribo woolen blanket. Who owns the oldest Faribo? Perhaps you do.

How smart is the new GE 2500 Dishwasher? Just ask it.

The new 2500 Dishwasher from General Electric has solid-state electronics so advanced you have almost unlimited control over cleaning levels and energy use. If you want to know what the GE 2500 Dishwasher can do for you, just ask it.

Ask it to get all kinds of dishes sparkling clean. From delicate crystal to pots and pans with baked-on food—just tell the dishwasher what you're washing. It automatically selects a soil level and gets your dishes sparkling clean.

Ask it how much energy a particular washing cycle uses. Our exclusive Total Energy Monitor shows relative energy used for the soil and drying options selected with each of our 4 wash cycles: Potscrubber, Normal Wash, Short Wash or China/Crystal.

You can even save energy by cancelling the drying cycle and letting your dishes dry naturally overnight.



Ask it to tell you what it's doing. GE electronics make this dishwasher smart enough to tell you if certain things have gone wrong (like a household power failure or a plugged drain) and if you can fix it yourself. That can save on unnecessary service calls.

This dishwasher also shows you how many minutes to the end of the washing cycle. You'll always know when your dishes will be clean.

Ask your dealer about our PermaTuf® tub's full 10-year warranty. Our exclusive PermaTuf tub is warranted against cracking, peeling, rusting or leaking for 10 years, in normal use.

Is the 2500 Dishwasher from General Electric smart enough to help change the way you do dishes?

Just ask it.

For your nearest GE Dishwasher dealer, call toll free **(800) 447-2882.** In Illinois only, call **(800) 322-4400.**

We bring good things to life.

GENERAL ELECTRIC



A Duo of Children's Lofts

As years go by, a child's bedroom can become overcrowded with the growing youngster's possessions. Fortunately, by building a loft and raising the bed off the floor, you can create abundant sleeping and storage space in even the smallest room. Here are two units you can adapt to your child's needs.

When this young fellow, *right,* first saw the rooms reserved for him and his sister in the house his parents wanted to buy, he was disappointed. His room, measuring only 10x12 feet, was by far the smaller of the two, and its seven-foot ceiling made it seem cramped from any viewpoint. Now, though, this 12-year-old wouldn't consider trading rooms with his sister.

To give the room more height, the homeowners tore out its original ceiling and finished off the exposed part of the attic. This provided vertical space for a sleeping loft and a second platform above it, which is handy for overnight guests. New windows let hot air out and sunlight in.



Photograph: Ernest Braun. Designer: Kathy Addiego
Field editor: Helen Heitkamp

The loft is supported by 4x4-inch posts at either end. At the left the posts also support a sturdy shelving unit. The desk underneath measures 22x28 inches.

A much simpler—but just as useful and enjoyable—loft is shown *below.* Tucked into a corner of the room and anchored securely to the walls, this 4x7-foot loft needs only one 4x4 leg.



Photograph: Maris/Semel. Architect: Frank Puckett
Contractor: J. Don Maulding
Field editor: Ruth L. Reiter

From this angle the ladder appears unusable, but that's because you can't see the 21x33-inch hole above it in the floor of the loft. Under the loft is a paper-roll drawing surface that the homeowners designed, and a store-bought chest of drawers.



NEVER UNDERESTIMATE THE CLEANING POWER OF A 95 YEAR OLD CHICK WITH A FRENCH NAME.



The most famous chick in America. Bon Ami.

You see it on every can, with the slogan – "Hasn't scratched yet." That's been our story for 95 years.

It's the reason why people who own good things wouldn't dare clean them with anything but Bon Ami.

Bon Ami is tough. Not rough.

Harsh cleansers scratch stains away.

Bon Ami polishes them clean. That's why it keeps new things looking new.

Tender loving care for people who care. About their sinks & tubs. Their appliances. Their stoves & ovens. Their cookware.

No wonder companies like Corning® recommend Bon Ami.

Isn't it about time you got the most famous chick in America to do your cleaning?

"HASN'T SCRATCHED YET."®

Bon Ami Company, Kansas City, MO 64101

Petite Pastries

Next time you want to serve a show-off dessert, present a platter of petite pastries. These dainty desserts are just as enticing as any you'd find in a European bakery. What's more, they're easy!



CHOCOLATE-STRAWBERRY PUFFS

½ of a 17¼-ounce package frozen puff pastry (1 sheet)
⅓ cup strawberry jelly

• • •

1 cup whipping cream
3 tablespoons granulated sugar
¼ cup unsweetened cocoa powder
2 tablespoons butter *or* margarine
⅔ cup sifted powdered sugar
½ teaspoon vanilla
Sliced strawberries (optional)

Thaw pastry according to package directions. Unroll thawed pastry and cut into twenty-eight 2½x1¼-inch rectangles. Transfer to ungreased baking sheet. Bake in 350° oven for 18 to 20 minutes. Cool completely on wire rack. Split each rectangle in half horizontally. In small saucepan heat jelly just enough to soften; *do not melt.* Spoon jelly over bottom halves of pastry rectangles. Set aside. In small mixer bowl combine whipping cream, granulated sugar, and *half* of the unsweetened cocoa powder. Beat till soft peaks form (tips curl over). Cover and chill. In saucepan melt the butter or margarine; remove from heat. Stir in powdered sugar and the remaining cocoa powder. Add the vanilla and enough *hot* water (about 1 tablespoon) to make of glazing consistency. Drizzle chocolate glaze over jelly on pastry. Replace tops of pastry rectangles. Pipe or dollop chocolate whipped cream on top of pastries. Garnish with sliced strawberries, if desired. Chill till serving time. Makes 14.



TROPICAL ROLL-UPS

Coconut, raisins, walnuts, and pineapple preserves are rolled up in a cream cheese crust—

6 tablespoons butter *or* margarine, softened
1 3-ounce package cream cheese, softened
¾ cup all-purpose flour
1 tablespoon milk
Dash salt
⅔ cup flaked coconut
⅔ cup raisins
⅔ cup chopped walnuts
2 tablespoons granulated sugar
1 tablespoon ground cinnamon
½ cup pineapple preserves
Powdered sugar

In small mixer bowl beat together the softened butter or margarine and the softened cream cheese. Stir in the flour, milk, and salt. Cover and chill several hours or overnight.

In medium bowl combine coconut, raisins, walnuts, granulated sugar, and cinnamon. On lightly floured surface roll out *half* of the dough to a 12x9-inch rectangle. Spread *¼ cup* of the preserves over the dough; sprinkle with *half* of the coconut mixture. Roll up, jelly-roll style, starting from the long side; seal edges well. Cut roll diagonally into 1-inch pieces. Repeat with remaining pastry, preserves, and coconut mixture. Place pastries on an ungreased cookie sheet. Bake in 375° oven about 20 minutes or till lightly browned. Cool on wire rack; sift powdered sugar over. Makes 24.



Photographs: Mike Dieter

APRICOT TARTLETS

If you don't have small tart pans, bake these pastries in regular muffin pans—

¾ cup snipped dried apricots
½ cup packed brown sugar
½ cup finely chopped toasted almonds
2 tablespoons orange liqueur
1 cup all-purpose flour
¼ cup packed brown sugar
⅛ teaspoon salt
½ cup butter *or* margarine
1 to 2 tablespoons water

In small saucepan combine apricots and ¾ cup *water.* Bring to boiling. Reduce heat and simmer, covered, for 10 minutes. Add the ½ cup brown sugar and continue cooking, uncovered, for 5 to 10 minutes more or till thickened. Remove from heat; stir in chopped almonds and liqueur. Cool to lukewarm.

Meanwhile, in medium bowl stir together the flour, the ¼ cup sugar, and the salt. Cut in butter or margarine till mixture resembles coarse crumbs. Sprinkle and stir in enough of the remaining water, a teaspoon at a time, over the crumb mixture till dough forms a ball. Divide dough into 20 balls. Place balls in 2½-inch tart pans or muffin pans. Press balls of dough over bottom and ½ inch up sides to form shells. Spoon about 1 tablespoon of the apricot mixture into each shell. Bake in a 350° oven for 15 to 18 minutes or till tart shells are browned and filling is bubbly. Let stand for 5 minutes. Remove from pans; cool on wire rack. Makes 20.

FOR HEALTHY EATING AND NATURAL LIGHTNESS, USE THE ONLY LEADING BRAND MADE FROM CORN.

THE SOURCE IS WHOLESOME CORN.
Mazola® Corn Oil is made purely from golden American corn, so Mazola is low in saturated fats and has no cholesterol, whatsoever.

NO LEADING OIL TASTES LIGHTER.
So all the natural tastes of fresh foods come through. That's why Mazola is a natural with fresh vegetables and today's lighter eating.



MAZOLA® 100% PURE CORN OIL.

© 1981 Best Foods, CPC International Inc.

When you buy SilverStone®,
buy Slatecote™ bakeware to match...



PREMIUM QUALITY BAKEWARE WITH A NEW NON-STICK FINISH FROM DU PONT

You can feel the quality of Slate•cote, heavy, even-heating aluminum with an ultra-smooth, long-lasting non-stick finish with the elegant look of burnished pewter...a joy to use and keep clean for years of old-fashion home baking satisfaction.

TEFLON II

Enterprise also makes a complete line of quality non-stick cookware coated with improved DuPont Teflon®

Enterprise
A Lancaster Colony Company

"In the past 15 years, we've had 4 lawnmowers, 29 garden hoses and one refrigerator. A Frigidaire."



FRIGIDAIRE
HERE TODAY, HERE TOMORROW.

Frigidaire One of the White Consolidated Industries

Homemade crème Fraîche

Although crème fraîche literally means "fresh cream," the name refers to heavy cream that has been allowed to thicken. Spoon it over fruits or desserts, or try this soup.



Photograph: Dieter

CRÈME FRAÎCHE

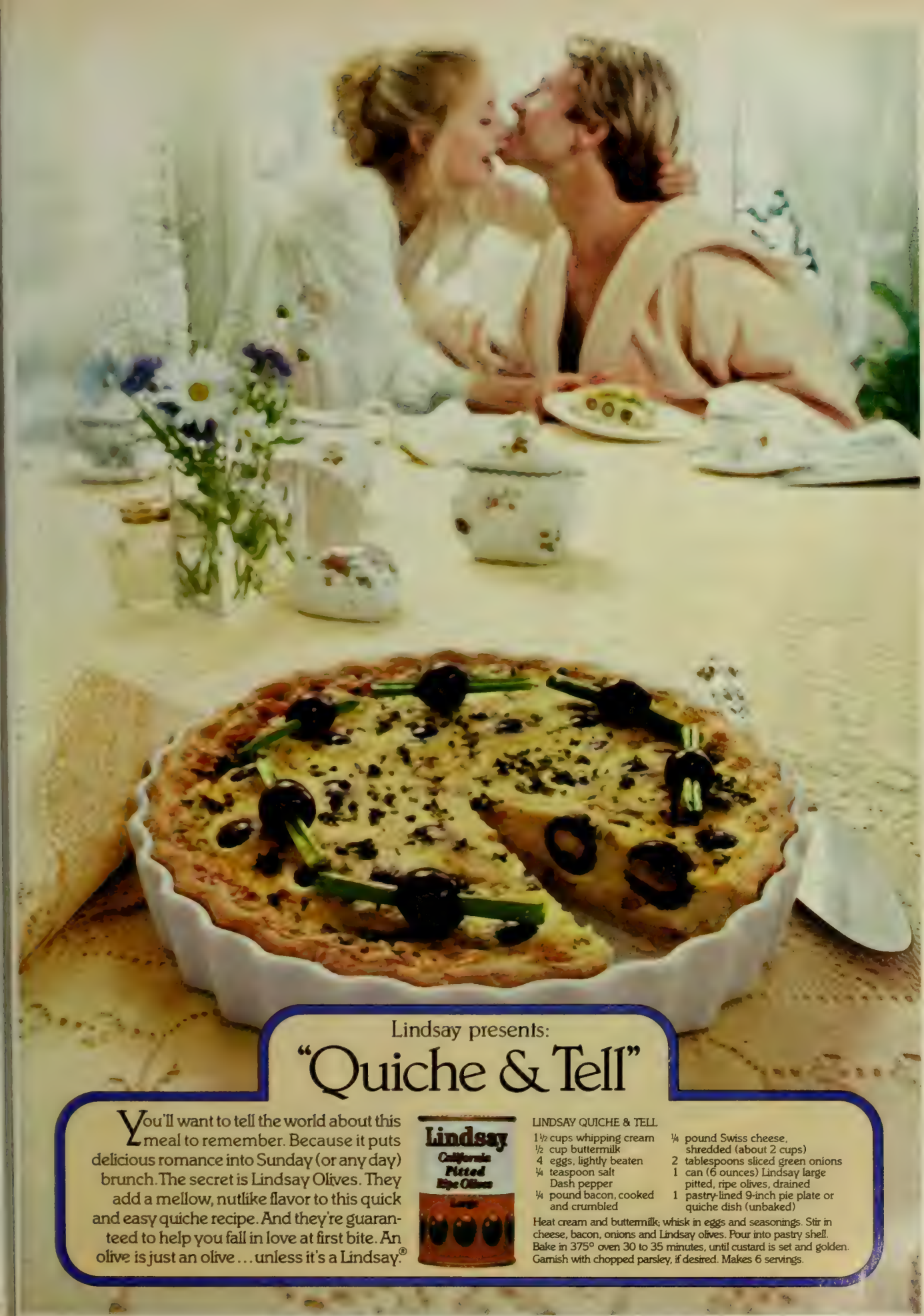
In blender container or food processor combine ½ cup *whipping cream* and 3 tablespoons *dairy sour cream.* Cover; process 20 to 30 seconds on low. Turn into small bowl. Let stand, covered, at room temperature several hours or overnight till thickened; stir once or twice. Store in refrigerator.

To replenish supply remove 3 tablespoons Crème Fraîche. Process with ½ cup whipping cream and let mixture ripen as directed above.

ONION-POTATO SOUP

2 tablespoons butter *or* margarine
2 medium onions, sliced (1 cup)
2 cups peeled and diced potatoes
½ teaspoon instant beef bouillon granules
½ cup milk
½ cup Crème Fraîche

Melt butter or margarine. Add onions; cook, covered, over medium-low heat 10 minutes. Add potatoes, 1 cup *water,* 1 teaspoon *salt,* and bouillon. Simmer, covered, 20 minutes. Pour *half* the mixture into blender container or food processor; cover and process till smooth. Return to soup in pan. Stir in milk and Crème Fraîche; heat through *but do not boil.* Top with *parsley.* Serve hot or cold. Serves 4.



Lindsay presents:

"Quiche & Tell"

You'll want to tell the world about this meal to remember. Because it puts delicious romance into Sunday (or any day) brunch. The secret is Lindsay Olives. They add a mellow, nutlike flavor to this quick and easy quiche recipe. And they're guaranteed to help you fall in love at first bite. An olive is just an olive . . . unless it's a Lindsay.®

LINDSAY QUICHE & TELL

- 1½ cups whipping cream
- ½ cup buttermilk
- 4 eggs, lightly beaten
- ¼ teaspoon salt
- Dash pepper
- ¼ pound bacon, cooked and crumbled
- ¼ pound Swiss cheese, shredded (about 2 cups)
- 2 tablespoons sliced green onions
- 1 can (6 ounces) Lindsay large pitted, ripe olives, drained
- 1 pastry-lined 9-inch pie plate or quiche dish (unbaked)

Heat cream and buttermilk; whisk in eggs and seasonings. Stir in cheese, bacon, onions and Lindsay olives. Pour into pastry shell. Bake in 375° oven 30 to 35 minutes, until custard is set and golden. Garnish with chopped parsley, if desired. Makes 6 servings.

SPECIAL DIETS

Pizzas for Diabetic Diets

Go ahead and help yourself to our guilt-free pizzas! We've adapted the recipes and calculated the food exchanges per serving to make these pizzas accord with your diet.

SPICY ITALIAN PIZZA

- **1 13¾-ounce package hot roll mix**
- **1 6-ounce can tomato paste**
- **1 teaspoon dried basil, crushed**
- **1 teaspoon dried oregano, crushed**
- **½ teaspoon garlic salt**
- **⅛ teaspoon crushed dried hot red pepper**
- **2 3½-ounce packages sliced pepperoni**
- **2 cups sliced fresh mushrooms**
- **1 cup chopped onion**
- **2 cups shredded mozzarella cheese**



Photograph: Dieter

Prepare roll mix according to package directions *except* use *1 cup warm water* (110°) and *omit the egg. Do not let rise.* Divide dough in half; let rest 5 minutes. Place each half of dough on a greased 12-inch pizza pan. Pat out evenly by hand; crimp edges high. Bake in 425° oven 8 minutes. Combine tomato paste, *⅓ cup water,* basil, oregano, the garlic salt, and hot pepper. Spread sauce atop each pizza. Top with remaining ingredients. Bake in 425° oven 18 minutes. Serves 8. (Count each serving as 1 Vegetable Exchange, 2½ Bread Exchanges, 2 Low-Fat Meat Exchanges, and 2 Fat Exchanges; or 400 calories.)

MINI REUBEN PIZZAS

- **1 tube refrigerated biscuits (10 biscuits)**
- **¼ cup tomato paste**
- **1 teaspoon dried oregano, crushed**
- **1 8-ounce can sauerkraut, rinsed and drained**
- **½ teaspoon caraway seed**
- **1 7-ounce can corned beef, shredded**
- **1½ cups shredded process Swiss cheese**

On floured surface roll biscuits to a 4-inch circle; place on greased baking sheet. Crimp edges high. Spread each with about 1 teaspoon paste; sprinkle with oregano. Combine sauerkraut and caraway; spoon atop. Top with corned beef and cheese. Bake in 425° oven for 10 minutes. Serves 5. (Count each serving as 1 Vegetable Exchange, 1½ Bread Exchanges, 2½ Low-Fat Meat Exchanges, and 2 Fat Exchanges; or 358 calories.)

THE NORELCO MICROWAVE OVEN

We took the buttons off. We kept the features on.



Norelco takes the mystery out of [illegible] cooking. With a micro[illegible] complicated buttons. Just [illegible].

Temperature Control [illegible] temperature, instead of time [illegible] food hot until you're ready to enjoy [illegible] Control gives you a choice of [illegible] from "Warm" to "Full Power." The Digital Timer helps you set cooking time with accuracy and ease.

The Norelco Microwave Oven also features an exclusive "Hands Full" door release.

So get the oven designed simply for you. The Norelco Microwave Oven. It has everything you need. Except the buttons and confusion.

FREE MICROWAVE OVEN QUESTIONS & ANSWERS BOOKLET

36-page Booklet of Answers to the questions asked most often about microwave oven cooking. Yours FREE—simply by sending a stamped, self-addressed, business-size envelope to:

Norelco Question & Answer Booklet
P.O. Box 456
Mount Vernon, N.Y. 10551

© 1981 North American Philips Corporation, High Ridge Park, Stamford CT 06904



LENOX CHINA & CRYSTAL

SEND FOR OUR FREE COLOR BROCHURE LENOX, INC DEPT. 2, LAWRENCEVILLE, N.J. 08648.

UPDATE

CANADA'S NEW THEME PARK

For an outstanding big city/theme park vacation combination, consider Toronto and Canada's Wonderland, just 18 miles north of Toronto in the Town of Vaughan. This new $115 million theme park in the Disney tradition is due to open May 23. The park will feature five themed areas, and one that's sure to delight children is the Happyland of Hanna-Barbera. It's dedicated to popular cartoon characters including Yogi Bear, Fred Flintstone, and Scooby-Doo. Admission is $12 for adults, $11 for kids and senior citizens.

Contact Public Relations, Canada's Wonderland, 7725 Jane Street, Concord, Ontario, Canada L4K 1B6. For details about Toronto, write the Convention & Tourist Bureau of Metropolitan Toronto, Eaton Centre, Box 510, 220 Yonge Street, Toronto, Ontario, Canada M5B 2H1.

MINI VACATIONS OVERSEAS

If you can fit a brief vacation overseas into your travel plans, consider these tempting possibilities.

Icelandair offers stopovers of up to three days in Iceland's capital city, Reykjavik, if you're flying that airline to one of the Scandinavian countries, Luxembourg, or the British Isles. These packages are priced at $30 per person for one day, $55 for two days, and $70 for three days through April 30 (costs increase about 40 percent after that). Included in the deal are hotel rooms, airport and hotel transfers, continental breakfast daily, a buffet lunch, and a tour of the city. For enjoying the rest of Iceland, including its outstanding scenery, a wide range of short tours will be available beginning in May.

Or you can choose a six-night Adventure Package to Reykjavik, with round-trip air fare from New York, transfers, accommodations, breakfasts, and one lunch. Substantial discounts on optional bus tours and car [illegible] part of this deal, too. The week-long package runs from $489 per person through April 25, with the price increasing to $724 after that. For more about these vacation packages, contact the Icelandic National Tourist Office, 75 Rockefeller Plaza, New York, NY 10020 or Icelandair (call 800/555-1212 for the toll-free number in your area).

Another overseas option is a five-day/four-night deluxe stay in Helsinki, Finland, for $549 per person (that price increases to $696 after May 15). The package includes round-trip air fare from New York, lodgings, daily breakfasts, and a sight-seeing tour. Contact Finnair Tour Desk, 10 East 40th Street, New York, NY 10016.

SUMMER ADVENTURE TRIPS

Are your youngsters game for a more adventurous experience than summer camp? Or is the whole family looking for an unusual vacation you can enjoy together? Check into the travel programs sponsored by American Youth Hostels. All trips are action-oriented—biking, hiking, mountaineering, wilderness living, etc. For a free brochure, write *Highroad to Adventure,* American Youth Hostels Travel Department, Delaplane, VA 22025, or call 800/336-6019 toll free.

AIRLINE OPTIONS

- If you have the misfortune of getting bumped from a flight, you'll probably have a couple of options. Of course, the airline must provide you with a seat on the next available flight to your ticketed destination. But now most airlines additionally offer you a choice of either a voucher to apply toward the future purchase of an airline ticket or cash compensation for the delay in your travel plans.

Whether the cash or the flight voucher is the better option depends on the deal you're offered and your future travel plans. Usually, though, the voucher for a plane ticket is worth more than the dollars are. Policies vary among airlines, so make sure you understand the terms of the voucher: Is there a time limit on using it? Can you exchange it for a cash refund later on? Is it transferable to another traveler or toward the purchase of a plane ticket from another airline?

- If the possibility of a delay doesn't bother you, and a chance to save money sounds appealing, a "conditional" reservation could be a good option. These reservations are offered on some flights of Eastern and a few other airlines when space is supposedly sold out.

Three things can happen with a conditional reservation: (1) If some ticketed passenger doesn't show up, you'll get a seat and pay the regular fare. (2) If the economy section of the plane is full but first class isn't, you'll go first class but pay only for economy. (3) If there isn't a seat, you'll be assured one on the next available flight to your destination—for free.

- When your air travel plans call for making a variety of different stops, unlimited mileage fares can be money-savers. For a flat rate, you can travel seven to 21 days to essentially as many places as you like on either Eastern's or Delta's domestic routes. This ticket usually costs less than separately bought tickets for different legs of an extended trip. For example, two adults traveling together on Delta or Eastern can visit such places as New York, Washington, Miami, and several Caribbean islands for $546 to $567 per person. Of course, there are restrictions you'll want to check out before you buy. For example, a traveler can stop only once at any location and is restricted to traveling on certain days. Ticket prices may vary somewhat with the seasons.

continued

ANSWERS TO YOUR TRAVEL QUESTIONS

Increasing air fares, gas prices, and high costs in general are making smart travel planning more important than ever. To help take the hassle out of your vacationing, we'll answer your travel questions in a new travel answers section scheduled to appear in upcoming issues. Send your questions to *Travel Answers, Features Department, Better Homes and Gardens, 1716 Locust Street, Des Moines, IA 50336.*

The Roly Poly People

Once used as tobacco containers, this collection of authentic reproductions is now available
led with 1½ pounds of the finest, colossal "California Pistachios".
Originally the Roly Poly tins consisted of six different characters made to contain four
parate brands of tobacco such as "Dixie Queen" and "Mayo" brands. For many years their
aker was unknown. However, the patent files indicate that the Roly Polys were made around
12 by the Tin Decorating Company (Tindeco) of Baltimore, Maryland for the American
bacco Company, which controlled Tindeco as well as the four brands of tobacco for which
e Roly Polys were made. Today, the few existing originals of these round tobacco tins are
uch sought after by collectors.
Now, for a limited time only, these reproductions are being offered by Fresno Trading Com-
ny packed full of the new variety of pistachio nuts grown in the rich farmlands of California's San Joaquin Valley. No coloring is added! Harvested from local groves, the natural ivory-beige "California Pistachios" are lightly salted, dry-roasted and packed fresh to create that perfect gift for yourself or for friends. The advance order deadline for your subscription is May 31, 1981. The price of each tin described in this offer is guaranteed for the entire collection if your subscription is received by this deadline.



Fresno Trading Co.
"Callfornia Pistachios
Delivered to Your Door"



Win a free move from the same people who moved the Treasures of King Tut.

If you're planning to move to another state, you can automatically win dollars off your move from northAmerican Van Lines, rated best of the top six moving companies according to the latest Interstate Commerce Commission reports.

Better yet, you might be one of the lucky ten who wins a free move—packing included.

There are hundreds of thousands of money-saving prizes in the "Treasures of Your World Savingstakes." And everybody who moves with northAmerican during the Savingstakes is a winner.

There's no purchase required. All you have to do is call your northAmerican Van Lines agent now for a free coupon. He's listed in the *Yellow Pages*. Or, send a self-addressed, stamped envelope to "Savingstakes," Box 9580, Blair, Nebraska 68009, for a free coupon, rules and offer details. Promotion ends May 15, 1981. Subject to I.C.C. approval.



northAmerican VAN LINES

I.C.C. No. MC [illegible] North American Van Lines, Inc.

continued

Travel update

HELP FOR STUDENTS TRAVELING ABROAD

Do you know a young person who's planning to go abroad? The Council on International Educational Exchange (CIEE) can help him or her track down travel options and save on expenses. This nonprofit group arranges discounted transatlantic flights and is the only U.S. organization that issues the International Student Identity Card. With the $6 card, students are eligible for discounts on transportation, lodgings, and sight-seeing abroad. The $6 fee also includes an accident-and-illness insurance package for travel outside the continental U.S. (coverage lasts as long as the card is valid). Students who want to get a job overseas can get in on CIEE's Work Abroad program, which helps eliminate red tape for students seeking job permits in Great Britain, Ireland, France, and New Zealand.

For the 1981 *Student Travel Catalog*, which lists CIEE services, send 50 cents to CIEE, Department STC 81, 205 East 42nd Street, New York, NY 10017, or to 312 Sutter Street, San Francisco, CA 94108.

CLOSE-TO-HOME BED-AND-BREAKFAST LODGINGS

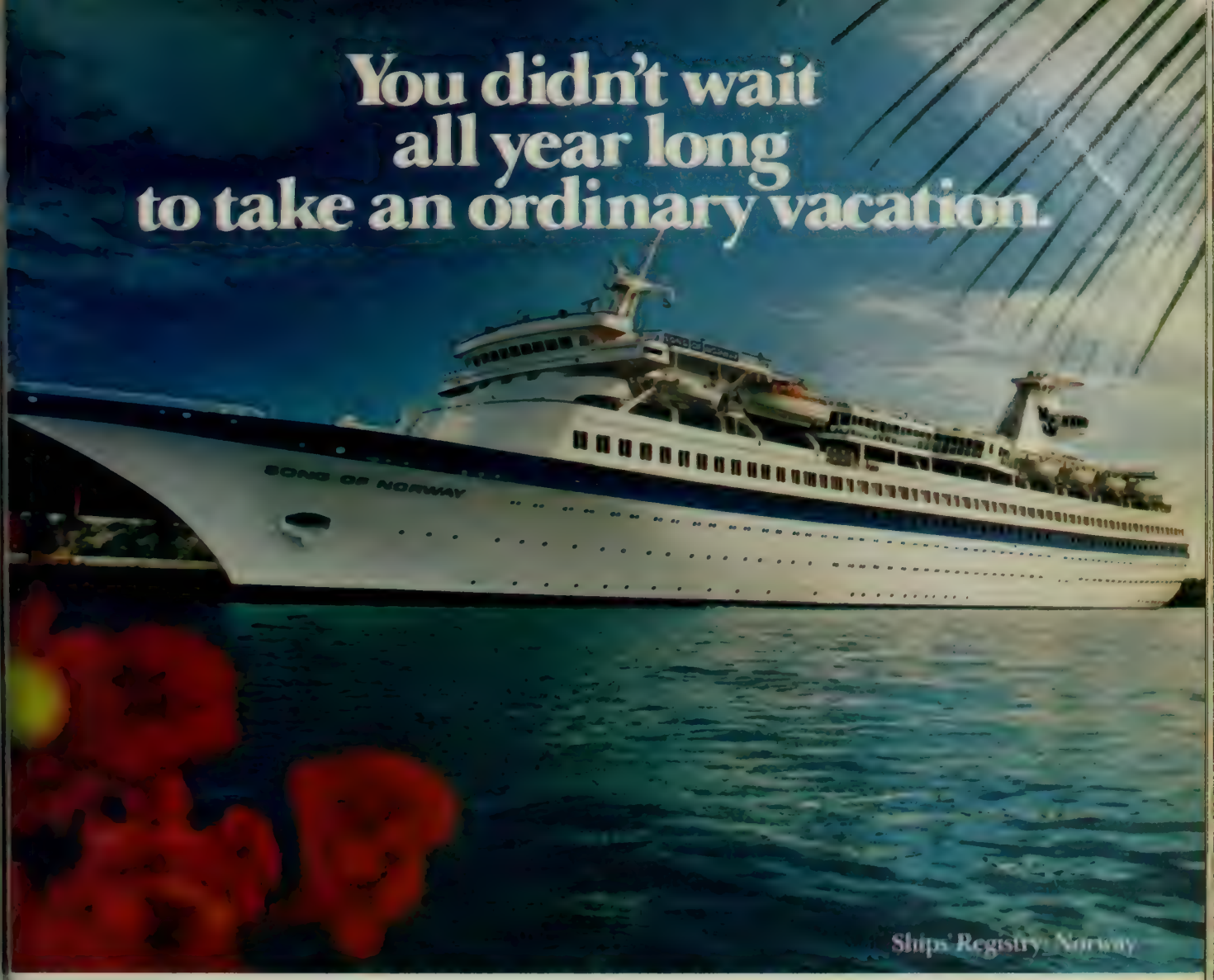
For years, bed-and-breakfast lodgings (B & Bs) have been popular and economical alternatives to staying in hotels when traveling in England. Now a number of groups are organizing B & Bs in the U.S. and Canada as well.

For a fee—often half what you'd pay at a commercial hostelry—you can spend the night in a comfy room in a private home and enjoy a continental breakfast. Occasionally, the B & B deal includes extra benefits, such as a tour of the area or additional meals. (There may or may not be an extra charge.) Be sure you know exactly what you're getting and what restrictions apply: Do you have to stay a minimum number of nights? Are children allowed?

For more information, you can write to any of the following B & B groups (some of them charge membership fees in addition to their nightly rates):

continued

You didn't wait all year long to take an ordinary vacation.



Minutes after you're aboard, you'll realize that a Royal Caribbean cruise vacation is anything but ordinary.

Sail away for 7 or 14 days aboard Song of Norway, Nordic Prince or Sun Viking. All three of our modern ships are unique. Each is designed expressly for Caribbean cruising. From the Viking Crown Lounge ten stories above the sea. To wide expanses of sun decks and spacious, colorful lounges and dining rooms.

We know what it takes to give you a great vacation. We know the Caribbean and what it takes to make your cruise vacation truly special. From the food, entertainment, activities and parties. To the attentive service provided by our carefully selected international hotel staff.

Vacationing with Royal Caribbean means choosing from four enticing itineraries. No one else sailing from Miami gives you a wider choice of Caribbean ports. From Jamaica to Caracas. From Cozumel to Barbados. Nobody covers the Caribbean like Royal Caribbean.

We have more than 125 cruises a year. Leaving every Saturday and Sunday year-round from the Port of Miami.

Air/Sea packages are available from most major cities and include round-trip airfare to Miami, ground transportation from the airport to the ship, baggage transfers and port taxes, so you'll know just what your vacation will cost before you leave home.

Talk to Your Travel Professional. Travel Agents who plan great vacations are our best references. Ask for Royal Caribbean's brochures. You'll see why so many people make a Royal Caribbean cruise their number one vacation choice.

ROYAL CARIBBEAN
Song of Norway · Nordic Prince · Sun Viking
7 and 14-day cruise vacations

All accommodations subject to prior sale.



As cooling costs go up, so will more Sunbrella® awnings.

That's because Sunbrella canvas fabric awnings can stop up to 77% of the sun's direct heat.* Which means people who install Sunbrella fabric awnings can enjoy lower air conditioning costs and cooler homes. And the way energy costs have been rising, that's good reason for everybody to install Sunbrella awnings. For information on styles and colors, look up your dealer in the Yellow Pages under Awnings & Canopies. For a brochure, send 50¢ to Sunbrella, Glen Raven Mills, Inc., Glen Raven, N.C. 27215.

Based on tests conducted by the National Bureau of Standards, U S Commerce Dept ® Registered trademark Glen Raven Mills, Inc

continued

Travel update

- The Bed and Breakfast League, 20 Nassau Street, Princeton, NJ 08540. Has hosts in 15 major metro areas.
- Bed & Breakfast International, 151 Ardmore Road, Kensington, CA 94707. Has hosts mostly in San Francisco and Los Angeles, as well as other West Coast locations.
- Northwest Bed and Breakfast, 7707 S.W. Locust, Tigard, OR 97223. Has hosts in California, Oregon, Washington, and British Columbia.
- Bed & Breakfast Hawaii, Box 449, Kapaa, Hawaii 96746. Has hosts on the islands of Oahu, Maui, Kauai, Molokai, and Hawaii.
- *Bed & Breakfast* rectory listing 2,000 hosts ry (available in bookst
- *Country Bed & Br Canada.* A director Canada's major cities (eller Press, Stockbridge, $7.95, plus $1.50 handling).
- *Toronto Bed & Breakfast* booklet of bed and breakfast lodgings in the Toronto area (Box 86, Station T, Toronto, Ontario, Canada M6B 3Z9; $1 handling).

CRUISE NEWS

- In recent years, traveling among the Hawaiian Islands meant hopping aboard a plane. But with the launching of the *Oceanic Independence*, interisland travel has become a vacation in its own right. The cruise liner leaves from Honolulu every Saturday night for a seven-day voyage, stopping off at the islands along the way. Prices start at about $695 per person double, excluding air fare to Hawaii, though some fly/cruise packages are available. Write American Hawaii Cruises, One Embarcadero Center, Suite 611, San Francisco, CA 94111.
- You can enjoy another new cruise experience, too—a close-up view of nce inaccessible Pacific Northwest ways aboard a new 41-stateroom el. The excursions begin May 18. cruise and ferry liners are too ate these inland water From Seattle, you'll sail through Puget Sound, among the San Juan Islands, and on to Victoria and Vancouver, British Columbia. This glacier-shaped passage offers breathtaking scenery, and there's plenty of time for sight-seeing, too. Itineraries vary, ranging from three-day cruises running $234 to $444 per person double to six-day cruises for $585 to $1,110.

To find out more, write to Exploration Cruise Lines, Suite 312, Park Place Building, Seattle, WA 98101. Or call 800/426-0600 toll free (206/624-8551 in Washington). The cruise line also offers cruises on the Columbia and Snake rivers between Portland, Oregon, and Lewiston, Idaho. The seven-day trips cost $698 to $1,234 per person double, including shore excursions.

- If your cruising time is limited, you might try one of the new three- or four-night voyages aboard the *Azure Seas*, which sails the Pacific Coast from Los Angeles to Ensenada, Mexico. Prices range from $290 to $600 per person double. For more details, contact Western Cruise Lines, 1220 Biscayne Boulevard, Box 010882, Miami, FL 33101.

continued

The Sealy Posturepedic morning. Feeling so good it shows.

You'll wake up feeling good if your back feels good. That's why Sealy Posturepedic® is designed in cooperation with leading orthopedic surgeons, for no morning backache from sleeping on a too-soft mattress. Posturepedic has special offset coils for firmness, plus five separate layers of cushioning for resilient comfort. And Sealy's patented torsion bar foundation works in unison with the mattress for better all-around support. Sealy Posturepedic. It promises you a good night. And a good day.

Sealy Posturepedic



© 1981 Sealy, Inc.



continued

Travel update

SLEEPING CHEAP IN THE WILDERNESS

If your travels take you north to Alaska and you're ready for a rugged adventure, try staying in one of the wilderness cabins in Tongass and Chugach National Forests. The price is right—$5 a night. The cabins are accessible only by charter plane, trail, or boat.

For details, write Tongass National Forest Cabins, Box 2097, Juneau, AK 99803, or U.S. Forest Service, Cabin Reservations, Chugach National Forest, 2221 East Northern Lights Boulevard, Suite 230, Anchorage, AK 99504.

MEETING THE PEOPLE ABROAD

One of the best ways to get acquainted with a foreign country is to get to know its people. You can find out how to meet the locals by consulting a directory published by the International Visitors Information Service (IVIS). The directory lists programs that match natives with foreign visitors in 34 countries. You may be able to stay in a local home, get a personalized tour of the area, or just get together with someone who shares your interests or profession. Many of the programs are free.

For a copy of the *International Meet-the-People Directory,* send $2 to IVIS, 1825 H Street, N.W., Washington, DC 20006. Make your check payable to Meridian House International.

PICKING A PLACE TO STAY

Looking for lodgings is sometimes a chancy business. Here's some help:

- *America's Favorite Restaurants & Inns: From Budget to Luxury* (Travel Discoveries, $10.95). This guide gives you a full range of lodging and restaurant choices—from budget to first class. Among the unique spots to stay are mansions and even tepees. Send $10.95 plus $1.75 postage to Travel Discoveries, Box 47, Milford, CN 06460.
- *America's Wonderful Little Hotels and Inns* (E. P. Dutton, $6.95). This handy book points out home-style hostelries across the U.S. and Canada. It's available in most bookstores.


The art of Schmid. Shaped from sand and fire
by the hands of François Goddet.
Crystal by Schmid.
Beautiful things that say, beyond words, who you are.
OVE "DAFFODIL" AT NICE STORES EVERYWHERE SCHMID, RANDOLPH, MA



When the carpet looks new, but it's not... you've got the ANTRON® Advantage.

Carpeting of ANTRON* nylon looks beautiful the day you put it down ...and keeps on looking new and beautiful for a long time to come.

ANTRON* III [illegible] is America's best-selling carpet fiber brand for good reason. It's [illegible] ability to resist and hide soil [illegible] crushing and matting and its lasting static protection [illegible] up to carpet beauty that lasts and lasts. And now there's a new ANTRON fiber—ANTRON* PLUS. ANTRON PLUS nylon has all the attributes of ANTRON III—and more. ANTRON PLUS offers the best, and most durable, resistance to staining and soiling of any nylon carpet fiber on the market.

So when you're choosing carpet, be sure to take advantage of all the advantages of ANTRON. Get carpeting of ANTRON III or ANTRON PLUS. Get the Antron Advantage.

ANTRON

THE ANTRON ADVANTAGE

DU PONT

REG U.S. PAT. & TM. OFF.

*Du Pont registered trademark.
Du Pont makes carpet fibers, not carpets.

NEW from the publishers of *BETTER HOMES AND GARDENS®*...

METROPOLITAN HOME INCORPORATING APARTMENT LIFE. MAGAZINE



Design for the 80's • Dazzling Post-Modern Rooms
Angelo Donghia – Interior Designer as Superstar
The New American Cuisine • Tongue in Chic
Hot Properties • Equity • Prime Real Estate

Whether you live in a city house or country place... apartment or brownstone... co-op or condo... mansion or loft... **METROPOLITAN HOME™** is for you!

Each monthly issue is filled with features on:

- the latest in city-style home furnishings, products, design styles and trends
- real estate and investment information
- high-style entertainment, food, drink, and travel editorial
- much, much more!

Special Charter Subscription Rate

And *NOW* you can get 2 years (24 Big, Beautiful Issues) for only $12 — the regular one-year rate!

To order your own two year subscription at the special two-for-one rate, simply fill out, detach and mail the card positioned next to this page . . . Or fill in and clip out the coupon below and mail it back to us today!

CHARTER SUBSCRIPTION CERTIFICATE

YES. I want to take advantage of this charter offer and subscribe to **METROPOLITAN HOME.** Please send me the next two years (24 issues) for the one-year rate of $12!

Prices are for U.S. and its possessions. For subscriptions going to Canada, add $3 per year; for those going to foreign countries, add $10 per year.

SEND NO MONEY NOW WE'LL BILL YOU LATER

NAME _____
(please print)

Address _____ Apt. #_____

City _____ State_____ Zip_____

METROPOLITAN HOME

Box AC, Des Moines, Iowa 50336

Special Charter Subscription Offer is good for a limited time only.

690160

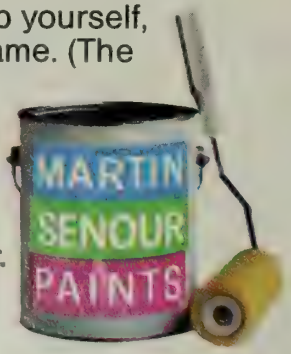


Paint a little comic relief. Get the ideas free from Martin-Senour.®

Here's a decorating idea your child will love. It's easy to paint with the free instructions from your Martin-Senour paint dealer.

You have the choice of several different balloon captions, or make one up yourself, personalized with your child's name. (The instruction folder also contains other graphic ideas from the Animal Crackers® Comic strip.)

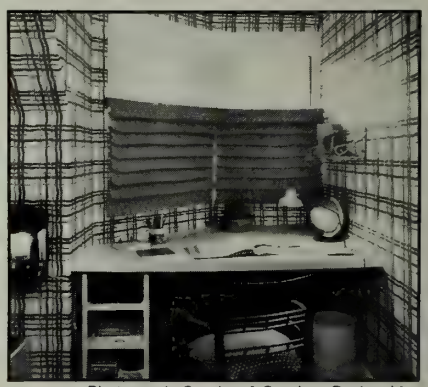
FREE DESIGNS AND INSTRUCTIONS available only from your Martin-Senour dealer. Consult the Yellow Pages for the dealer nearest you.



Lyle the Lion from Animal Crackers © United Feature Syndicate – New York News Syndicate., Inc.

Double Window Dressing

Side-by-side windows that are different sizes or wrap around a corner can pose a difficult decorating problem. Here are two solutions.



Photograph: Gorchev & Gorchev. Design: Lisa Barstow Mott. Field editor: Estelle Bond Guralnick

▲ Stationary Roman shades cleverly conceal the fact that the left of these two windows is only half as long as the right one. And because the shades are mounted at "half-mast," they let in lots of sunshine without forfeiting privacy. A plastic laminate desk top cut to fit the odd-size alcove makes good use of the small space.



Photograph: Mike Dieter. Design: Joan Wetherell
Field editor: Maxine Schweiker

▲ Because standard draperies would bunch up between these two windows, they're dressed with fabric-covered shutters and shirred panels. The shutters are simple wood frames which were made to fit the windows, then covered with drapery lining and encased in decorative fabric. For privacy at night or to curb drafts on cold days, the hinged shutters are closed over the curtains.



HOPE YOU REMEMBERED THE SCOTCHGARD!

Here comes a messy stain on your sofa—unless you've sprayed it with Scotchgard fabric protector. If you have, spills and stains, even chocolate milk, butter, ketchup or worse, will blot up virtually without a trace.

Don't put off Scotchgard protection. Who knows what could happen next?

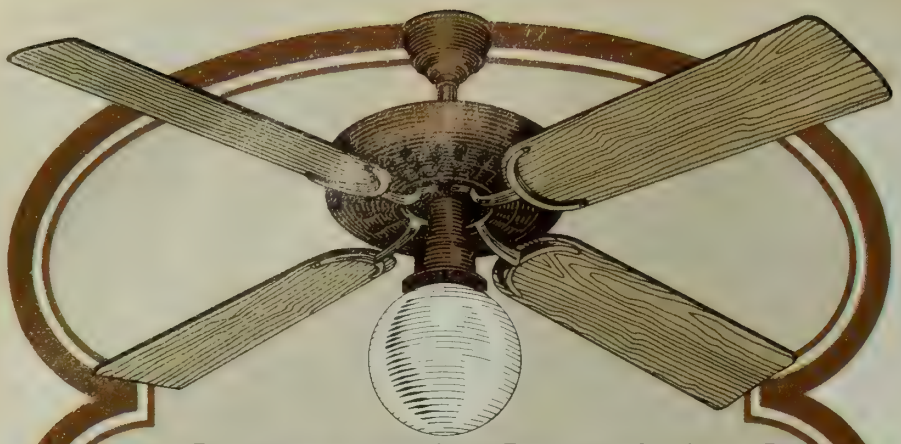


25¢ SAVE 25¢ ON ANY SIZE SCOTCHGARD

Mr. Retailer: You are authorized to act as our agent for the redemption of this coupon on any size "Scotchgard" Brand Fabric Protector. For each coupon you accept, you will be reimbursed the face value plus 7¢ handling, provided you and the customer have complied with the following terms: Invoices showing purchase within the last 90 days of sufficient stock to cover coupons presented upon request, coupons may not be assigned or transferred, customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Mail to 3M Company, P.O. Box 1875, Clinton, Iowa 52734. Cash value 1/20 of 1¢. OFFER EXPIRES December 31,1981. ONLY ONE COUPON MAY BE REDEEMED PER PURCHASE.

21200 105217

3M



Only Hunter is the Original Olde Tyme Ceiling Fan.

The Original Hunter Olde Tyme Ceiling Fans™

All ceiling fans are not alike. Hunter is the Original. Since 1886. Whisper quiet. Cast iron housing. Real wood blades. Beautiful in its design integrity and simplicity without phony plastic frills. Beauty that's more than skin deep. Because it can cut cooling costs up to 40% by making a 78° room feel like 72°. In winter, it cuts heating cost by pulling warm air off the ceiling. And runs on the power of a light bulb. A wide choice of models and finishes makes Hunter fit any decor. Send $1 for 16-page color catalog. Dept. D1, Box 14775, Memphis, TN 38114. Or phone 1-800-238-5358 for nearest dealer. Then put your Hunter Original Olde Tyme Ceiling Fan in your will. It's that good.

ROBBINS MYERS

areas and makes the bar more attractive. Salvaged hardwood flooring covers the foldable bar top. When the top is folded, there's still a work surface which is surrounded by plenty of walk-around room. Marble tile replaces the old wood floor.

An old back entry and closet yielded space for this 4½-foot-square bar, *below*. The owners walled up the back door and closed in the space to accommodate a wine rack, storage area, and bar sink. Butcher-block plastic laminate protects the counter. A refrigerator is conveniently located beneath the wine rack and storage cabinet.



Photographs: John Rogers. Designer: Sally Johnson & Lana Piot. Graphic Designs Group. Field Editor: Barbara Simms/Linda Magazzine

BUILDING

Closet Bars

Where can you put a full-service bar? The answer might lie in an expendable closet. Here we show two examples of successful closet conversions. In each case, the homeowner was able to convert an existing closet near an entertainment area.

Knocking out a wall between two closets made room for this classy seven-by-five-foot bar, *right*. The 12-inch-deep storage area on the back wall is outfitted with louvered windows, mirror-backed shelves, an impressive wine rack, and plenty of cabinets. Windows provide natural light for afternoon and early evening entertaining. A woodgrain laminate face camouflages the built-in refrigerator. The other modern conveniences such as the sink and blender are neatly hidden behind the main bar unit.

A handsome soffit crowned with molding visually lowers the 12-foot ceiling. More molding defines storage



Whirlpool wants to simplify your life.



Your neighbor just called—wants you to baby-sit. The kids are starved. You haven't shopped and dinner has to be ready at six. Do you panic? Certainly not. It's normal.

At Whirlpool we know all about it and that's exactly why we designed our latest microwave oven the way we did. It's a microwave oven, so you know it's going to cook food fast. But remember, it's a Whirlpool, so you can expect a little more.

Microcomputer Controls, so precise you can set them in the morning, leave for the day and come home to a meal that's ready to serve. A larger oven cavity so you can cook more complete meals, balanced wave cooking system, and of course, the solid state engineering will mean more and more as the years go by.

The latest Whirlpool Solid State Microwave Oven; there are lots of reasons for looking, but the best reason to buy is that day after day, meal after meal, it will simplify your life. And at Whirlpool, we believe that's the best reason of all.

Whirlpool
Home Appliances

Quality. Our way of life.

Uplifting Treatments

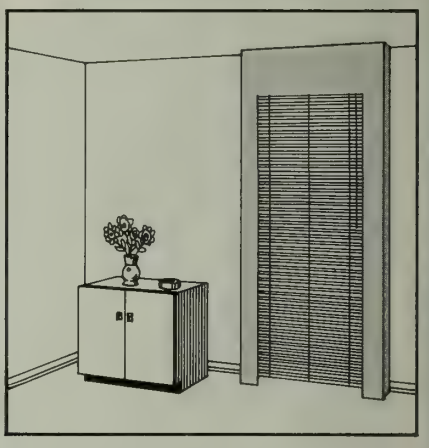
How can you make a low-ceilinged room look loftier and less claustrophobic? Simply raise the roof visually with a fool-the-eye window and wall treatment. Here are three examples of ceiling-lifting ideas that are easy to adapt to almost any decor.

A vertically striped wall covering visually lifts this standard eight-foot-high ceiling. The vertical lines direct the eye upward, making the ceiling look taller than it really is.

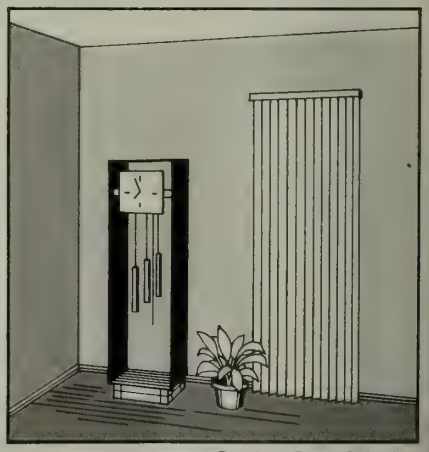
You can achieve this same vertical stripe effect by using two tones of paint on the wall or by applying cut-to-fit wallpaper border strips.

Another way to give a ceiling a lift is with a floor-to-ceiling window treatment, like this built-in lambrequin and attached roller shade, *center*. The lambrequin helps camouflage a blocky doublehung window and emphasizes the room's height.





Two other roof-raising treatments to consider are vertical louvered blinds and floor-to-ceiling draperies topped with a ceiling-mounted cornice.



Drawings: Picard Didier Inc.

You also can call on color to create the illusion of height. Just paint the ceiling white or a lighter color than the walls. Because dark colors "advance" and light colors "recede," the light-toned ceiling will appear to be higher than it actually is.



"Flamestitch" includes products of 50% Dacron® polyester and 50% combed cotton.





YES, OUR COLORS ARE UNUSUAL. BUT IT'S THE WAY WE PUT THEM TOGETHER THAT REALLY SETS THEM APART.

MARTEX®. THE ART OF MAKING A BED.

West Point Pepperell



Introducing
THE CAMBIO®

Now that famous Jacuzzi massage is portable.

The Cambio.® One portable spa that won't leave you wondering where the action is. Just plug it in, and feel that powerful pressure surge through four Whirlpool™ inlets.

Use it outdoors. Use it indoors. Get into the Cambio wherever you have an outlet. Take it with you whenever you move.

And enjoy it every chance you get. The Cambio is roomier than most portables. Six feet long, to be exact, with contoured bench seats on either side.

Twenty-five years of whirlpool engineering experience went into this portable. And it shows.

The Cambio portable spa from Jacuzzi Whirlpool Bath. Anything else is something less.

Write for our free brochure. Or call, toll free,

(800) 227-0710.

Jacuzzi® WHIRLPOOL BATH

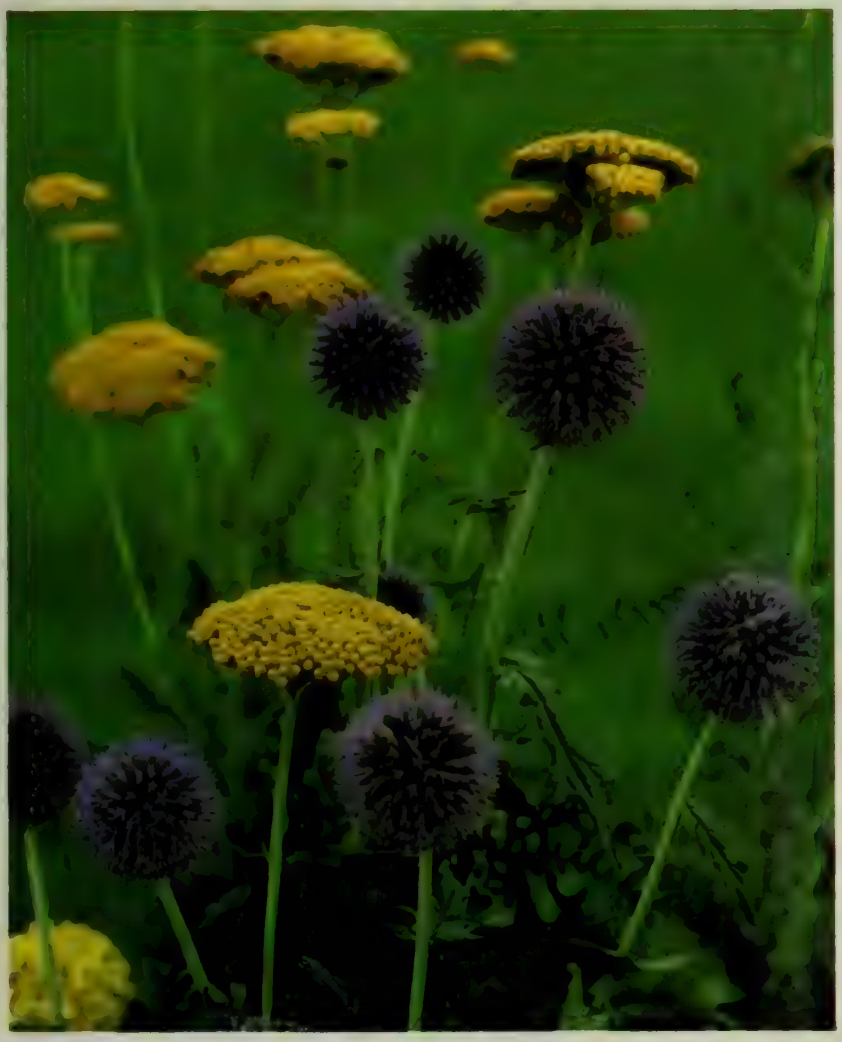
JACUZZI WHIRLPOOL BATH
Subsidiary of Kidde Inc
KIDDE

P.O. Drawer J, W[illegible] CA 945[illegible] California, Alaska and Hawaii, call (415) 938-7070.

©1981 Jacuzzi Whirlpool Bath.

Flower Gardening for Glorious Color
ALL SUMMER LONG

By Beverly Garrett and Steven Coulter



Every gardener visualizes his or her lot ablaze with glorious flower color from earliest spring until killing frost, or even year round in mild winter areas. The trouble is, no plant blooms at its best for a full 12 months. However, you can plan and plant combinations of flowers that will take turns providing color. You can utilize two or three kinds of plants this way even if you have only a tiny corner or strip of earth that doesn't provide enough room for a more conventional flower border.

Traditionalists use only perennials to achieve their spring-to-fall show of color, but more liberal-minded gardeners mix in bulbs, annuals, biennials, and shrubs such as roses to bolster their perennial plantings. Yellow and blue flowers make stunning combinations, as demonstrated here by yarrow and globe thistle. The yarrow, an achillea named Coronation Gold, grows to 30 inches and blossoms from June through September. The globe thistle, *Echinops exaltatus* Taplow Blue, starts blooming in July and continues through September. Both plants grow well in either full sun or light shade. And both are excellent sources of dried flowers for use in permanent arrangements.

Photograph: Bill Helms. Photographed at Old Westbury Gardens. Field editor: Bonnie Maharam

How to Plan Your Flower Border





Photographs: Bill Helms. Designers: *(above)* Fran Lechtrecker; *(below)* Barry Ferguson. Field editor: Bonnie Ma

A well-planned border looks great both close up and from a distance. These four bee's-eye views show how just two or three plants that bloom simultaneously can be teamed successfully for glorious color impact.

LET SEVERAL PLANTS BOOST ONE COLOR

1 Splashy cannas, *above,* brighten the dog days of August and September. The variety Lucifer is surrounded here by goldenrod and helianthus, also called perennial sunflower. All three stay in flower for two to three weeks.

COMBINE LIGHT AND DARK FLOWERS

2 Late summer brings the long-lasting colors of perennial phlox in pinks, blues, violets, or white. Here, *above right,* white phlox with pink centers form a perfect backdrop for the spiky stems of liatris or gay feather.

MIX DIVERSE SHAPES AND TEXTURES

3 Feathery astilbe, also called false





Photograph: Ernest Braun. Field editor: Barbara East Cathcart

spirea, teams well with McKana Hybrid columbine and dark red sweet william. These perennials all reach their peak bloom in late spring.

PICK SPLASHY PRIMARY COLORS

4 Yellow anthemis, blue anchusa, and red poppies, *left,* illustrate how various colors and bloom shapes can be combined effectively. All three are low-maintenance perennials that will repeat their showy display simultaneously every spring.

PLAN BEFORE YOU PLANT

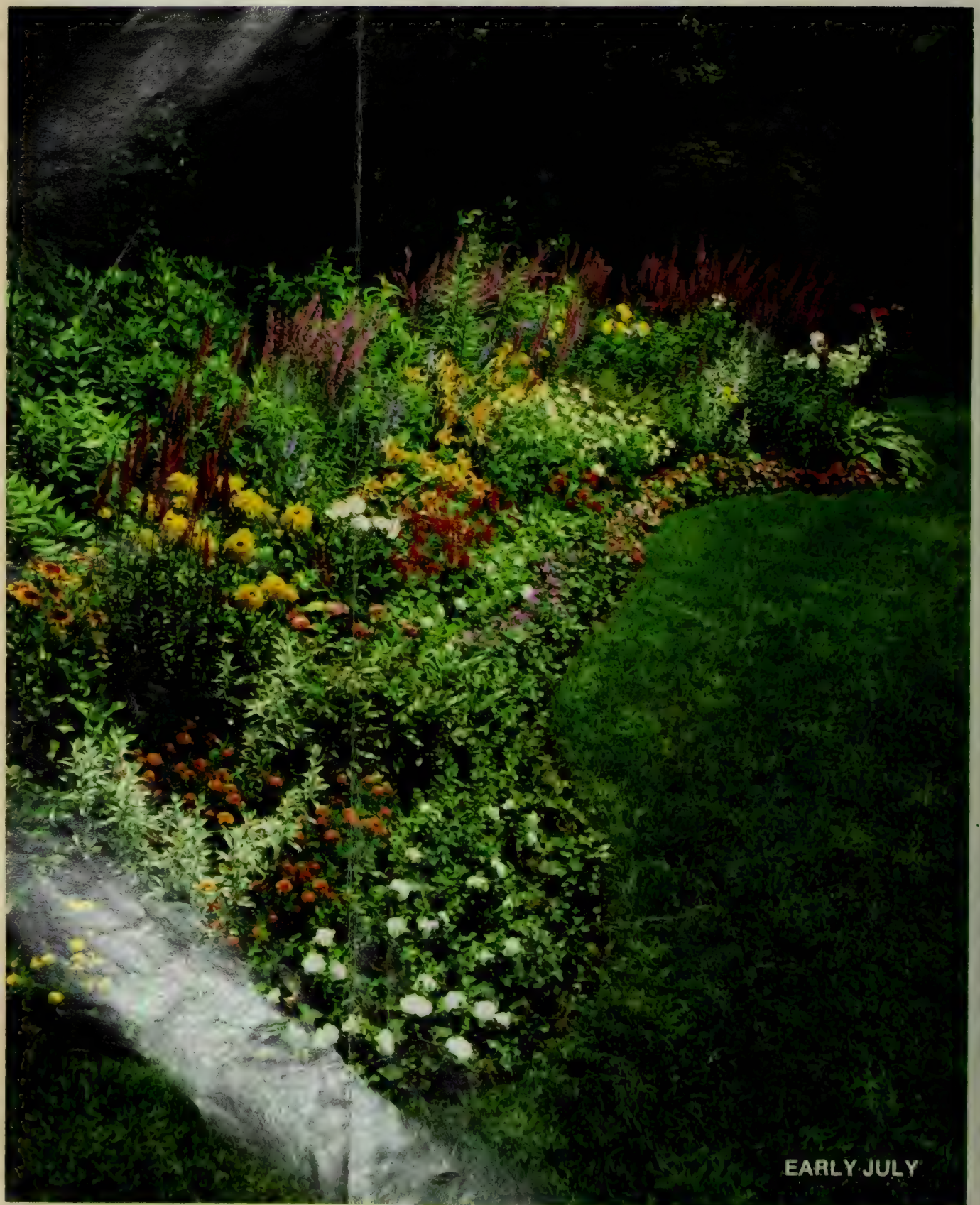
If possible, make your floral border four to six feet deep and as wide as you wish. For a deeper bed, put in footpaths or stepping-stones so you have easy access when clipping off faded blooms and performing other maintenance chores. If you can, pick a sunny location so you'll have more leeway in choosing plants.

Draw a rough plot plan, to a scale of ¼ or ½ inch per foot. For every growing season in your area, select an outstanding, easily grown plant to serve as the major or key flower. A good sequence of major flowers might be tulips, iris, peonies, daylilies, phlox, and chrysanthemums. Use these key plants generously in large groupings or drifts. Then pick one or more secondary flowers to serve as fillers. Examples include sweet williams for tulips, daisies and sweet rockets for iris, and lythrum and gaillardia for phlox.

Write down, season by season, the low plants, medium plants, and tall plants you have chosen. Include the flower color or foliage effect you expect from each. Then draw informal circles in scale to represent the mature spread of each plant, and crayon the circles to indicate the anticipated flower hues. Let evergreens and other shrubs provide a green foil for the changing colors of the various flowers.

Plan to overplant whenever possible. Shallow-rooted annuals can be set among deep-planted spring bulbs to take over as bulb foliage matures and withers. Early perennials that die down, such as alliums and Oriental poppies, can share garden space with later blooming summer flowers.

Three Visits to a Perennial Border





Photographs: Bill Helms. Designer: Fran Lechtrecker. Field editor: Bonnie Maharam



We photographed this perennial garden three times during one growing season to illustrate how color can be achieved from spring until killing frost.

For color early in the season, rely upon early-blooming wildflowers and hardy bulbs such as crocus, daffodils, hyacinths, tulips, scillas, fritillarias, and alliums.

Follow these beauties with peonies, iris, Oriental poppies, bleeding-heart, hardy lilies, foxglove, lilies-of-the-valley, and columbine.

STAGE 1—EARLY JULY

Color runs riot through the border by July 7th, with purple lythrums, *opposite,* towering over the daylilies, gaillardias, rudbeckias, red salvia, and white madonna lilies at the far end. Hugging the ground are good space-filling annuals like petunias, ageratum, marigolds, zinnias, snapdragons, and impatiens.

Some colorful alternatives for this period are blue alkanet, pink or white gas plant, yellow thermopsis, and yellow-orange trollius.

STAGE 2—EARLY AUGUST

By August 1st, white and lavender phlox, purple delphinium, and veronica have joined the throng, *top left.* The ghostly gray foliage of dusty miller adds a softening touch.

Other excellent July and August bloomers include blue, white, or pink balloon-flower, yellow coreopsis, blue or white cupid's-dart, hollyhocks, blue scabiosa, lavender, pink, or white false dragonhead, and orange butterfly weed.

STAGE 3—EARLY SEPTEMBER

By September 3, colorful chrysanthemums predominate in this busy border, *bottom left.* The ivy edging has filled out, and the cannas are rearing their scarlet heads.

Other possibilities for autumn flowers are purple sedum; red, pink, or white rose mallow; fall asters; honesty with its interesting silvery seed pods; and the late-blooming bulbs, such as colchicum, hardy cyclamen, fall crocus, lycoris, and sternbergia.

WOODEN WALKWAYS

YOU CAN BUILD

By Greg Erickson

When it's time to give your house a new walk, you'll have a choice of construction materials including brick, railroad ties, patio blocks, concrete, and wood. After you compare the costs of the materials and figure in the fee a professional would charge for labor, you'll probably lean toward a do-it-yourself wooden walkway. One of these attractive designs might suit your situation and your skills.



Photograph: Ross Chapple. Architect: Richard S. Caldwell. Field editor: Bonnie Warren Crone
Photograph (right): Ernest Braun. Field editor: Barbara East Cathcart

That big, beautiful tree on the left, *above,* is the chief reason the owners of this house decided to use wood instead of concrete for their walkway. They felt sure that the tree's roots would eventually crack the brittle concrete. This wooden walk, however, will flex without harm to itself or the trees as the years go by and the roots continue to grow underneath.

The portion of the walk in the foreground measures four feet across. The walk widens to 15 feet as it reaches the deck in the background. Both the walk and deck are constructed of 2x4s laid diagonally and 2x2s nailed along the edges.

This walk, *near right,* made of pecky cedar 3x3s, replaced a narrow old stepping-stone path. The 3x3s were nailed to one another in groups of three with seven-inch spikes and were set into a three-inch base of sand. Then each trio of 3x3s was toenailed to the adjacent ones. More 3x3s were used along either side. They're held snugly against the ends of the perpendicular 3x3s by stakes that have been nailed to their outside edges.

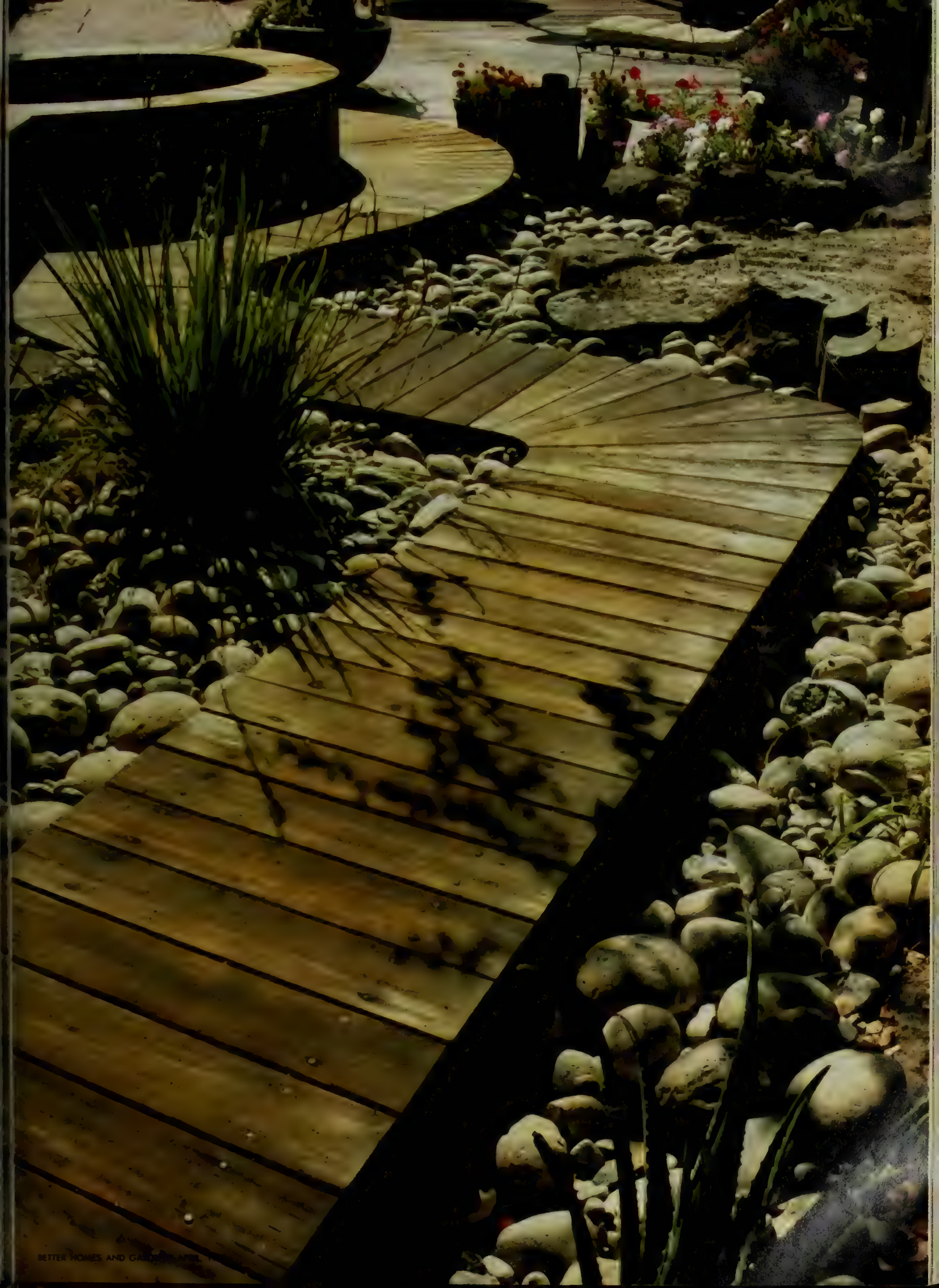
Cedar rounds of various sizes form the decorative edge at the street end of the walk. The rounds are set into six inches of sand. More cedar rounds are used for the barriers that protect the plantings and for the inviting little bench.



Photograph: Ernest Braun. Landscaping: Jerry Alan Whiting
Field editor: Barbara East Cathcart

Concrete piers form the foundation of this curvy walk, *far right,* which winds its way from a side yard to a spacious deck. Redwood decking is used for the top of the walk: 2x6s for the straight sections; tapered 2x8s and 2x10s arranged in fan fashion for the graceful curves. The 32-inch-long planks are fastened to 2x4 runners with double-galvanized nails, which resist rust better than other kinds and therefore won't stain the wood.

Big round stones arranged along either side of the walkway make the walk look something like a bridge over a little stream bed.



WOODEN WALKWAYS



Photograph: Jessie Walker. Landscape architect: Ed Fried. Field editor: Jessie Walker Associates
Photograph (right): William N. Hopkins. Landscape architect: John Gjevre. Field editor: Patricia Carpenter

Attractive plantings all around, an unusual striped driveway, and a narrow-slat wooden walkway with matching wraparound fence create an inviting rear entry to this house, *above.* Both the walk and the fence are made of redwood 2x2s. (A large deck made of more of the same kind of slats is located behind the walk.) The walkway is supported by concrete piers.

The interesting pattern in the driveway, just a smidgen of which is visible in the lower left corner of the photo, is made up of asphalt strips surrounded by bricks.

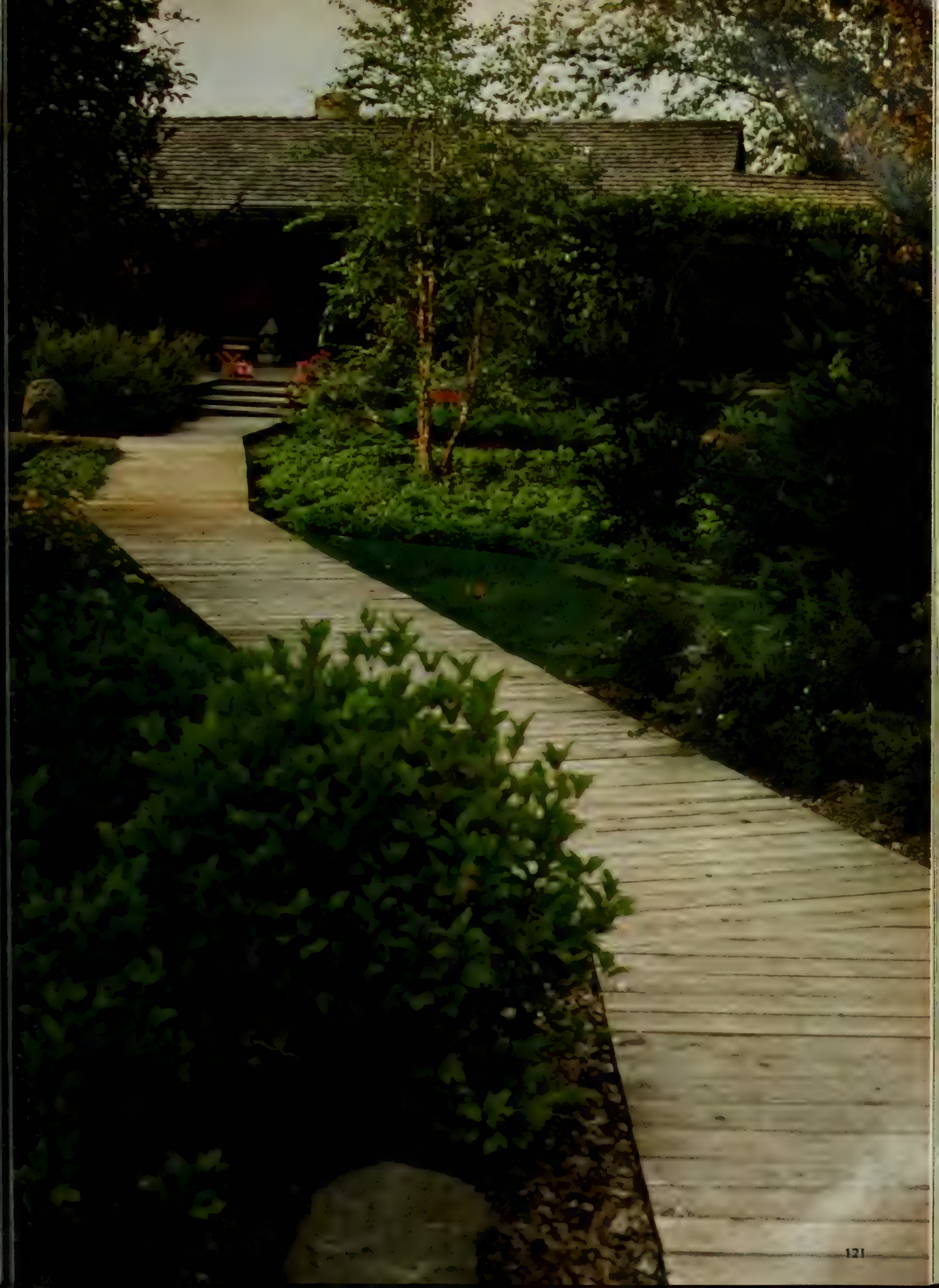
Here, *right,* the homeowners' goal was to build a walk that would help to blend the black asphalt of their driveway into the woodsy hues of their home's cedar-shake-covered front entry. This 44-inch-wide wooden walk does just that. It's constructed of 2x6 cedar planks, which have been allowed to weather naturally. Each board is nailed in place to a cedar frame set into a shoveled-out path. The large steps, or landings, are supported by 4x4 cedar posts that are set into concrete. Each of the landings is made of seven 2x6s.

The owners of this house, *far right,* included a walkway in their plans when they decided to re-side their home with cedar and to completely landscape their property. They plotted a long wooden walkway that would run across their big front yard between the house and garage.

To promote good drainage and help preserve the walk, the homeowners first laid a bed of sand along the walkway's route and covered the sand with a layer of crushed rock. Then they set 6x6 cedar runners in place, joined them with spikes, and nailed 2x6 cedar boards atop the runners.



Photograph: E. Alan McGee. Design: Tom and Judy Mozen, Handcrafted Homes. Field editor: Ruth L. Reiter



IRISH CROCHET



heirloom lace to make today

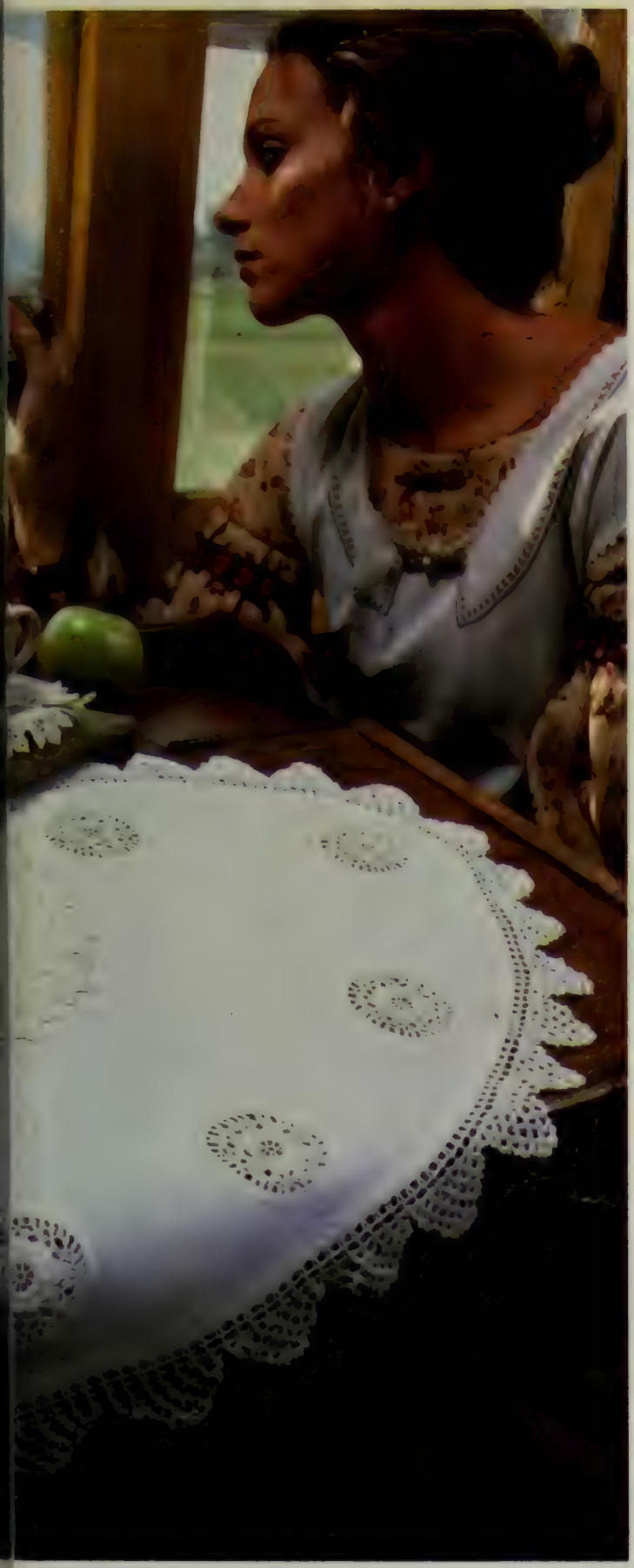
By Deborah Dugan and Gary Boling

If you're lucky you might discover an exquisite piece of Irish crochet lace in an antique shop or gallery or at an estate sale or auction. But such lovely vintage lace is apt to be costly—and the price is going up each year because the ultrafine threads used to create such intricate work are no longer being manufactured. Now here's the good news: using modern-day materials and our step-by-step instructions, you can create crochet laces that capture the delicate beauty of the old-world originals.

As you begin to learn this intriguing craft, you're sure to become interested in its special place in Irish history. During the mid-19th century, a countrywide famine made it an economic necessity to create cottage craft industries. From this small beginning emerged the art of Irish crochet—and if you're a proficient crocheter you, too, can continue this proud legacy with lacy masterpieces of your own. Now let's take a closer look at our collection of treasured antique laces *(above)* as well as stunning new designs using modern-day materials.



Thread courtesy Coats & Clark. Napkin motif, flower patterns courtesy Lacis, Antique Lace & Textiles, Berkeley, California.
Photographs: Mike Dieter. Photographed at The Pines Antiques, Ames, Iowa



Fine linen is a natural foil for lace, as seen in this cutwork doily encircled by Irish crochet *(left)*. This lacy treasure is an ancestor of our large oval doily which boasts eight rosettes dropped into hemstitched cutouts. A sawtooth pattern featuring delicate picots—a trademark of Irish crochet—edges both the doily and the crisp curtain panel.

The earliest examples of Irish crochet were molded after the lavish laces of Spain and Italy. Our regal lace square, *below,* is one example —perfectly suited to brighten a very special napkin or handkerchief corner. The rose motif is surrounded by a combination of picots and shells.

Irish crochet is easily identified by its three-dimensional flowers, leaves, and rosettes amid the intricate network of lace. The motifs are worked first, then linked by crocheted threads. Here we've gathered six typical designs into a pastel bouquet *(below, bottom)*. To create our roses, pansies, and shamrocks, work the fanciful blooms in heavy cotton threads, starch them, and attach each to a florist wire stem. **For how-to, see page188.**

Buying information, page 164





SMALL ADDITIONS

THAT MAKE A BIG DIFFERENCE

CarolAnn Shindelar

How many times have you wished that the rooms in your house were just a few feet wider? The thought probably crosses your mind every time you rearrange the furniture in the living room, run out of counter space in the kitchen, or bump into the wall when you make the bed. Adding just a few feet of space can make a world of difference in one of those squeezed-in rooms; check out these room-expanding examples for ways to open up close quarters at your house.

ADD 3 FEET...

and turn your bedroom into a master suite

If your bedroom seems overcrowded, it's not surprising—the bed takes up more floor space than any other piece of furniture in your home. This bedroom formerly was just 11x14 feet in size—but pushing out the wall a mere three feet freed up enough floor space to add a small sitting area.

The wall at the head of the bed was simply moved out onto an existing deck under the overhang of the roof. The extra width gave the owners the space to add a private doorway to the deck. A new foundation for the addition wasn't necessary because the deck provides all the structural support needed. A fixed-glass window at the top of the new wall allows lots of daylight to enter the room but still ensures the homeowners' privacy.





Photographs: Ernest Braun. Design: Mark Hajjar. Field editor: Barbara Cathcart



ADD 4 FEET...

and gain a kitchen eating area

If your kitchen is so small that just one helper crowds the cook, you can ease the squeeze with a mini-addition like this one. The kibitzers who used to crowd the kitchen don't mind being shooed into the sunny eating area because it's a wonderful gathering spot.

The ceiling beam at the top of the photo *(below)* and the decorative post mark the spot where the old kitchen wall ended. The unusual curved ceiling in the addition is nothing more than prefabricated sections of greenhouse glass; the curved glass bridges the gap between the existing ten-foot-high ceiling and the new eight-foot-high exterior wall. To prevent the glassed-in area from overheating in summer, a canvas shade can be pulled across the top to screen the space.



Photographs: George de Gennaro. Design: Don Pederson. Field editor: Dorothy Campbell

ADD 5 FEET...

and create space for entertaining

Does the room you entertain in feel as if it's going to burst at the seams when you throw a large party? Overcrowded quarters are no fun for anyone. In this family room, a five-foot extension gives everybody more elbowroom and also provides a pleasant back-of-the-house breakfast spot.

The addition has an extra-high ceiling and seems more spacious than its meager five feet. In the photo *(below)*, you can see a horizontal beam running from the family room to a vertical support post near the back door. The beam was added to provide overhead support for the addition; the flat eight-foot ceiling shows the space the original family room occupied. A wet bar is wedged between the old and new walls on the far side of the room.





Photographs: Maris/Semel. Interior design: James L. Elzey, ASID. Field editor: Bonnie Warren Crone



ADD 6 FEET...

and get better access to the dining room

When your house was in the planning stages, the designer divided it into rooms and decided how each would be used. But you may not use your house according to plan, and that can cause problems. The owner of this house, for example, switched the dining room and the den, but then ended up without a doorway between the kitchen and dining area. By adding a six-foot gallery lean-to fashion at the back of the house, he connected the two rooms and got a cozy breakfast room as well.

The addition is constructed of cedar and insulated glass; the beam at the top of the photo *(below)* marks the spot where the exterior wall used to be. Now traffic flows easily between the kitchen and dining areas and to the landscaped backyard.



Photographs Semarco. Architect: Peder Bruce, AIA. Design: Jay Truluck. Landscape architect: Dan B. Franklin, ASLA. Field editor: Ruth Reiter

SAVVY COOKING

Basic Techniques For Better Eating

By Rosemary Hutchinson



BETTER HOMES AND GARDENS, 1981

Poaching

Steaming, poaching, sautéing, broiling—these are four ways of cooking you undoubtedly already know something about. But what you may not know is that these "basics" are right in step with today's healthful approach to eating. With these methods, you can cook with less fat and also preserve the fresh taste and good nutrition of the foods you serve. On the next few pages, we explain each method and give you 15 easy recipes that use the methods in different ways. And we offer tips on the best equipment for each technique. With this know-how, you can cook your way to healthful and delicious meals.





The extra-special dishes at left are all prepared by poaching. For ***Halibut with Vegetables and Wine Sauce*** *(front left)*, cook fish in sherry and chicken broth. Italian cooking sauce is the poaching medium for ***Brunch Eggs Sicilian*** *(center left)*. To make ***Chocolate Floating Islands*** *(back)*, poach the meringues in milk, then use the milk for the custard. Wrap romaine around carrots, asparagus, or green beans to assemble ***Poached Vegetable Bundles*** *(center right)*. Then add ***Creamy Hollandaise Sauce.*** For a first course, serve ***Wonton-Vegetable Soup*** *(front right)* with poached dumplings.





Poaching simply means simmering foods in a moderate amount of liquid. It's a remarkably versatile technique—just vary the foods and cooking liquids and you can make everything from soups to desserts. This time-honored technique is easy and fast so it's perfect for your busy days. Another plus of poaching is that it requires no fat. And there's a bonus: the cooking liquid makes an ideal base for a low-calorie sauce. For the most part, a skillet or wide saucepan and a slotted spoon are all you'll need. But for special dishes, you may want to invest in an egg or fish poacher (see page 136).

To take our poaching short-course, just follow these step-by-step pointers.

Step 1: The combinations of foods and cooking liquids you can use for poaching are almost endless. First, decide whether you're going to make a main dish, side dish, or dessert, then take your pick of meat, poultry, fish, eggs, vegetables, or fruits. Now decide on the type of cooking liquid you'd like to use. Water is the most obvious poaching liquid, but for soups and main dishes, try milk, broth, or dry wine. For desserts consider fruit juice, milk, or sweet wine. You also might want to flavor your cooking liquid with an herb, a spice, or bouquet garni.

Step 2: Once you've chosen the ingredients, start by placing about 1½ inches of the desired cooking liquid in a deep skillet or wide, shallow saucepan. Heat the liquid to simmering—bubbles should rise to, but not break, the surface.

Step 3: Now gently lower the food into the liquid (use a slotted spoon for small items such as pears or cut vegetables and a slotted pancake turner for large items such as fish steaks or whole vegetables). For eggs, break one egg at a time into a small shallow dish. Then holding the dish as close as possible to the liquid, slide the egg into the skillet (see top photo).

Step 4: Next, cover the skillet and let the food poach. For eggs, do not let the liquid boil. It should just simmer or the eggs will be tough.

Step 5: Remove the poached food from the skillet by gently lifting it out with a slotted spoon or pancake turner (see bottom photo). If the food is not to be served with a sauce, you may want to drain the food on paper toweling before serving.

Recipes begin on page 138
Buying information, page 164

Photographs: Maselli/Sanders, Food Stylist: Bonnie Rabert



Sautéing





When you need a main dish or dessert in a hurry, try these sautéed dishes. ***Five-Spice Lamb Stir-Fry*** *(front left)* is a quick-cook mixture of lamb, teriyaki sauce and five-spice powder. For ***Tarragon-Vegetable Medley*** *(center left)* just toss vegetables with a tarragon-walnut oil dressing. Pears, brown sugar, lime juice, and rum give ***Pears Caribbean*** *(center and back left)* a tropical flavor. The wine-tomato sauce in ***Red Shrimp with Linguini*** *(back right)* blends perfectly with shrimp. And ***Cheddar-Mushroom Steak Sauté*** *(front right)* turns a steak sandwich into gourmet fare.





The French call it sautéing, the Chinese, stir-frying, and Americans, pan-frying, but no matter what this simple cooking method is called, it yields the same delicious results. Sautéing is a way of cooking foods quickly in a small amount of fat. Originally sautéing was reserved solely for meat or vegetables, but today it's used for everything from tofu main dishes to coconut desserts.

Not only can you put a sautéed dish on the table in minutes, you also can keep your budget in check. Expensive meats, fish, and poultry go further when cooked with foods such as vegetables and rice. And if you're watching calories, sautéing is right on target because it requires only a smidgen of fat.

Because of the popularity of sautéing, a wide assortment of cookware is available (for guidance see page 136). Start with a good-quality ten- or 12-inch skillet until you master the technique.

For a sauté brushup, read these easy directions.

Step 1: No matter whether you're cooking whole pieces of veal for wiener schnitzel, or mushrooms and onions to top hamburgers, start with thin, uniform slices so the food will cook quickly and evenly. You'll need to pound thick pieces of meat to a ¼- or ⅛-inch thickness with a meat mallet. For strips, partially freeze the meat or poultry and slice it thinly across the grain.

Step 2: Then decide on the fat to use. Depending on your flavor preference, choose butter, margarine, cooking oil, olive oil, or shortening.

Step 3: Now heat your skillet over high heat and add just a tablespoon or two of fat. Be sure the fat doesn't get too hot or the food will taste scorched. (Butter, margarine, and shortening should be just melted. Cooking oil and olive oil should be hot but not smoking.)

Step 4: For large, thin pieces of meat, fish, or poultry, cook the pieces quickly, turning them once or twice. For strips of food, keep the pieces in constant motion so they will cook evenly (see top photo).

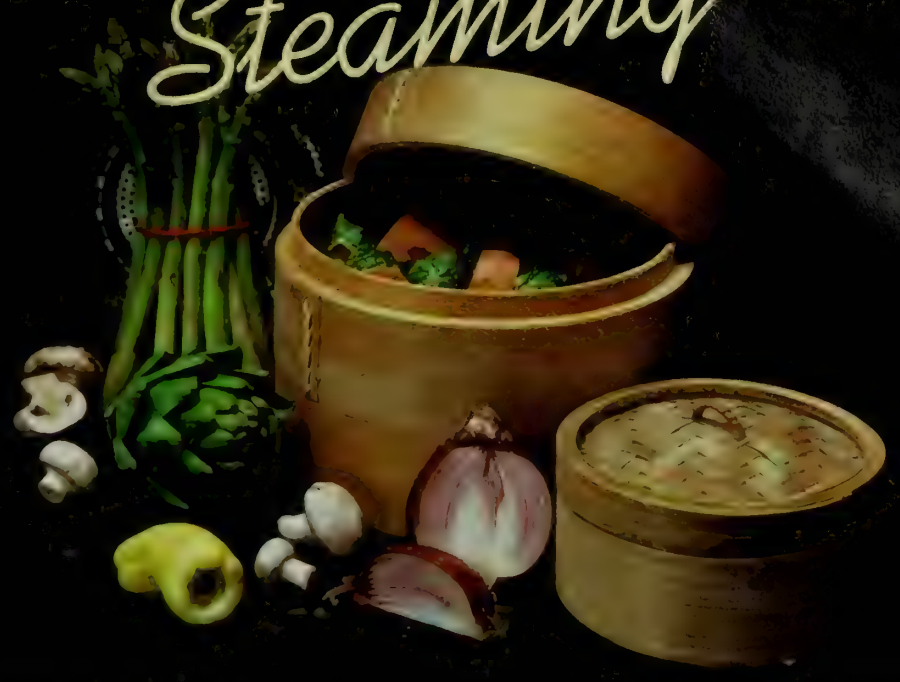
Step 5: Finally, if you plan to thicken your mixture, thoroughly dissolve flour or cornstarch in some type of cold liquid (such as milk or broth). Then add the mixture to the center of the skillet where it's hottest (see bottom photo). Continue cooking and stirring until the mixture bubbles.

Recipes begin on page 142.
Buying information, page 164





Steaming



Be it appetizer, main dish, bread, or dessert, it's surprisingly easy to make in your steamer. Start with ***Steamed Artichoke-Mushroom Platter*** *(front left)*, a combo of filled mushrooms and lemon-buttered artichokes. ***Plum-Sauced Chicken*** *(center left)* lets you skip browning the chicken by using a plum glaze. If you like Christmas pudding, you'll love ***Steamed Blueberry Pudding*** *(back)* with ***Fluffy Cream Cheese Topper.*** Pork, sweet potatoes, and brussels sprouts star in ***Brown-Buttered Pork and Vegetables*** *(center right)*. ***Penuche-Nut Rolls*** *(front right)* are similar to Oriental steamed buns.

While we seem to be just discovering steaming, Oriental cooks have practiced the technique for centuries. The process is simple—you suspend food over boiling water so that the steam from the water does the cooking. (The big difference between steaming and poaching is that with steaming, the food rests above the water, not in it.) Although used most often to cook vegetables, steaming also is ideal for meats, poultry, fish, fruits, and even breads. Whatever is cooked retains its shape, texture, and nutritional content—and not an iota of cooking fat is used.





A wide variety of steaming equipment is available (see page 136), but you can improvise your own steamer, if you like. A metal colander set in a Dutch oven or a wire rack in your crockery cooker works equally well.

For starters, follow along as we share our steaming know-how.

Step 1: The key to foolproof steaming is to boil the water hard enough to produce steam but not so hard that the pan becomes dry. Start by filling the steamer with one to two inches of water. Bring the water to a rolling boil over high heat, then reduce the heat to a gentle boil.

Step 2: Now place the food in the steamer rack and lower the rack till it's about 1½ inches above the water level. Cover the steamer and steam until the food is cooked or until it is time to add other ingredients. During steaming be sure to add more boiling water, if needed. But avoid unnecessary peeking since that allows steam to escape.

Step 3: For steaming in two layers, place the items that will cook longest in the bottom rack (see top photo). At the appropriate time add the remaining foods in the second rack (see bottom photo).

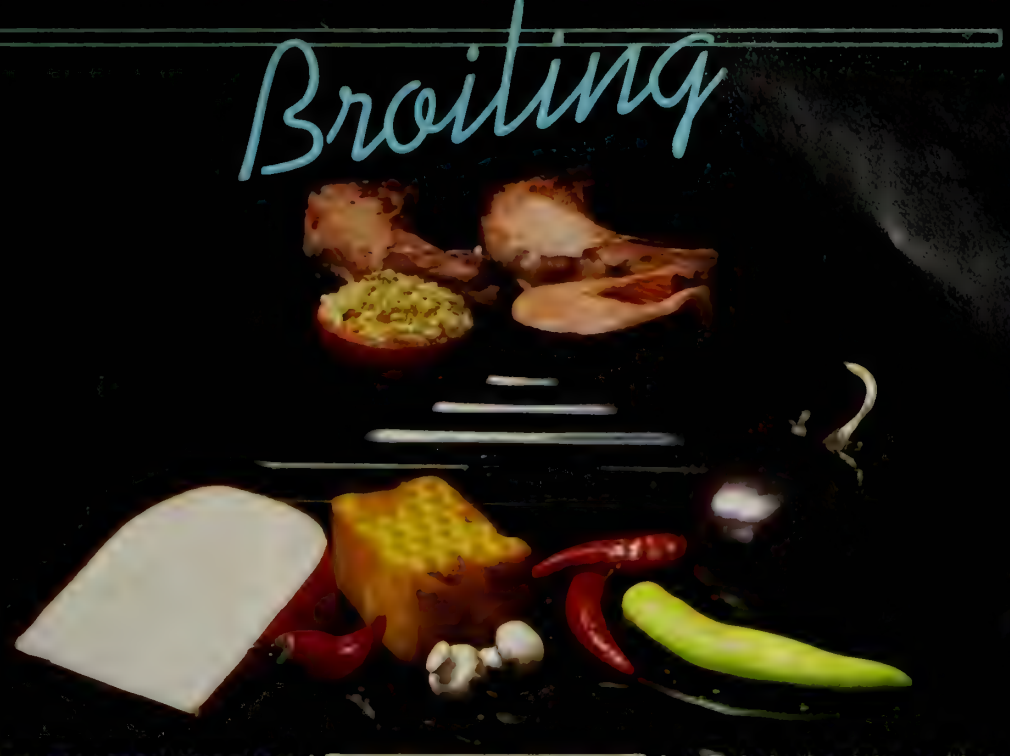
Step 4: When the food has finished steaming, uncover the steamer, opening it so the steam escapes away from you. If your steamer has a rack, carefully lift it out. Otherwise, remove small items with a large spoon; large items, with tongs or a pancake turner. Lift out bulky meat with two long-tined forks.

Recipes begin on page 145
Buying information, page 164



Broiling





Believe it or not, this whole lineup of delectable foods is produced by broiling. ***Sesame Broiled Steak*** *(front left)* is marinated beef topped with pineapple and sesame seed. An egg and cheddar cheese filling makes ***Broiled Peppers Rellenos*** *(center left)* a worthy spin-off of the Mexican classic. ***Strawberry Baumkuchen Torte*** *(back left)* is based on the German "tree cake." ***Barley-Stuffed Trout*** *(back right)* sports a barley, carrot, and mushroom stuffing. Just broil the tangy blend of three cheeses in ***Broiler Raclette*** *(front right)* briefly and scrape off melted portion to spread on broccoli and potatoes.

In this era of weight-watching and eating on the run, fast and easy broiling is made to order. Because the food is cooked by very hot direct heat on a rack, many of the natural fats cook out. What's more, it takes only a little brushed-on marinade or glaze to turn these foods into flavorful masterpieces.

All you need to broil is a range or counter-top oven with a broiling unit. If your range doesn't have a broiling rack and pan, substitute a metal rack placed inside a baking pan. There also are special broiling units you can buy (see page 136).





To get into the swing of broiling, check these steps.

Step 1: For trouble-free broiling, get to know your broiler by reading the manufacturer's instructions. Then review your recipe carefully and position the broiler rack at the height indicated. Most often thin, quick-cooking foods are broiled three to four inches from the heat while thicker foods or those that burn easily are placed five to six inches from the heat. To make sure the oven rack is in the right position, measure the distance between the heating element and the top of the broiler pan (see top photo).

Step 2: Next arrange the food on a *cold* broiler pan to keep the food from sticking. For very dry foods, such as fish, lightly grease the broiler rack. For meat, slash the fat along the edges to keep the pieces from curling.

Step 3: Now broil the food according to your recipe timing. Be sure to check the oven manufacturer's directions to find out whether the oven door should be open or closed. Very dry foods may need to be moistened during broiling with a marinade, glaze, lemon juice, or a little butter or margarine.

Step 4: To turn the food, use tongs or a fork and spatula together. Avoid piercing foods since that may allow the juices to escape.

Step 5: To tell when meat is cooked, make a small slit in the center. The inside color should be pink for medium-done beef or lamb, gray for pork, and white for poultry. For fish, test one section near the center with a fork; the fish should flake easily (see bottom photo).

Recipes begin on page 150.
Buying information, page 164

Savvy Cooking: Know Your Cookware Options









Photographs: Mike Dieter

Walk through a kitchen utensil shop or the housewares section of any department store and you'll see that the choice of cookware is practically limitless. To help you sort things out, we've assembled some of the equipment you'll find helpful for sautéing, poaching, steaming, and broiling. In each category, we've included everything from basic pots and pans to products designed for a single specific use.

For sautéing *(top left):* (1) straight-sided skillet, (2) flaired skillet or omelet pan, (3) two-handled wok, (4) one-handled wok.

For poaching *(top right):* (1) straight-sided skillet, (2) egg-poaching pan with removable inserts, (3) individual egg poacher, (4) egg-poaching insert for use with any skillet, (5) fish poacher.

For steaming *(bottom left):* (1) makeshift steamer made from a Dutch oven and metal colander, (2) artichoke-steaming rack (3) improvised steamer for the microwave oven made from a glass casserole and microwave meat rack, (4) folding metal steamer rack for use in saucepans or Dutch ovens, (5) three-level metal steamer, (6) asparagus steamer, (7) bamboo steamer for use with woks.

For broiling *(bottom right):* (1) accessory broiler pan usually provided with ranges, (2) cast-iron skillet with broiling grid molded into the bottom, (3) small-size aluminum broiler pan, (4) wooden serving platter with a metal broiler-to-table tray, (5) improvised broiler rack made from a shallow baking pan and a metal cake cooling rack.

Buying information, page 164

SPICY ER



INTRODUCING WISH-BONE® ROBUSTO ITALIAN DRESSING. THE NEW, ROBUST MEMBER OF THE WISH-BONE ITALIAN FAMILY.

Robusto! It's the only word that describes the robust flavor of this new addition to the Wish-Bone Italian family.

New Wish-Bone Robusto Italian Dressing is brimming with extra spices. Specially blended with golden oil and vintage vinegar. And bursting with extra robust and hearty Italian flavor.

And, of course, there's famous Wish-Bone Italian Dressing. With the traditional Italian flavor that's made it America's favorite bottled Italian dressing.

Whichever you choose. You can be sure it's got zing! The delicious excitement you get only from Wish-Bone.

WISH-BONE ROBUSTO ITALIAN DRESSING. IT'S GOT ZING!

12¢ STORE COUPON SD-277 12¢



SAVE 12¢
ON NEW WISH-BONE® ROBUSTO ITALIAN DRESSING.

To Retailer: Thomas J. Lipton, Inc. will redeem this coupon at face value plus 7¢ for handling if conditions of offer have been complied with by you and your customer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown upon request. Coupon may not be assigned or transferred. Customer must pay any sales tax. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of the merchandise or specifically authorized by us to present coupons for redemption. Void where reproduced, prohibited, taxed or restricted. Good only in U.S.A., its territories and Puerto Rico. For redemption of properly received and handled coupons, mail to: THOMAS J. LIPTON, INC., BOX R-7000, El Paso, Texas 79978.

Good only upon presentation to retailer on purchase of product described. Any other use constitutes fraud.

COUPON EXPIRES DECEMBER 31, 1981
OFFER LIMITED TO ONE COUPON PER PURCHASE.

12¢ STORE COUPON SD-277 12¢



Diet Discovery!

Space-age calorie-tracing techniques now reveal the extent of calories absorbed into food when cooked in oil, shortening or butter.

PAM adds virtually none!



SHORTENING ADDS 224 CALORIES TO THESE POTATOES



PAM ADDS LESS THAN 2

salted water 5 minutes or till crisp-tender. Drain.

Strain wine mixture; return to skillet. Boil mixture down to ½ cup. Blend cream into cornstarch; add to skillet. Cook and stir till mixture thickens and bubbles. Cook 1 to 2 minutes longer. Arrange orange slices around fish on platter, if desired. Spoon vegetables on top of orange slices. Pour some of the sauce over fish and pass remaining. Garnish with another orange slice and lime slices, if desired. Makes 4 servings.

Microwave directions: In a 12x7½x2-inch baking dish mix celery, parsnips, and *2 tablespoons water.* Micro-cook, covered, on HIGH 8 to 9 minutes or till tender. Drain; set aside. In the same dish combine *¼ cup water,* the sherry, bouillon granules, 2 orange slices, and parsley. Cook for 1 minute; stir to dissolve bouillon granules. Add *thawed** fish. Cover and cook 6 to 8 minutes or till fish flakes easily when tested with a fork, turning dish once. Remove fish to platter; keep warm. Strain wine mixture into a 4-cup glass measure; add water, if necessary to make ½ cup liquid. Stir cream into cornstarch; then blend into wine mixture. Cook, uncovered, 1 to 2 minutes or till thickened and bubbly, stirring 2 to 3 times. Add vegetables to sauce; cook 1 minute to heat through. Serve as above.

**To thaw frozen fish steaks:* Arrange frozen steaks in a 12x7½x2-inch dish. Cook, uncovered, on MEDIUM 3 to 5 minutes per pound. (Fish should be pliable on the outside, but still icy on the inside.) Halfway through the defrosting time, turn fish steaks over and rearrange.

continued

begins on page 128

Savvy cooking

Note: Microwave recipes were tested in counter-top microwave ovens. Timings are approximate since ovens vary by manufacturer.

HALIBUT WITH VEGETABLE AND WINE SAUCE

Next time try this recipe with salmon steaks—

1 cup water
⅓ cup dry sherry
1½ teaspoons instant chicken bouillon granules
2 orange slices
Several sprigs parsley
4 frozen halibut steaks

• • •

3 ribs celery, cut in 2x½-inch strips
1 medium parsnip, cut in 2x½-inch strips
½ cup light cream
2 teaspoons cornstarch
2 oranges, sliced (optional)
2 lime slices (optional)

In a 10-inch skillet combine water, sherry, bouillon granules, the 2 orange slices, and parsley; heat and stir to dissolve bouillon. Add *frozen* halibut steaks to skillet; bring to boiling. Reduce heat; cover and simmer 7 to 8 minutes or till fish flakes easily. Remove fish to platter; keep warm.

In a covered saucepan cook celery and parsnip in boiling,



Diet Discovery!

Advanced scientific tests prove it. Cook with PAM® and drastically reduce calori



BUTTER ADDS 159 CALORIES TO THIS FRENCH TOAST



PAM ADDS LESS THAN 4

HERE'S YOUR TICKET TO THE GREAT TASTE OF MOVIE THEATER POPCORN.

WEAR-EVER

POPCORN PUMPER



Now you can enjoy the great taste of movie theater popcorn and get a $3.00 rebate on the Wear-Ever® Popcorn Pumper® - the first electric home corn-popper to use hot air instead of hot oil.

Wear-Ever pops up all brands of corn big, light, and delicious – with no messy cleanup. And there's a big butter cup that lets you butter as much or as little as you want. Follow details below to get your rebate.

CUT ALONG DOTTED LINE

CUT ALONG DOTTED LINE

$3.00 REBATE

HERE'S HOW TO GET YOUR REBATE:

- Buy a Wear-Ever Popcorn Pumper between March 1 and May 31, 1981. Purchases after May 31, 1981 are invalid.
- Enclose this completed coupon, your dated sales slip (with purchase price circled) and carton model number or proof of purchase seal from the Use and Care Folder of the Wear-Ever Popcorn Pumper, postmarked on or before June 15, 1981.

SEND TO:
The Wear-Ever
Popcorn Pumper Rebate,
P.O. Box NB-274, El Paso, Texas 79966

Name _____

Address _____

City _____ State _____ Zip _____

Limit one rebate per family. Please allow four to six weeks for delivery. Offer void where prohibited by law. Offer good in U.S. only.

•BHG481

Wear-Ever also makes cookware with DuPont's premium quality surface

continued

Savvy cooking

BRUNCH EGGS SICILIAN

Remember this recipe when you need a light supper entrée—

1 16-ounce jar Italian cooking sauce
2 tablespoons dry white wine
¼ teaspoon fennel seed
6 eggs
6 rusks
½ cup shredded cheddar *or* provolone cheese (2 ounces)

In a 10-inch skillet combine cooking sauce, wine, and fennel seed. Bring mixture to boiling; reduce heat to medium-low. Break 1 egg at a time into a small dish; carefully slide into tomato mixture. Cover and cook over medium-low heat 5 to 7 minutes or till desired doneness. Remove eggs to rusks. Spoon sauce over eggs. Sprinkle with cheese. Makes 6 servings.

Microwave directions: In an 8-inch round baking dish combine cooking sauce, wine, and fennel seed. Micro-cook, covered, on HIGH for 3 to 4 minutes or till mixture boils. Break 1 egg at a time into a small dish; carefully slide into tomato mixture. Gently pierce each yolk with a wooden pick. Cook, covered, for 4 to 5 minutes. Give dish a half turn once. Remove eggs just before they reach desired doneness. Let stand, covered, 1 to 2 minutes to finish cooking. Serve as above.

CHOCOLATE FLOATING ISLANDS

2 egg whites
¼ teaspoon cream of tartar
¼ cup sugar
3 cups milk
½ cup semisweet chocolate pieces
½ cup sugar
2 egg yolks
2 eggs
1 teaspoon vanilla
1 square (1 ounce) unsweetened chocolate, melted
1 teaspoon shortening, melted
2 tablespoons chopped pistachio nuts

In mixer bowl beat egg whites and cream of tartar till soft peaks form (tips curl over). Gradually add the ¼ cup sugar, beating to stiff peaks (tips stand straight). In a 10-inch skillet heat milk till *barely* simmering. Divide meringue mixture into 6 equal portions; drop each into milk. Simmer, uncovered, 5 minutes or till firm. Lift meringues from milk with slotted spoon and drain on paper toweling. Chill.

Add the chocolate pieces to milk in skillet. Heat and stir till chocolate melts. Stir in the ½ cup sugar. Beat egg yolks and whole eggs; gradually and carefully stir chocolate mixture into eggs. Transfer to a 2-quart saucepan. Cook and stir over medium heat till mixture coats a metal spoon. Remove from heat; cool quickly by setting saucepan in a bowl of ice water. Stir in vanilla; continue stirring gently for 1 to 2 minutes to hasten cooling. Turn into serving bowl. Chill thoroughly.

To serve, arrange meringues atop chocolate custard. Combine melted chocolate and shortening. Drizzle over meringues. Sprinkle with pistachio nuts. Makes 6 servings.

Microwave directions: Prepare meringues as above. Meanwhile, in a 12x7½x2-inch baking dish micro-cook milk, covered, on HIGH for 6 to 8 minutes or till very hot. Divide meringue mixture into 6 equal portions; drop each into the hot milk. Cook, uncovered, for 1½ to 2 minutes or till meringues are firm. Lift from milk with a slotted spoon and drain on paper toweling; chill. Pour milk into a 2-quart mixing bowl. Add chocolate pieces; cook for 2 minutes or till chocolate is melted. Blend thoroughly. Stir in the ½ cup sugar. Beat egg yolks and whole eggs; gradually stir in about *1 cup* of the chocolate mixture. Add remaining mixture to mixing bowl. Cook on MEDIUM-HIGH for 5 to 7 minutes or till mixture coats a metal spoon, stirring after each minute. Stir in vanilla. Pour into another bowl set in ice water; let stand till cool. Chill thoroughly. Serve as above.

WONTON-VEGETABLE SOUP

This soup is an excellent accompaniment to sandwiches and main dish salads—

1 beaten egg yolk
2 tablespoons fine dry bread crumbs
1 tablespoon finely chopped onion
¼ teaspoon salt
Dash pepper
4 ounces lean ground beef
24 wonton skins
1 medium carrot, finely chopped
¼ cup chopped onion
1 tablespoon butter *or* margarine
1 32-ounce can (4 cups) chicken broth
2 tablespoons soy sauce
1 small zucchini, shredded

In a bowl combine egg yolk, bread crumbs, the 1 tablespoon onion, salt, and pepper; add ground beef. Mix well. Place one wonton skin with a point toward you. Place a teaspoon of filling just below center of skin. Fold bottom point of skin over filling; tuck point under filling. Roll to within 1 inch of top point. Moisten right corner of skin. Bring left and right corners together toward you below filling. Lap right over left corner; press to seal. Set aside. Repeat with remaining filling and wonton skins.



In a large saucepan cook carrot and the ¼ cup onion in butter or margarine till onion is tender. Add chicken broth and soy sauce; bring to boiling. Stir in zucchini. Drop wontons one at a time into boiling broth mixture. Return to boiling; reduce heat. Simmer, uncovered, 3 minutes. Makes 6 servings.

Microwave directions: Prepare wontons as above; set aside. In a 3-quart casserole combine carrot, the ¼ cup onion, and butter or margarine. Micro-cook, covered, on HIGH 4 to 5 minutes or till vegetables are tender. Add chicken broth and soy sauce. Cook, covered, 11 to 12 minutes or till mixture boils. Add zucchini and wontons. Cook, covered, 3 minutes or till mixture returns to boiling. Let stand 5 minutes.

POACHED VEGETABLE BUNDLES

Try these bundles with green onions, celery sticks, or broccoli spears, too—

6 cups water
2 tablespoons chicken bouillon granules
1 teaspoon minced dried onion
6 large romaine *or* spinach leaves

continued

ENTER THE $70,570 HONEYBRAN FAMILY FUNSTAKES™ NOW!



©R P Co 1981

GRAND PRIZE!

1981 Ford Fairmont Futura Squire Wagon—the incredible family car—spacious and fuel-efficient. **PLUS a 7-day Family Fun Vacation to Florida.** Includes air transportation via **Delta Air Lines** for a family of four and accommodations at **Sea World of Florida, Inc.,** the ideal family vacation location. Also visits to Walt Disney World and Busch Gardens.





5 SECOND PRIZES!

Delta and Sea World Family Fun Vacations described above.



10 THIRD PRIZES!

$1,000* worth of Coleman camping equipment for a family of four. You can count on quality, performance and dependability from Coleman. The Greatest Name in the Great Outdoors.
*(mfg. suggested retail)



15 FOURTH PRIZES!

Set of four Murray Ohio Bikes for the family (4). Murray Baja—rugged and ready for on-and-off-the-road biking fun.

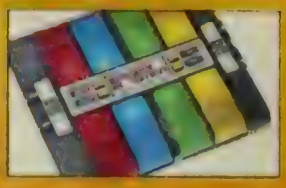


50 FIFTH PRIZES!

Fuji Auto Focus camera kits. The world's most fully automatic 35mm camera focuses automatically for easy family picture-taking. Kit includes Fuji film.

200 SIXTH PRIZES!

Super Simon,™ the electronic computer game. The game that challenges the family's memory with lights and sounds. By Milton Bradley Company.





750 SEVENTH PRIZES!

Coleman Lunch Pak.™ It's a bunch of ways to lunch. A great little cooler with deep food tray and freeze-and-pour bottle that makes it the greatest lunch-box going. Built-in beverage holders in flip side of lid and easy-open, easy-lock handle.

OFFICIAL RULES HONEYBRAN FAMILY FUNSTAKES

1. To enter the HoneyBran Family Funstakes,™ fill in name and address on coupon and redeem at your supermarket. If you want to enter the sweepstakes but not redeem the coupon, send us your handwritten name, address and zip code on a 3" x 5" paper. Mail to: HoneyBran Family Funstakes™ P.O. Box PL 15046 Belleville, IL 62224. One entry per envelope. NO PURCHASE REQUIRED.

2. This offer begins January 1, 1981. Entries must be redeemed at retailers or postmarked by September 30, 1981. Not responsible for lost, misdirected/late mail or retailer submissions.

3. Winners determined in a random drawing supervised by an independent judging organization. All prizes will be awarded.

4. Sweepstakes open to residents of the U.S. except in states where void, employees/families of Ralston Purina Company, its advertising agencies and Lee Krost Associates, Inc. Void in Wisconsin, wherever taxed or prohibited. Taxes are the sole responsibility of winners. One prize to a family, organization or address. Proof of eligibility required. No substitution of prizes.

5. Trips must be taken before November 30, 1982. Hotel reservations provided on a space available basis. Airline tickets non-refundable and non-transferable. Prizes must be accepted by parent or guardian for minors.

6. Federal, state and local laws apply. Odds of winning determined by the number of entries received.

7. For a list of major winners, send stamped, self-addressed envelope to: HoneyBran Sweepstakes Winners List, P.O. Box PL 15047 Belleville, IL 62224.

Use this coupon/entry blank to enter.

STORE COUPON

Save 20¢ on the purchase of 12 oz. or 18 oz. Honey Bran cereal



Fill out to enter the HONEYBRAN FAMILY FUNSTAKES™

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase.
RETAILER: For payment of face value plus 7¢ handling, send to Ralston Purina Company, P.O. Box PL1, Belleville, Illinois 62224. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. This coupon is non-transferable, non-assignable and non-reproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., A.P.O.'s, F.P.O.'s. Void where prohibited, taxed or otherwise restricted. Cash redemption value of 1/20 of 1¢.
LIMIT ONE COUPON PER PURCHASE AS SPECIFIED ON THE FACE OF THIS COUPON. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

20¢ 36B H 36B

Redeem this coupon by September 30, 1981 to be entered in the HoneyBran Sweepstakes.

© R P Co 1981

20¢

SIMPLE MEASURE



Forget cups. Forget ounces. Success Rice is so easy, you just drop a bag in boiling water. No measuring. No mess. Just perfect rice in 10 minutes. Success makes it simple!

continued

Savvy cooking

2 medium carrots, cut into 4-inch sticks
1 10-ounce package frozen asparagus spears, thawed
18 whole green beans
Creamy Hollandaise Sauce (see recipe right)

In a skillet combine water, bouillon granules, and dried onion; bring to boiling, stirring to dissolve bouillon. Cut heavy center vein out of romaine or spinach leaves. Immerse leaves in hot broth for a few seconds, just till limp; drain. Fold each leaf in thirds lengthwise. Divide carrot sticks, asparagus spears, and green beans into six bundles. Wrap a romaine leaf around the center of each; secure with a wooden pick, if necessary. Place vegetable bundles in broth. Bring broth to boiling; reduce heat. Cover and simmer about 12 minutes or till vegetables are crisp-tender. Lift bundles from broth with slotted spatula to serving platter. Spoon Creamy Hollandaise Sauce over bundles. Makes 6 servings.

Microwave directions: In a 2-quart casserole combine *4 cups water,* the bouillon granules, and onion. Microcook, covered, on HIGH 10 to 12 minutes or till mixture boils; stir to dissolve bouillon. Cut heavy center vein out of romaine or spinach leaves. Immerse in hot broth for a few seconds till limp; drain. Fold each leaf in thirds lengthwise. Assemble portions as above. Place bundles in broth. Cook, covered, 6 to 8 minutes or till vegetables are tender. Lift from broth and serve as above.

CREAMY HOLLANDAISE SAUCE

Nondairy creamer adds extra richness—

4 beaten egg yolks
⅓ cup water
3 tablespoons lemon juice
3 tablespoons nondairy creamer
¼ teaspoon salt
Dash pepper
½ cup butter *or* margarine

In small bowl stir together egg yolks, water, and lemon juice. Add dry nondairy creamer, salt, and pepper. Mix well. Melt butter or margarine in the top of double boiler; stir in egg yolk mixture. Place over but not touching, boiling water. Cook, beating constantly with rotary beater, till sauce thickens. Makes about 1¼ cups sauce.

FIVE-SPICE LAMB STIR-FRY

Five-spice powder can be purchased at most Oriental specialty shops—

1 pound boneless lamb
⅓ cup dry white wine
3 tablespoons teriyaki sauce
1 clove garlic, minced
½ teaspoon five-spice powder
Water
2 teaspoons cornstarch
2 tablespoons cooking oil
6 green onions, bias-sliced into 1-inch pieces
Hot cooked cellophane noodles *or* rice
Candied kumquats, sliced (optional)
Green onion fan (optional)

Partially freeze lamb; slice thinly into bite-size strips. In a bowl combine the wine, teriyaki sauce, garlic, and five-spice powder. Add lamb, stirring to coat well. Let mixture stand at room

temperature 30 minutes. (Or, cover and refrigerate 2 hours.) Drain meat, reserving ¼ cup of the marinade. Add water to marinade to make ⅔ cup liquid. Stir into cornstarch; set aside.

Preheat a wok or large skillet with cooking oil over high heat. Add green onions; stir-fry 1 minute. Remove onions. Add *half* of the lamb to the hot oil; stir-fry 2 to 3 minutes. Remove lamb. Repeat with remaining lamb. Return all lamb to wok or skillet. Stir cornstarch mixture; add to lamb. Cook and stir till mixture thickens. Stir in green onion. Cook and stir 1 minute more. Serve over cellophane noodles or rice. Garnish with kumquat slices and a green onion fan, if desired. Makes 4 servings.

TARRAGON-VEGETABLE MEDLEY

Walnut and sesame oils are highly flavored seasonings used in small amounts. You'll find them at food specialty shops and large supermarkets—

2 tablespoons cooking oil
2 cups cauliflower flowerets
1 medium carrot, cut in julienne strips
1 medium onion, cut in thin wedges
1 medium green pepper, cut in 1-inch squares
⅓ cup pitted ripe olives, halved
2 tablespoons white wine vinegar
1 tablespoon sugar
1 tablespoon water
½ teaspoon dried tarragon, crushed
¼ teaspoon salt
¼ teaspoon walnut *or* sesame oil
Walnut halves

In a large skillet heat cooking oil. Add cauliflower, carrot, onion, and green pepper. Stir to coat well. Cover and cook 7 to 8 minutes or till vegetables are crisp-tender. Add olives.

Meanwhile, stir together vinegar, sugar, water, tarragon, salt, and walnut or sesame oil. Drizzle oil mixture over all. Stir-fry about 1 minute more. Garnish with walnut halves. Serve hot or cold. Makes 4 servings.

Microwave directions: In a 1½-quart casserole combine cooking oil and carrots. Micro-cook, covered, on HIGH for 2 minutes. Add cauliflower and onion. Cook, covered, about 6 minutes more or till vegetables are almost tender, stirring once. Add green pepper. Cover and cook 3 minutes longer or till pepper is tender. Add olives.

Meanwhile, stir together vinegar, sugar, water, tarragon, salt, and walnut or sesame oil. Add oil mixture to vegetables; stir. Cook, covered, 30 seconds more. Serve as above.

PEARS CARIBBEAN

If you like, substitute three tablespoons of water for the first half of the rum and omit the flaming step—

4 medium pears
1 tablespoon lime juice
¼ cup packed brown sugar
2 tablespoons butter *or* margarine
⅓ cup light rum
Ground cinnamon
Vanilla ice cream
Red grapes (optional)
Lime wedges (optional)

Peel and core pears. In a bowl slice pears into eighths; toss with lime juice. In a medium skillet cook sugar and

continued



continued

Savvy cooking

butter or margarine till melted. Stir in *half* of the rum; add pears. Cook 3 to 4 minutes, turning pears once. Sprinkle generously with cinnamon. Pour the remaining rum into a small saucepan. Heat till bubbles form. Remove from heat. Ignite rum and pour over pears; stir gently. Serve over ice cream. Garnish each serving with grapes and a lime wedge, if desired. Serves 6.

Microwave directions: Prepare fruit as above. In an 8-inch round baking dish combine butter or margarine and sugar. Micro-cook on HIGH 1 to 1½ minutes. Stir; add pear-lime juice mixture, spooning sugar mixture over. Cook, covered, 4 to 7 minutes or till pears are tender, stirring every 3 minutes. Stir in *half* of the rum. Sprinkle generously with cinnamon. Cook 30 seconds more. In a 1-cup glass measure heat remaining rum about 20 seconds or till bubbles form (watch carefully). Remove from microwave oven. Ignite rum and serve as above.

RED SHRIMP WITH LINGUINI

Try this tasty sauce over rice, too—

⅓ cup dry white wine
2 teaspoons cornstarch
1 8-ounce can tomato sauce
¼ cup chopped onion
½ medium green pepper, cut in strips
1 clove garlic, minced
2 tablespoons butter *or* margarine
8 ounces fresh *or* frozen shrimp, thawed
4 anchovy fillets
¼ cup snipped parsley
6 ounces linguini, cooked and drained

In a small bowl stir wine into cornstarch. Add tomate sauce; set aside. In a medium skillet cook onion, green pepper, and garlic in butter or margarine 1 minute or till vegetables are hot. Add shrimp to skillet. Cook and stir 7 to 8 minutes or till shrimp are cooked. Remove from skillet. Add anchovies to skillet, mashing with the back of a spoon. Stir tomato mixture and add to skillet. Cook and stir till thickened and bubbly. Return shrimp mixture to skillet along with parsley. Cook and stir 1 minute more or till hot. Serve over hot cooked linguini. Makes 2 or 3 servings.

CHEDDAR-MUSHROOM STEAK SAUTÉ

Processed Swiss cheese food also is delicious with this sandwich—

2 slices onion, cut ¼ inch thick
2 tablespoons butter *or* margarine
1 cup sliced fresh mushrooms
2 beef *or* pork cubed steaks *or* two pieces thinly sliced beef round steak
Salt and pepper
4 thin slices tomato
3 tablespoons smoked cheddar cheese food
2 lettuce leaves
2 slices rye bread

In a skillet cook onion slices in *1 tablespoon* of the butter or margarine till barely tender. Carefully remove slices from skillet, trying to keep them whole. Add mushrooms to skillet; cook and stir till tender. Remove and set aside. Add remaining butter or marga-



Turn plain cream pie into higher, lighter, creamy Dream Pie. So easy and m-m-m...so delicious!

On the left, a plain coconut cream pie. On the right, a luscious Coconut Dream Pie. It's made with Dream Whip® Whipped Topping Mix, Baker's® Angel Flake® Coconut, extra Jell-O® Brand Instant Pudding, and milk. Look at the creamy light difference! Dream Pie is easy to make because there's nothing to cook, and you make the pie all in one bowl. Dream Pies look great, taste great, and hold their shape beautifully. You'll want to turn all your plain cream pies into higher, lighter, creamy Dream Pies.

GF GENERAL FOODS

rine to skillet. Add steaks and cook quickly about 1 minute on each side. Sprinkle with salt and pepper. Top with tomato slices. Arrange onion slices and mushrooms over tomatoes. Dollop each steak with *half* of the cheese. Cover and heat 30 seconds or till cheese melts. Serve on lettuce-lined slices of rye bread. Makes 2.

STEAMED ARTICHOKE-MUSHROOM PLATTER

To clarify butter, melt it over low heat in a heavy pan without stirring. Slowly pour clear layer into serving dish; discard milky layer—

2 medium artichokes
16 large fresh mushrooms

• • •

2 bay leaves
1 teaspoon dried basil, crushed
2 cups fresh *or* frozen sliced peas *or* carrots
3 tablespoons butter *or* margarine
¼ teaspoon salt
⅛ teaspoon ground allspice
6 tablespoons clarified butter
1 small tomato (optional)
1 tablespoon lemon juice

Wash, trim, and remove loose outer leaves of artichokes. Cut off 1 inch of top; snip off sharp tips. Set aside. Rinse mushrooms; remove stems. (Use stems for another purpose.) Set aside.

Place about 1½ inches water, bay leaves, and basil in the bottom of a steamer or Dutch oven; bring to boiling. Place peas or carrots in steamer basket over boiling water. Cover and steam 10 to 15 minutes or till tender. Remove vegetables to blender container or food processor bowl. Place artichokes in steamer basket; cover and steam 30 minutes. Add mushrooms to steamer basket; cover and steam 15 minutes more.

While artichokes are steaming add the 3 tablespoons butter or margarine to hot peas or carrots in blender container or food processor bowl along with salt and allspice. Cover and process till smooth, scraping sides as necessary. Keep puree warm. Remove artichokes and mushrooms from steamer; drain. Spoon puree into mushroom caps; arrange on platter. Garnish half of the mushrooms with small ovals of tomato, if desired. Pull leaves from artichokes; arrange on platter. Remove and discard chokes; quarter artichoke hearts. Place hearts on platter. Combine clarified butter with lemon juice; drizzle over artichoke leaves. Garnish platter with a carrot curl, if desired. Makes 6 to 8 servings.

Microwave directions: Prepare artichokes and mushrooms as above. Place 1 cup *water*, bay leaves, and basil in the bottom of a 1½-quart casserole. Micro-cook on HIGH 3 to 4 minutes or till water boils. Place carrots or peas in a nonmetal sieve; set sieve in dish of seasoned water. Cover sieve and dish with clear plastic wrap. Cook till vegetables are tender (5 minutes for peas, 9 minutes for carrots). Remove vegetables to blender container or food processor bowl. Arrange artichokes in the same sieve; place in casserole. Cover and cook 8 to 10 minutes or till nearly tender. Add mushrooms to sieve. Cover and cook 1 to 3 minutes more or till mushrooms are tender. Drain. While artichokes are steaming blend carrots or peas as above. Serve as above.

continued



Coconut Dream Pie...as simple as a, b, c.

2 envelopes DREAM WHIP® Whipped Topping Mix
2¾ cups cold milk
1 teaspoon vanilla
2 packages (4-serving size) JELL-O® Brand Vanilla or Coconut Cream Flavor Instant Pudding
1⅓ cups (about) BAKER'S® ANGEL FLAKE® Coconut
1 baked 9-inch pie shell, cooled

a. Prepare whipped topping mix with 1 cup of the milk and the vanilla as directed on package, using large mixing bowl. Add remaining 1¾ cups milk and the pudding mix.

b. Blend; then beat at high speed for 2 minutes, scraping bowl occasionally. Stir in coconut.

c. Spoon into pie shell. Chill at least 4 hours. Garnish, if desired.

© General Foods Corporation 1980 Dream Whip, Jell-O, Baker's and Angel Flake are registered trademarks of General Foods Corporation.



Put on your Easter best

Put on the finery. Put on the fun. And put on your best . . . a cake decorated as colorfully as Easter itself. With Wilton, you can make it just that way.

Be it shaped like an Easter basket, a little lamb, a beautiful egg or even the Easter Bunny, Wilton has all the shapes. So you have all the fun.

With colors, tips, complete kits and simple, step-by-step instructions, your Easter decorating is easy.

Find everything you need in the Wilton Cake Decorating Center at your favorite department store, supermarket or cake decorating specialty shop. And then put on your Easter best.

Wilton

Cake Decorating Products

Decorate your days

© 1981, Wilton Enterprises, Inc.



continued

Savvy cooking

PLUM-SAUCED CHICKEN

⅓ cup plum preserves
¼ cup finely chopped onion
2 tablespoons frozen orange juice concentrate, thawed
2 teaspoons instant chicken bouillon granules
½ teaspoon ground allspice
½ teaspoon Kitchen Bouquet
1 2½- to 3-pound broiler-fryer chicken, cut up
4 teaspoons cornstarch
Hot cooked rice

In a bowl combine preserves, onion, orange juice concentrate, bouillon granules, allspice, and Kitchen Bouquet. Season chicken with salt and pepper. Place chicken in an 8x1½-inch round baking dish. Pour plum mixture atop. Cover with foil. Place a rack and 1 inch of *water* in the bottom of a Dutch oven or kettle. Place baking dish on the rack in Dutch oven. (If using a steamer, place water in bottom section and baking dish in the next section.) Bring water to boiling; reduce heat. Cover and steam chicken 50 minutes or till tender. Remove chicken to platter; keep warm. Skim excess fat from plum mixture in baking dish. Measure mixture; add water, if necessary, to make 1¼ cups liquid. In a saucepan blend cornstarch into 1 tablespoon *water.* Stir in plum mixture. Cook and stir till mixture thickens and bubbles. Spoon some sauce atop chicken; pass remaining. Serve with hot cooked rice and garnish with lemon slices, if desired. Makes 4 to 6 servings.

STEAMED BLUEBERRY PUDDING

1 cup whole wheat flour
1 cup all-purpose flour
½ cup sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon salt
6 tablespoons butter *or* margarine
1 beaten egg
1 cup milk
1 cup fresh *or* frozen blueberries
1 recipe Fluffy Cream Cheese Topper

Grease and lightly flour a 5½-cup mold; set aside. In mixing bowl stir together flours, sugar, baking powder, cinnamon, and salt. Cut in butter or margarine till mixture resembles fine crumbs. Stir together egg and milk; add all at once to mixture in bowl. Stir till well mixed. Fold in blueberries. Pour mixture into prepared mold. Cover mold tightly with foil. Place a rack in a deep Dutch oven or kettle. Add *water* to Dutch oven to a depth of 1½ inches; bring to boiling. Place mold on rack. Cover; steam for 2 hours or till pudding tests done with a wooden pick. Remove mold to wire rack; uncover. Cool 15 to 20 minutes. Unmold pudding. Serve with Fluffy Cream Cheese Topper. Garnish with blueberries, if desired. Serves 6 to 8.

Fluffy Cream Cheese Topper. Beat one 3-ounce package *cream cheese,* softened; ¼ cup *butter* or *margarine,* softened; 1 teaspoon *vanilla;* and ¼ teaspoon finely shredded *lemon peel* till fluffy. Slowly beat in 1 cup sifted *powdered sugar.* Stir in 2 tablespoons *milk;* beat smooth.

continued on page 150

GOOD COOKING STARTS AT HOME

Recipes and savings from Kraft

Nobody cooks like you! And when you add a pinch of help from Kraft, you really bring the cooking goodness of "home-made" home. Cook up these marvelous recipes and cook up some wonderful savings too!

MOM'S "PASS ME SOME MORE" GOLDEN MEATBALL BAKE

1 lb. ground beef
½ cup (2 ozs.) KRAFT Grated Parmesan Cheese
2 eggs, slightly beaten
¼ cup dry bread crumbs
¼ teaspoon salt
Dash of pepper

* * *

½ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
2 cups cooked rice
1 9-oz. pkg. frozen cut green beans, thawed, drained
1 cup chopped tomato
½ teaspoon basil leaves
¼ teaspoon salt

Combine meat, parmesan cheese, eggs, bread crumbs and seasonings; mix lightly. Shape into 18 balls. Bake at 350°, 15 minutes.

Combine process cheese spread, rice, beans, tomato and seasonings; mix lightly. Place meatballs around outside of 11¾ x 7½-inch baking dish. Spoon rice mixture in center. Bake at 350°, 30 minutes. Top with additional process cheese slices, cut in half diagonally, and parmesan cheese, if desired.

6 servings

STORE COUPON

SAVE 15¢

on KRAFT Grated Parmesan Cheese (8 oz. or larger canister).

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.**

REDEEM PROMPTLY – ONE COUPON PER ITEM PURCHASED

P1-2

21000 108593

15¢

15¢

STORE COUPON

SAVE 12¢

on VELVEETA Process Cheese Spread (one 2-lb. box).

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to: **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.**

REDEEM PROMPTLY – ONE COUPON PER ITEM PURCHASED

21000 108577

12¢

12¢

...AND NOBODY COOKS LIKE YOU!

DAD'S "AT HOME ON THE RANGE" APPETIZER MEDLEY

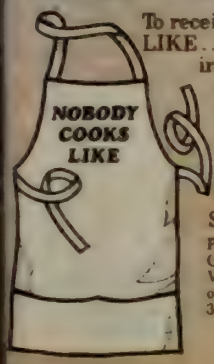
- 1 10-oz. jar KRAFT Apricot or Peach Preserves
- 1 cup KRAFT Barbecue Sauce
- 1 12-oz. pkg. smoked sausage links, cut in quarters
- 1 8½-oz. can water chestnuts, drained
- 1 8¼-oz. can pineapple chunks, drained
- 1 cup green pepper chunks
- 1 cup mushroom halves

Combine preserves and barbecue sauce. Add remaining ingredients; mix lightly. Simmer 15 minutes or until thoroughly heated, stirring occasionally.

Approximately 8 dozen

Get an apron that tells the world

"NOBODY COOKS LIKE..."



To receive your "NOBODY COOKS LIKE..." apron, which comes with iron-on letters so you can personalize it yourself, send your name and address and a $3.99 check or money order (no stamps) to:

KRAFT APRON OFFER
P.O. BOX 843
SOUTH HOLLAND, IL 60473

Please allow 6 to 8 weeks for delivery. Offer good in U.S.A. APO/FPO addresses. Void where prohibited, licensed, or otherwise restricted. Offer expires July 31, 1981.





STORE COUPON



B1-2

SAVE 10¢

on KRAFT Jams, Jellies and Preserves (any size or flavor).

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to: **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.**

REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED

KRAFT

21000 106134

10¢ 10¢

STORE COUPON



E1-3

SAVE 10¢

on KRAFT Barbecue Sauce (any size or flavor).

MR. GROCER: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of this coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to: **KRAFT, INC. RFG, P.O. BOX 1600, CLINTON, IOWA 52734.**

REDEEM PROMPTLY—ONE COUPON PER ITEM PURCHASED

KRAFT

21000 110128

10¢ 10¢

©1981 Kraft Inc.

continued from page 147

Savvy cooking

BROWN-BUTTERED PORK AND VEGETABLES

½ teaspoon dry mustard
¼ teaspoon onion powder
¼ teaspoon pepper
1 2-pound smoked pork shoulder roll
3 large sweet potatoes,* peeled and cut into 1½-inch slices (2 pounds)
2 pints fresh brussels sprouts *or* two 10-ounce packages frozen brussels sprouts*
½ cup butter *or* margarine
¼ cup sliced green onion
2 tablespoons lemon juice

In a bowl combine mustard, onion powder, and pepper. Rub mixture over pork. In the lower section of steamer pour 4 cups *water;* bring to boiling. In center section of steamer* place meat. Place over boiling water; cover and steam 1¼ hours. In top section of steamer arrange potatoes; cover and steam 30 minutes. Add brussels sprouts. Sprinkle with salt and pepper. Cover and continue steaming 25 minutes more or till vegetables are tender. Remove vegetables and meat to platter; keep warm.

In a skillet combine the butter or margarine and green onion. Cook and stir till butter foams and turns a light brown. Add lemon juice. Spoon over vegetables. Makes 6 servings.

**Note:* If your steamer does not have 3 sections, use only 2 potatoes and 1 pint of brussels sprouts. Arrange vegetables in the same rack with meat at the times indicated above.

PENUCHE-NUT ROLLS

1 to 1½ cups all-purpose flour
1 package active dry yeast
½ cup milk
3 tablespoons granulated sugar
2 tablespoons shortening
½ teaspoon salt
1 tablespoon butter *or* margarine, melted
¼ cup packed brown sugar
¼ cup chopped walnuts
½ teaspoon ground cinnamon
Maple-Penuche Glaze (see recipe right)

In small mixer bowl combine *½ cup* of the flour and the yeast. In a saucepan heat together the milk, granulated sugar, shortening, and salt just till warm (115° to 120°), stirring till shortening almost melts. Add to dry mixture in mixer bowl. Beat at low speed of mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. Stir in as much of the remaining flour as you can mix in with a spoon. Turn out on lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough (6 to 8 minutes). Place in lightly greased bowl; turn once to grease surface. Cover; let rise in warm place till nearly double (about 1 hour). Punch dough down; turn out onto lightly floured surface. Cover and let rest 10 minutes. Roll dough to a 10x6-inch rectangle. Brush with the melted butter or margarine. Combine brown sugar, walnuts, and cinnamon; sprinkle over butter. Roll up starting at long side. Cut into 12 rolls. Cover and let rise about 25 minutes or till nearly double. Meanwhile, in bottom of steamer over high heat, bring 1½ inches *water* to boiling. Place rolls on lightly greased steamer rack so rolls do not touch. Set rack in steamer over boiling water; cover. Steam for 20 minutes. Transfer to wire rack. While still warm drizzle with Maple-Penuche Glaze. Makes 12.

Microwave directions: Prepare, shape, and allow rolls to rise as above. When rolls are nearly risen, place 1 cup *hot water* in a 12x7½x2-inch baking dish. Micro-cook, covered, on HIGH about 4 minutes or till water boils. Carefully place a roll in each of six custard cups*; place in the dish of hot water. Cover dish with plastic wrap. Cook on MEDIUM-HIGH for 4 minutes, turning once. Remove rolls to wire rack to cool. Repeat with remaining rolls. While still warm drizzle with Maple-Penuche Glaze.

**Note:* If desired, place six rolls at a time on an 8¾x6½-inch nonmetal rack; place in dish as above.

MAPLE-PENUCHE GLAZE

¼ cup butter *or* margarine
½ cup packed brown sugar
2 tablespoons milk
½ teaspoon maple flavoring
1 cup sifted powdered sugar

In a small saucepan melt butter or margarine; add brown sugar. Bring to boiling. Cook and stir 1 minute or till slightly thick. Cool 15 minutes. Add milk and flavoring; beat smooth. Beat in enough powdered sugar to make of drizzling consistency. Makes ¾ cup.

SESAME BROILED STEAK

2 pounds beef chuck steak, cut ¾ inch thick
Instant unseasoned meat tenderizer
⅓ cup soy sauce
2 tablespoons cooking oil
2 tablespoons lemon juice
2 tablespoons water
Several drops bottled hot pepper sauce
1 tablespoon honey
1 8¾-ounce can pineapple slices, drained
2 tablespoons sesame seed, toasted

Sprinkle all sides of meat with tenderizer, using 1 teaspoon total. To ensure penetration, pierce deeply at ½-inch intervals with a long-tined fork.

Combine soy sauce, cooking oil, lemon juice, water, and hot pepper sauce. Place meat in shallow pan. Pour soy mixture over meat. Cover and refrigerate for 1 to 2 hours. Drain meat, reserving marinade. Place meat on unheated rack of broiler pan. Broil 3 to 4 inches from heat 7 minutes; brush with marinade. Turn meat; broil 4 minutes more. Meanwhile, combine remaining marinade and honey. Arrange pineapple slices around meat; brush meat and pineapple with marinade mixture. Continue broiling 2 to 3 minutes for medium-rare. Brush any remaining marinade over all. Sprinkle with sesame seed. Serves 4 to 6.

BROILED PEPPERS RELLENOS

12 fresh or pickled sweet banana or yellow peppers, halved lengthwise and seeded *or* two green peppers, quartered lengthwise and seeded
½ cup shredded cheddar cheese
¼ cup mayonnaise
2 tablespoons sliced green onion
2 stiffly beaten egg whites

If using *fresh* banana peppers, yellow peppers, or green peppers, cook peppers in boiling water for 3 minutes or till tender; drain. Place on cold broiler rack. Stir together *half* of the cheese, the mayonnaise, and green

continued

WHEN THINGS GET HOT, SARAN WRAP BEATS THE OTHERS COLD.



SARAN WRAP, BEFORE.
Buttered corn wrapped in Saran Wrap and vented to insure proper cooking. Placed in oven for 3½ minutes.



AFTER:
No damage.



A LEADING COMPETITOR, BEFORE:
The same method of testing used as for Saran Wrap.



AFTER:
It melted.

The toughest proving ground for any wrap is the microwave oven. So to prove how good Saran Wrap* is, we conducted the above demonstration.

While a leading competitor, and other wraps, melted, dissolved or ended up with holes in them, Saran Wrap survived.

And of course, that means your food will retain more of its moisture and therefore more of its natural flavor when you wrap it with Saran Wrap.

The secret of its superiority is its unique molecular structure. Whenever the heat's on, Saran Wrap won't fall apart. And your dinner will come out of the oven tasting as good as it should.

If you examine all the hard, cold facts, there's really only one wrap good enough for your microwave oven.



Note: SARAN WRAP is not to be used in a conventional oven or with the browning element in microwave ovens.
*Trademark of The Dow Chemical Company.

continued

Savvy cooking

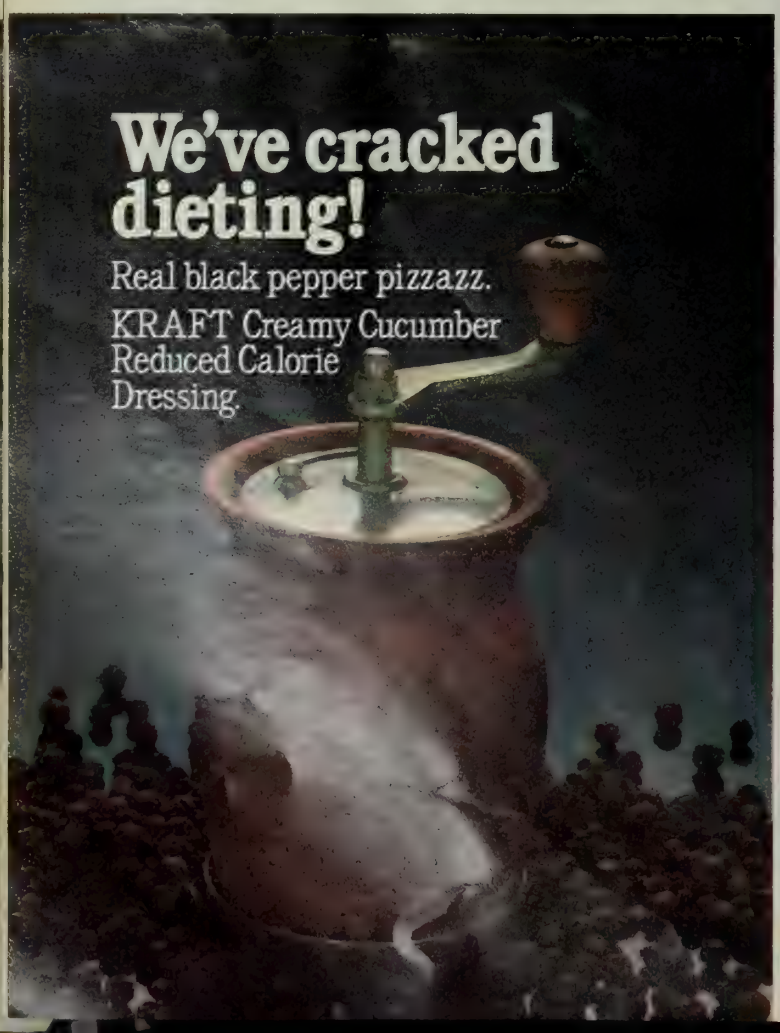
onion; fold in egg white. Spoon mixture into peppers, spreading to cover edges. Sprinkle peppers with remaining cheese. Broil 5 to 6 inches from heat for 3 to 5 minutes or till cheese is melted. (For gas broiler, you may have to remove broiler rack from pan to get 5 to 6 inches from heat.) Makes 6 to 8 appetizer servings.

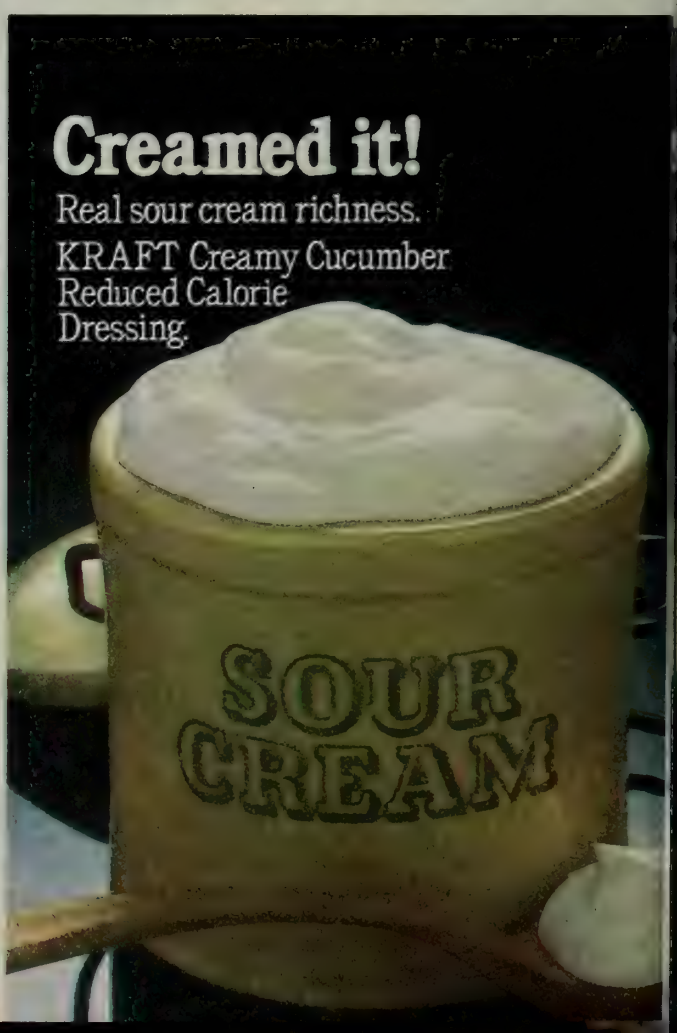
STRAWBERRY BAUMKUCHEN TORTE

½ cup butter *or* margarine, softened
½ cup sugar
½ teaspoon finely shredded lemon peel
½ teaspoon vanilla
6 egg yolks
⅔ cup all-purpose flour
⅓ cup cornstarch
6 egg whites
¼ cup sugar
2 8-ounce containers dairy sour cream
⅓ cup sugar
1 teaspoon vanilla
1½ cups fresh strawberries, halved
1 recipe Chocolate Buttercream Frosting (see recipe page 153)
½ cup strawberry jelly
1 tablespoon lemon juice
1 teaspoon cornstarch

In small mixer bowl beat butter or margarine about 30 seconds; gradually add the ½ cup sugar, lemon peel, and the ½ teaspoon vanilla. Add egg yolks, one at a time, beating well at high speed after each. Mix flour, the ⅓ cup cornstarch, and ¼ teaspoon *salt;* stir into butter mixture. Wash beaters well. In large mixer bowl beat egg whites till soft peaks form (tips curl over). Gradually add the ¼ cup sugar, beating till stiff peaks form (tips stand straight). Stir a small amount of egg white into flour mixture to lighten. Fold flour mixture into egg whites. Grease an 8-inch springform pan. Spread a *scant* ½ cup batter evenly in the bottom (layer will be very thin). Place under broiler 5 inches from heat; broil 1 to 1½ minutes or till lightly browned. Watch closely to prevent overbrowning. Carefully spread another scant ½ cup batter atop first layer. Broil as before, turning if necessary to brown evenly. Repeat layers, making 5 layers in all.

Stir together sour cream, the remaining ⅓ cup sugar and the 1 teaspoon vanilla. Spread *half* of the mixture over top cake layer. Broil for 1 minute or till cream mixture is set. Using remaining batter add *5 more* cake layers to torte, broiling as before. Spread with remaining sour cream mixture. Broil again for 1 minute or till cream mixture is set. Cool torte 15 minutes on wire rack. Remove sides from pan; cool completely. Arrange a single row of strawberries around edge of torte and in the center, leaving a wide band empty between berries. Frost sides of torte with Chocolate Buttercream Frosting. Using a tube with wide tip, pipe a circle of frosting between rows of strawberries. Chill. Mix jelly, lemon juice, and the 1 teaspoon cornstarch in a small saucepan. Cook and stir till mixture is thickened. Cool to room temperature. Spoon glaze atop berries *just before serving.*





CHOCOLATE BUTTERCREAM FROSTING

- 3 tablespoons butter *or* margarine, softened
- 1 square (1 ounce) unsweetened chocolate, melted and cooled
- 2½ cups sifted powdered sugar
- Milk
- ½ teaspoon vanilla

In small mixer bowl beat together the butter or margarine and chocolate; beat in *half* of the sugar. Blend in *1 tablespoon* of the milk and vanilla. Gradually blend in remaining sugar. Add enough additional milk (1½ to 2 tablespoons) to make a frosting of piping consistency. Makes 1⅓ cups.

BARLEY-STUFFED TROUT

- 4 fresh *or* frozen dressed whole trout (about 5 ounces each)
- ½ cup quick-cooking barley
- ½ cup sliced fresh mushrooms
- ½ cup shredded carrot
- ¼ cup chopped onion
- 2 tablespoons butter *or* margarine
- 1¼ cups chicken broth
- ¼ cup snipped parsley
- ½ teaspoon dried oregano, crushed
- 2 tablespoons butter *or* margarine, melted

Thaw trout, if frozen. In a saucepan cook barley, mushrooms, carrot, and onion in the first 2 tablespoons butter or margarine till barley is golden, stirring often. Stir in chicken broth, parsley, oregano, the ¼ teaspoon *salt*, and dash *pepper*. Bring to boiling; reduce heat. Cover and simmer 10 to 12 minutes or till barley is tender. Sprinkle fish cavities with *salt*. Fill cavities with the stuffing. Keep remaining stuffing warm. Brush some of the remaining melted butter over fish. Place fish on unheated rack of broiler pan. Broil 5 inches from heat for 5 minutes. Turn, brush with butter and broil 5 minutes or till fish flakes easily. Serve fish with remaining stuffing. Garnish with fresh dill, if desired. Makes 4 servings.

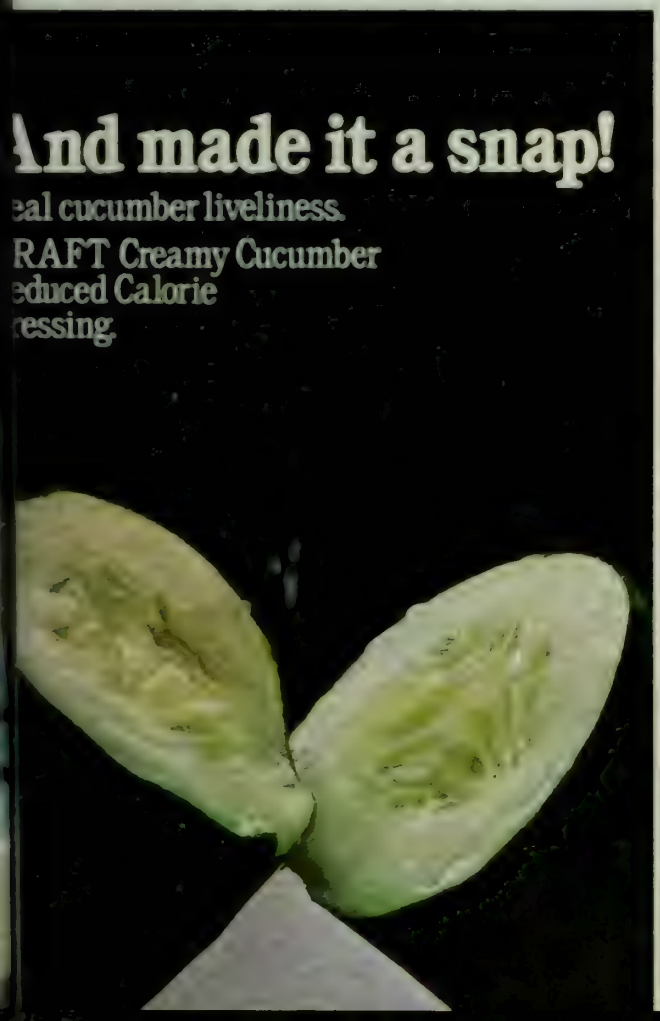
BROILER RACLETTE

- 2 cups shredded process sharp American cheese (8 ounces)
- 1 3-ounce package cream cheese, softened
- ¼ cup grated Parmesan cheese
- 2 tablespoons chopped onion
- ½ teaspoon dried oregano, crushed
- Several drops bottled hot pepper sauce
- ¼ cup milk
- ¼ cup finely chopped pepperoni

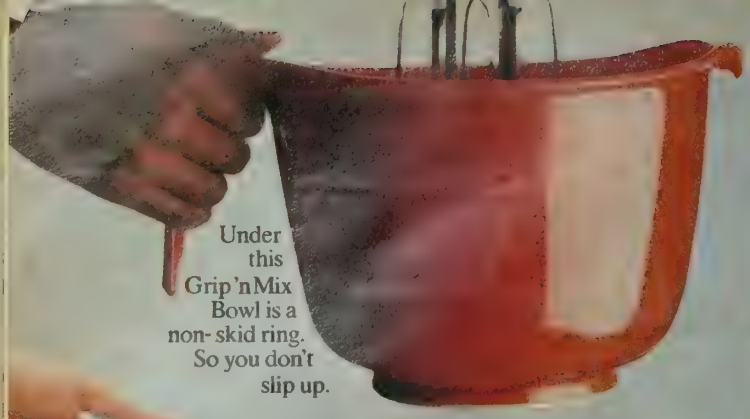
• • •

- ½ cup chopped walnuts
- Hot cooked potatoes, broccoli buds, brussels sprouts, *or* cauliflower flowerets *or* sliced French bread

In small mixer bowl combine American cheese, cream cheese, Parmesan cheese, onion, oregano, and pepper sauce. Heat milk to boiling; pour over cheese. Beat with electric mixer till nearly smooth. Stir in pepperoni. Form into a wheel 5 inches in diameter and 2 inches high. Cover and chill several hours or overnight. Unwrap; press nuts into sides of wheel. Place on ovengoing plate. Place 5 to 6 inches from heat; broil 3 to 4 minutes or till cheese melts on surface. Scrape off melted portion and spread on vegetables or bread. Return to broiler and repeat melting and scraping process till all cheese is melted. Makes 1¾ cups.







Under this Grip'n Mix Bowl is a non-skid ring. So you don't slip up.

Our Vegetable Shredder is easy. Easy to handle and easy to clean.

WE GIVE YOU SO MUCH FOR SO LITTLE.

We put a lot of little extras into all our kitchen helpers. So they're easy to handle. Easy to clean. Some even work like two gadgets in one. When something's made this well, it's Rubbermaid.

Rubbermaid®

© 1981 by Rubbermaid Incorporated, Wooster, Ohio 44691

Measure, mix, then cover and shake. In one handy container.

This Strainer/ Colander stands alone. Or fits on the rim of a pan.



Poultry Main Dishes

Apple Desserts

Are you adept at parlaying poultry into an exciting main dish entrée? Have you created a delectable apple dessert? Send us your recipes—you could be a winner next November. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next November. All 16 winners receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Poultry Main Dishes

Enter any main dish idea that features chicken, turkey, duck, capon, goose, Cornish hens, pheasant, or quail. Do you cook the main dish in a crockery cooker or pressure saucepan? Tips: **cheese-crusted chicken, duck with kiwi, spinach-stuffed capon.**

Apple Desserts

For your apple dessert, you might use fresh apples, applesauce, canned apple slices, dried apples, or apple juice as a major ingredient. Is yours an easy make-ahead dessert? Hints: **apple brandy snow, chilled apple-pumpkin torte, creamy apple-peanut crepes.**

THIS MONTH'S WINNERS

(See recipes on pages 157 and 158.)

Cooks-of-the-Month

Jolie Steckart, De Pere, Wis.
Sue Taylor, Hayward, Calif.

Runners-up

Mrs. Julia Coffman, Mooresville, Ind.
Heidi Henderson, Olympia, Wash.
Teresa McCown, Dallas, Tex.
Toni Schwer, Muncie, Ind.

Honor Roll

Linda C. Adams, San Antonio, Tex.
Mrs. Suzy Carlson, Oak Park, Ill.
Ruth Gjelsness, Reynolds, N.D.
Vivian Imperiale, San Francisco, Calif.
Ellen A. Nelson, Reading, Mass.
Bobbi Nichols, Houghton Lake, Mich.
Mrs. Ann Pontown, Long Valley, N.J.
Ilene Richman, Flushing, N.Y.
Donna Tolin, Bartlesville, Okla.
Ruth S. Webster, Portales, N. Mex.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "November Poultry Main Dishes" or "November Apple Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, April 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8104 Food Department. Better Homes and Gardens, Des Moines, IA 50336.**

Do the Chicken.
With Olives and Avocado.



It's easy when you have plenty of cool, golden-green Avocados and glistening black ripe olives on hand. Just slice California Avocados into crescents and California Olives into wedges. Then do the chicken salad that has people dancing for joy.

Chicken Salad Habañera

1½ cups boned, cooked chicken, in thin strips
1 cup California ripe olives, sliced in wedges
1 California Avocado, cut into crescents
⅓ cup green pepper strips
¼ cup red onion, finely chopped
2-3 Tbsps. pimiento, thin strips
4 cups lettuce, shredded

Dressing

⅓ cup salad oil
¼ cup red wine vinegar
¼ cup lemon juice
1 Tbsp. sugar
1 tsp. salt
½ tsp. pepper
⅛-¼ tsp. fresh garlic, minced

Combine ingredients; hold aside Avocado. Cover and chill. Combine dressing ingredients in a jar and shake well. Refrigerate. Just before serving add avocados, shake dressing, pour over salad. Toss lightly; serve on bed of shredded lettuce. (Serves 4)

LOVE FOOD FROM CALIFORNIA
CALIFORNIA OLIVE INDUSTRY
©1981 California Avocado Commission

Creamy. Cheesy. Quick & Easy.



It's Minute® BRAND Rice and Cheese.

Minute® Rice Side Dish #1. Minute Rice and KRAFT® Cheese.

The combination of "foolproof" Minute® Rice and rich tasting KRAFT® Deluxe process cheese makes a delicious side dish with a great new taste your whole family will love. And it's quick and easy to prepare.

Directions:

Simply prepare Minute Rice as usual, but when water boils, stir in one slice of KRAFT Deluxe American process cheese for each serving. (For some extra snap, use KRAFT Old English slices.) After the process cheese melts, stir in rice. Cover, remove from heat, and let stand for 10 minutes. That's it!

For variation: Substitute milk for half the water and add ¼ teaspoon of prepared mustard per serving; or double the cheese and add ¼ teaspoon of prepared mustard per serving.

Another delicious idea from "foolproof" Minute® Rice.



© 1981 General Foods Corp. Minute® is a registered trademark of General Foods Corp. © 1981 Kraft, Inc.

YOU DON'T HAVE TO MAKE SPACE



You don't have to crowd your countertops or rearrange your kitchen for the Spacemaker Microwave Oven from General Electric. It fits right over your range, where it's out of your way and still easy to get to. And the Spacemaker oven comes with an exhaust fan and work light for your range.

The Spacemaker oven doesn't just save counter space; it gives you plenty of cooking space. Room for a 3-quart casserole or a 12-lb. turkey, and wide enough to hold two serving dishes side by side. So you can cook two side dishes or reheat a meat and a vegetable at the same time.

But maybe the most amazing thing about the Spacemaker oven is its Automatic Cooking Control, an electronic sensor system that makes microwave cooking easier. It allows you to prepare everything from frozen entrees to casseroles without worrying about time, temperature, or power settings. Just indicate the kind of food you're cooking, press the start button, and that's all you do until your food is ready. Even roasts can be automatically cooked "rare," "medium," or "well done." Also a 3-digit Cook Code™ control automatically lets you prepare hundreds of recipes found in the GE Cookbook.

If you want a microwave oven that saves space, looks good, and makes cooking easier than ever, get the Spacemaker oven from GE.

For your nearest Spacemaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.

We bring good things to life.

GENERAL ELECTRIC

FOR A SPACEMAKER™ MICROWAVE OVEN.







ARRANGE OUR RANGE TO SUIT YOUR TASTE.

THE GE GRILL/GRIDDLE RANGE. If you're looking for more cooking versatility, the Grill/Griddle range from General Electric offers you more ways to cook than you can shake a spatula at.

It has a cooktop that comes with interchangeable grill, griddle and Calrod® plug-in cooking elements. So you can grill chops, barbecue steaks, fry eggs and even stir-fry vegetables — right on the same cooktop, at the same time. (Optional cooking elements can be purchased for additional cooktop combinations.)

It has a full-size oven that's big enough to handle all your roasting, baking and broiling. And since it's self-cleaning, you don't have to scour a messy oven.

It's easy to install because it's a standard-size range that doesn't require any complicated duct work.

And just to make sure you cook happily ever after, we're including a cookbook full of delicious Grill/Griddle recipes.

So, if you find the GE Grill/Griddle range suits your taste, arrange to see your nearest GE dealer or call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.



WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC

SUBSCRIBERS: PLEASE NOTE!

BETTER HOMES AND GARDENS® subscribers and members of their families often express interest in home and family related products and services which are supplied by our company, Meredith Corporation, and other reputable firms.

From time to time, accordingly, we send our subscribers offers for BETTER HOMES AND GARDENS books, home craft and decorating items, other home related merchandise, and services of potential interest. We also make available subscriber names and addresses to other firms who are able to supply appropriate products and services.

Great care is taken by Meredith and other direct mail advertisers to send information about such products only to families who are most likely to be interested in them. Indications of interest such as products previously purchased, geographical location of the household, and various characteristics of the community, are considered to determine which products and services should be offered. A careful examination of advertisers and their offers is also a part of this screening process.

While we believe the distribution of this information is of benefit to our subscribers, we firmly respect the wishes of any subscriber who does not want to receive such promotional literature. Should you wish to restrict usage of your name, simply send your request to BETTER HOMES AND GARDENS, P.O. Box 10263, Des Moines, IA 50336, enclosing a current address mailing label. You may wish to state whether your preference is to receive no offers of any kind described above or to receive only Meredith Corporation offers.

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

WORRY-FREE DECORATING
Page 35: Bentwood rocker—Workbench, 470 Park Ave. South, New York, NY 10016. Floor covering, sisal rug—Import Specialists, 82 Wall St., New York, NY 10005. Fabrics—Fabrications, 146 E. 56th St., New York, NY 10022. Fish and wood plaques—Habersham Plantation Corp., P.O. Box 1209, Toccoa, GA 30577. Candlesticks—Conran's, 145 Huguenot St., New Rochelle, NY 10801. Lamp—George Kovacs Lighting Inc., 24 W. 40th St., New York, NY 10018.
Page 36: Stacked-drawer coffee table—Beylerian Ltd., 11 E. 26th St., New York, NY 10010. Lamps—George Kovacs Lighting Inc. (address above). Antique pig, picture, and dog in window—Kelter-Malce, 361 Bleecker St., New York, NY 10014.
Page 37 (lower left): Table and candlesticks—Conran's (address above). Lantern—George Kovacs Lighting Inc. (address above). Wicker sofa—Walter's Wicker Wonderland, 991 Second Ave., New York, NY 10022. Glasses "Victoria" and flatware "Mondo"—Lauffer, Belmont Drive, Somerset, NJ 08873. Dinnerware "Classic"—Bennington Potters, Inc., 324 County St., Bennington, VT 05201. TV cart—Beylerian Ltd. (address above). (Lower right): Cupboard—Habersham Plantation Corp. (address above).

SMART NEW LOOKS FOR SHABBY OLD FURNITURE
Page 39 (upper): Lamp—Sirmos, Inc., 979 Third Ave., New York, NY 10022. (Lower): Blinds—Flexalum, Div. of Hunter Douglas, 20 Campus Rd., Totowa, NJ 07512. Wing chair—Hickory Chair Co., Box 2147, Hickory, NC 28601.
Page 41 (lower): Furniture—Drexel Heritage Furnishings Inc., Drexel, NC 28619. Lamp—The Stiffel Co., 700 N. Kingsberry St., Chicago, IL 60610. Wallpaper—Marimekko, 7 W. 56th St., New York, NY 10022.
Page 43 (upper): Duck—Fitz and Floyd, 225 Fifth Ave., New York, NY 10022. (Lower): Chair—Gold Metal Inc., 1700 Packard Ave., Racine, WI 53403. Lamp—George Kovacs Lighting Inc., 24 W. 40th St., New York, NY 10018.

IRISH CROCHET
Page 122: Thread—Coats & Clark, 75 Rockefeller Plaza, New York, NY 10019. Lacis, Antique Lace and Textiles, 2990 Adeline Street, Berkeley, CA 94703 (send 50 cents for additional information).

SAVVY COOKING
Page 128 (top left): Cups—Serendipity, 601 S.E. Second, P.O. Box 9025, Amarillo, TX 79105. Skimmer—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. Small platter "Tavola Bianca"—Hutschenreuther Corp., 100 Shaw Rd., Branford, CT 06471. Platter "Honeycomb"—Block China Corp., 11 E. 26th St., New York, NY 10010. (Bottom left): Plate "Cocoa"—Franciscan Ceramics, 2901 Los Feliz Blvd., Los Angeles, CA 90039.
Page 129 (middle): Skillet—Finel Waertsilae USA Inc., 225 Fifth Ave., New York, NY 10010. Plate "Bittersweet"—Franciscan Ceramics (address above).
Page 130 (top left): Octagonal dish—Hammacher Schlemmer, 147 E. 57th St., New York, NY 10022. Skillet—Waterford Glass Inc., 225 Fifth Ave., New York, NY 10010. Wok tools—Arkla Industries, Inc., Evansville, IN 47704. (Bottom left): Plate—Hammacher Schlemmer (address above). Platter "Rosti Cubic"—Copco Inc., 11 E. 26th St., New York, NY 10010.
Page 132 (top left): Plate "Rosti Cubic"—Copco Inc. (address above). Carving set—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421. Casserole bowl—Marsh Industries, 1224 E. 28th St., Los Angeles, CA 90011. (Bottom left): Napkin—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640.
Page 133 (middle): Metal steamer—Taylor and NG, 480 9th St., San Francisco, CA 94103.
Page 134 (right): Platter "Rhapsody in Blue"—Noritake Co., Inc., 41 Madison Ave., New York, NY 10010. Platter "Au Gourmet"—Nikko Ceramics Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. (Bottom left): Plate—Franciscan (address above). Platter "Parfait"—Nikko Ceramics, Inc. (address above).

SAVVY COOKING: KNOW YOUR COOKWARE OPTIONS
Page 136 (top left): Two-handled wok—Leyse Aluminum Co., 203 Elles St., Kewaunee, WI 54216. Skillet—Wilton Enterprises, 833 W. 115th St., Chicago, IL 60643. Sauté pan "Celebration Norway"—Club Aluminum Products Co., Div. of Standard Int'l Corp., 9205 W. Detroit Ave., Cleveland, OH 44102. (Top right): Fish poacher—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684. Poaching insert—Nordic Ware, 5005 Hwy. 7, Minneapolis, MN 55416. Skillet—Regal Ware, Inc., 1675 Reigle Dr., Kewaskum, WI 53040. Poacher skillet—Mirro Aluminum Co., 1512 Washington St., Manitowoc, WI 54220. (Bottom left): Metal steamer—Taylor and NG, 480 Ninth St., San Francisco, CA 94103. Dutch oven—Regal Ware, Inc. (address above). Vegetable steamer—Leyse Aluminum Co. (address above). Glass casserole—Pyrex, Corning Glass Works, Corning, NY 14830. Microwave rack—Anchor Hocking Glass Corp., 5th and Pierce Sts., Lancaster, OH 43130. (Bottom right): Small broiler pan—Leyse Aluminum Co. (address above). Cast-iron broiler—General Housewares, Cookware Group Corp., P.O. Box 4066, Terre Haute, IN 47804. Jelly roll pan—WearEver Aluminum, Inc., 1089 Eastern Ave., Chillicothe, OH 45601.

PRIZE TESTED RECIPES
Page 157 (left): Platter—Mitteldorfer-Straus, Inc., 41 Madison Ave., New York, NY 10010. (Right): Jelly jar—Pilgrim Glass Corp., 225 Fifth Ave., New York, NY 10010. Canisters—Boston Warehouse Corp., 39 Rumford Ave., Waltham, MA 02154. Towel—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640.
Page 158 (center left): Wood scoop—Rosenthal Netter Inc., 2750 N. Broad, Philadelphia, PA 19132. Cheese board—Pilgrim Glass Corp. (address above). (Center right): Plate—Rosenthal-Studio Haus, 584 Fifth Ave., New York, NY 10036. Serving spoons "Cia"—Trend-Pacific Inc., 507 Towne Ave., Los Angeles, CA 90013. Glass bowls—Pilgrim Glass Corp. (address above). (Far right): Plates "Sun Song"—Franciscan Ceramics, 2901 Los Feliz Blvd., Los Angeles, CA 90039.

POOR BOY FILLETS
Page 160 (right): Oval platter "Gourmet Line"—Metlox Potteries, 1200 Morningside Dr., Box 8, Manhattan Beach, CA 90266. Meat fork "American Colonial"—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421. Wineglasses "Chateau"—West Virginia Glass Co., Drawer 510, Weston, WV 26452. BH&G

urlie Russell painting courtesy of Montana
torical Society, Helena.



Montana. The Original.

1. Vacation in the authentic American West borrowed by urban cowboys. Ramble through Virginia City . . . restored to its rambunctious Gold Rush spirit. Explore the windswept battlefield of Custer's Last Stand. Browse in museums of pioneer heritage and art galleries featuring the original works of Russell, Remington and other renowned Western artists.

2. Looking for some blue-ribbon trout fishing? The riffles and pools of Montana's world famous rivers and streams offer you wild and scrappy trout. For a change of pace, there's sailing and canoeing in the sparkling waters of hundreds of alpine lakes, or a relaxing soak in one of our natural hot springs.

3. Glacier National Park beckons with a panorama of snowcapped mountains. Or the world's first national park . . . Yellowstone, where spectacular, natural geothermal features recall the earth's beginnings. Both present a feast for outdoor enthusiasts of all ages.



4. You haven't really seen a rodeo until you've seen a Montana rodeo. The Last Chance Stampede is one of many competitions where real cowboys turn their workaday skills into one of the world's most exciting sports.

5. Our unique restaurants serve up the kind of food worth leaving home for. And for a taste of real cowboy life, Montana has some of the West's most varied guest ranches and resorts.

Enjoy a whole world of vacations at prices lower than most other places. Don't settle for reproductions. Experience the original West . . . Montana.

Write us for a Montana Vacation Packet or for extra-fast service, call toll-free 1-800-548-3390.

Montana Tourism Division
Dept. of Highways, Rm. 13
Helena, MT 59620

Please send a FREE Montana Vacation Packet.

Name

Address

City State

Zip

MONTANA



The summer of 82°

82°F. That's the average mean temperature in the summer in the American paradise. With trade winds blowing almost without exception from an easterly direction. (Now that doesn't sound mean at all!) See your travel agent.

United States Virgin Islands

St. Croix · St. John · St. Thomas

©1981 United States Virgin Islands Division of Tourism, 1270 Avenue of the Americas, NY, NY 10020

TRAVEL west

Judy Crawford
Associate Travel Editor

Las Vegas Happenings

The following story is a continuation of the travel article about car-free vacationing in the Southwest that begins on page 166.

Though flashy Las Vegas generally isn't billed as a family vacation spot, this glittery, sometimes even gaudy, show city makes a great base for sampling the best of the dazzling casino life, plus some dandy in-the-area sights. In fact, you'll be surprised by how many natural spectacles lie discreetly tucked away amid southern Nevada's sage-tufted desert landscape. And you can get to almost all these nearby scenic attractions by taking advantage of a variety of organized tours.



Photograph: David Butler

Circus Circus' daring big-top acts

Vibrant Vegas proper

If you've always thought of Las Vegas as an adults-only playground, you probably haven't heard about Circus Circus. This massive hotel-casino-campground complex, smack-dab in the middle of the marquee-studded "strip," caters almost exclusively to families.

You won't feel shortchanged on casino action—the lower level is packed with the usual blackjack and roulette tables and tempting "one-armed bandits." But what's unique is the hotel's upper level of county-fair-type arcade games for the kids and big-top circus acts that regularly perform overhead (the hotel's main entertainment offering). You'll find mall-like shops and a battery of family-style eateries, too (try the $1.49 breakfast in the Circus Buffet). Rates for the spacious, attractive rooms at Circus Circus run about half of what you'd pay at other "strip" hotels (about $22 to $29 double mid-June to September, children under 12 free; make reservations in advance). Contact Circus Circus Hotel & Casino, 2880 Las Vegas Boulevard South, Las Vegas, NV 89104.

For a night out on the town, there are ritzier hotel-casinos nearby where stars galore perform. You can walk or hop aboard one of the city buses that runs every 15 minutes or so round the clock (adults 75 cents, 15 cents for ages six to 18, under six free). If you decide to take the kids along, choose one of the dinner shows (about 8 p.m.) They're usually tame enough for youngsters (but call the hotel in advance to make sure the show is suitable).

Most hotels, including Circus Circus, sell tickets to all the shows in town (about $32 a person with dinner), and provide child care for youngsters whose parents go it alone. Other entertainment options include family-style musicals and plays at Union Plaza Hotel ($9.95, including dinner) and the breathtaking, dome-projected film, *The Living Planet*, shown regularly from 11 a.m. to past midnight at the Caesars Palace Omnimax Theater ($2 for adults, $1 for ages 12 and under).

Nearby desert delights

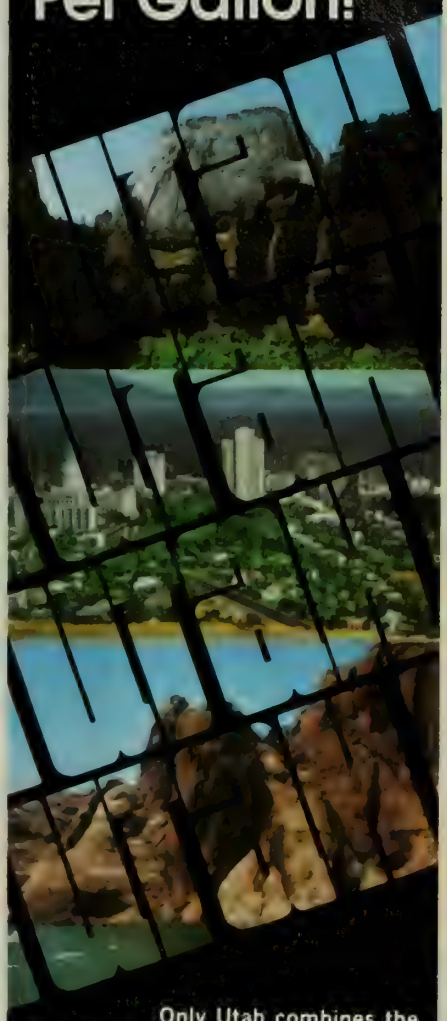
One of the most awesome attractions outside the city is colossal and structurally amazing Hoover Dam. This man-made powerhouse tames the roaring Colorado River to form placid Lake Mead, 25 miles southeast of Las Vegas. Bus tours give you plenty of time to

continued

Travel Planning

See page G6 for a listing of free travel information and literature you can order.

Get More VACATION Per Gallon!



Only Utah combines the best of the west, for one great Western vacation. From the towering Rockies in the north to the red-rock beauty of our five National Parks in the south—we've got it all. Give us a little of your time. We'll give you the time of your life.

Please send me more information on Utah.

Name _____

Address _____

City _____ State _____ Zip _____

Send to: Utah Travel Council
Council Hall
Dept. HL-51
Salt Lake City, UT 84114



No sight is more beautiful than sunset at sea.

Stand by the railing of a Sitmar ship surrounded by a painted sky, a sea breeze warm against your face, and you'll know why.

Your cruise is everything you ever dreamed of. Lazy sun-filled days. Bright moons reflecting on gently lapping water. The special kind of camaraderie that allows total strangers to become fast friends.

You're bound for the enchanted islands and exotic ports of the Caribbean, or the Mexican Riviera, the Panama Canal or Canada and Alaska.

Sitmar's luxurious ships, the Liberian-registered T.S.S. Fairwind and Fairsea can take you there. In comfort. In style. With delicious continental cuisine. Friendly Italian ambiance. And splendid entertainment.

But most memorable of all the beauty of being at sea.

Sitmar offers its sea experiences exclusively through travel agents. Consult yours.

The Sitmar Experience

Caribbean & South America. Mexico
Panama Canal. Canada & Alaska.

take in the mammoth sight without parking hassles. A popular 35-minute tour explores the dam's cavernous inner workings ($1 for adults, children under 16 free).

En route to the dam, there's frontier adventure at Old Vegas, just outside Henderson. This re-creation of the valley's original Mormon fort boasts some colorful saloons, shops, and an amusement arcade, plus a "Puffer Belly" museum of working old-time railroad equipment. You can see authentic western artifacts from early Indian and pioneer life at the Southern Nevada Museum, just down the road ($1 for adults, 50 cents for children).

American, Transportation Unlimited, LTR, and Gray Line all offer motor-coach tours. A typical half-day outing taking in Hoover Dam, Old Vegas and the Southern Nevada Museum runs about $14 per person with lunch (kids pay full price).

An almost eerie feeling of the prehistoric past haunts brilliant red sandstone formations at Valley of Fire State Park, on the northern tip of Lake Mead, and reconstructed ancient Pueblo Indian dwellings at the Lost City Museum in nearby Overton. The usual daylong motor-coach tour with lunch at Echo Bay on Lake Mead runs about $17.20 a person.

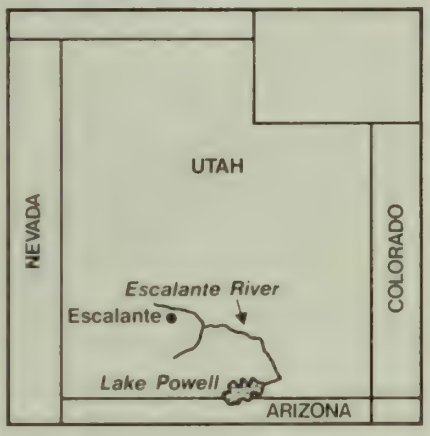
Rugged Red Rock Canyon waits outside Las Vegas in the other direction. With Cultural Focus Tours, you can take a five-hour swing that includes canyon scenery and a guided tour of Spring Mountain Ranch ($16.50 a person with box lunch). The ranch dates back to the 1860s and claims past owners the likes of Howard Hughes. Gray Line's Old Nevada tour focuses on yet another canyon attraction—a commercialized replica of an early mining boomtown ($14.35 per person including lunch).

Getting there

Several major airlines fly into Las Vegas. Also serving the city is Amtrak, as well as Greyhound, Trailways, and Las Vegas-Tonopah-Reno Stage Lines.

For more information about Las Vegas, write to the Las Vegas Convention & Visitors Authority, Convention Center, Las Vegas, NV 89109.

Discovering the Desert Canyons Of the Escalante



In the remote red rock desert country of south central Utah, a river called the Escalante flows down from the green mountains to carve a deep meandering canyon of phenomenal beauty. There you'll discover towering red walls, enormous natural amphitheaters, sandstone bridges and arches, Indian ruins and petroglyphs.

People who've seen both say the canyon country of the Escalante resembles the Colorado River's old Glen Canyon—now lost under the waters of man-made Lake Powell. In fact, the Escalante once flowed into the Colorado, but its lower reaches now have become an arm of Lake Powell, where motorboats and water-skiers play.

Wilderness country

But the upper reaches of the Escalante are still undeveloped (though from time to time the area is threatened by proposed dams and power plants). Backpackers who wander there find the silence broken only by splashes of waterfalls and songs of canyon wrens. There are cool springs and towering red cliffs that soar straight up to brilliant turquoise skies.

Hikers' haven

The best way to experience the most magnificent reaches of the Escalante and its tributaries is on foot. One paved road (State-12) crosses the river

continued

Get More VACATION Per Gallon!



Only Utah combines the best of the west, for one great Western vacation. From the red rock spectacle of our National Parks to the towering majesty of our northern mountains, Utah offers holiday and vacation adventures unsurpassed by any other state. Give us a little of your time. We'll give you the time of your life.

Please send me more information on Utah.



Name _____

Address _____

City _____ State _____ Zip _____

Send to: Utah Travel Council
Council Hall
Dept. HL-51
Salt Lake City, UT 84114

TRAVEL PLANNING GUIDE: Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

FLORIDA SECTION

1. **Days Inns**—Send for directory listing more than 300 locations with rates.
2. **Daytona Beach**—World's Most Famous Beach—Vacation headquarters for Disney World.
3. **Eastern Steamship**—SS. *Emerald Seas* to Nassau/Freeport from Miami. Docks at all ports.
4. **General Development Corp.**—Free Housing Kit. I understand there is no cost or obligation.
5. **Metropolitan Dade Dept. of Tourism**—Send for color brochure.
6. **Pensacola**—Featuring beaches, history, night life and year-round family fun.

TENNESSEE SECTION

7. **Blount County**—Better Way Into The Smokies—via The Townsend Entrance.
8. **Carter's Court**—Unique shopping in historic Franklin. 4-color brochure.
9. **Chattanooga Convention & Visitors Bureau**—Send for free information.
10. **Christus Gardens**—Christus Gardens presents scenes from Life of Christ. Open all year.
11. **Country Music Hall of Fame & Museum & Studio B**—The complete story of Country Music.
12. **Defeated Creek Marina**—Houseboat and cabin rental. 60 minutes from Opryland, USA.
13. **Holiday Inn of Gatlinburg**—Send for free color brochure on attractions.
14. **Holiday Inn**—Nashville/Briley Parkway—Five minutes from Opryland.
15. **Knoxville**—Knoxvisit—4-color brochure, "Welcome Lane." Mountains, lakes, and theaters
16. **Lookout Mountain** Attractions, Chattanooga, TN. Open all year.
17. **Opryland, U.S.A.**—America's Musical Showpark. Home of Grand Ole Opry, Nashville.
18. **Pigeon Forge, Tenn/Great Smoky Mountains**—Free vacation guide.
19. **Smoky Mountain Passion Play**—June 12 through August 23. Send for free color brochure.
20. **Stardust Tours, Nashville**—Send for color brochure.
21. **Tennessee**—music great lakes of the S... sesseeing.
22. **AAABCO Cruise Center**—Rep. for major cruise lines from Fla., NY, San Juan.
23. **Arkansas**—America's best offer. Planning kit, lodgings, activities, attractions.
24. **AR, KS, LA, TX, MO, OK**—America's Heartland. Map book of 49 self-guiding trips.
25. **Bermuda Government**—Where to stay, maps, rates.
26. **British Columbia**—"Super, Natural British Columbia."
27. **Bucks County**—Historic sights, events, hotel-motel guide, museums, parks.
28. **Cape Cod, Mass.**—Resort directory. Over 700 places to stay.
29. **Chester Co., Pa.**—Where the Brandywine begins. Longwood Gardens, museums, antiques.
30. **Cheyenne Frontier Days**—Nine days of total family entertainment.
31. **Colorado**—Come splash around in our Rocky Mountain streams, and much more.
32. **Corning Glass Center**—Special exhibition Czechoslovakian glass summer 1981.
33. **Galveston Island, Texas**—Sand, sea and sun. The rest is history.
34. **Georgia**—"The Way to Fun"—76-page comprehensive travel guide.
35. **Grand Teton**—Rock Resorts, Wyoming. Rates and information.
36. **High Hampton Inn & Country Club, Cashiers, NC**—Golf, tennis, children's activities.
37. **Jamaica Resort Hotels**—10 of the loveliest resorts in Jamaica.
38. **Kiawah Island, S.C.**—Enjoy 10 miles of unspoiled beach at village by the sea.
39. **Louisiana**—"Traveler's Guide." Attractions in Cajun and Cotton Country, New Orleans.
40. **Maine Coast Cruises**—Sail Victory Chimes, New England's Windjammer vacations.
41. **Mohonk Mountain House**—300 comfortable rooms, home-made meals, delightful entertainment.
42. **Montana**—Free vacation packet . . . color brochure, maps and guidebook.
43. **Nassau/Paradise Island**—Hotel descriptions, beautiful map and suggestions.
44. **Nebraska**—Discover the difference. Send for free travel packet and map.
45. **Norfolk-by-the-Sea**—There is always something special about a city by the sea.
46. **North Carolina**—Free full-color travel vacation planning kit.
47. **North Dakota**—I-94 scenic route to national parks, Badlands, General Custer.
48. **Enjoy the Oklahoma Good Times**—Send for 50 trips book, map and a mileage estimator.
49. **Ontario**—"Ontario, Yours To Discover."
50. **Philadelphia**—History, museums, restaurants, Fun—Philadelphia style.
51. **Plymouth County**—Beaches, Mayflower II, replica of Pilgrim Village.
52. **Royal Caribbean Lines**—14 days Air/Sea tours from Miami.
53. **San Antonio, Tex.**—The Alamo, Paseo del Rio, Spanish Missions, El Mercado.
54. **Saratoga County, NY**—History, performing arts, horse and auto races.
55. **Sleepy Hollow Country, NY**—Explore fabled land on the banks of the Hudson.
56. **South Carolina**—Come see S.C. Myrtle Beach, historic Charleston, resort island.
57. **South Dakota**—Mt. Rushmore, Badlands, beautiful Black Hills, Old West.
58. **So. Padre Island**—A "Hot Tip," semitropical beach. Tip O-Texas, Mexican Border.
59. **Thousand Islands, NY**—Vacation you will remember.
60. **Travltips Freighter Assn.**—Save on luxury travel by cruise ship or freighter.
61. **Ulster County, Catskills Vacationland**—Breathtaking scenery, fishing, golf.
62. **U.S. Virgin Islands**—Send for rates and summer package brochures.
63. **Utah!**—More vacation per gallon. Send for brochure on Utah, the best of the West.
64. **Valley Forge Country**—Free brochures describing spring and summer getaways.
65. **Virginia**—Williamsburg, Blue Ridge Mountains, Virginia Beach. Vacation Guide.
66. **Western Cruise**—SS. *Azure Seas*—3- and 4-night cruises LA to Ensenada, Mex.
67. **Wyoming**—is a special experience. The wonder of a natural vacation.
68. **Alberta, Canada**—"The Last Best West."
69. **Essex, the Olympic County, NY**—Heart of Adirondack Mts. along Lake Champlain.
70. **Herkimer County, NY**—A family vacationland. "Famous Herkimer Diamonds."
71. **Oklahoma's Lake Murray Resort**—Grand reopening with the Western style.
72. **Prince Edward Island**—"Feel Our Warmth."
73. **Sheraton Colorado**—A year-round resort in the Sheraton tradition.

Mail To: (Include 25¢ h... harges)
BETTER HOMES
AND GARDENS
P.O. BOX 4534, DEPT. 104W
DES MOINES, IOWA 50336

Name _____

Address _____

City State Zip _____

TRAVEL DIRECTORY

ACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

COLORADO



Fill out the coupon and we'll send you the Colorado Adventure Guide absolutely free. Our four color beautifully photographed, 52 page booklet voted the best free travel literature available anywhere in the world. What's more, you'll also receive our state Accommodation Guide.

We'll send you a travel book for your coffee table for less than the price of a cup of coffee.

Name _____

Address _____

City _____ State _____ Zip _____

Colorado

COLORADO

Is there life after winter in Steamboat?



Yes, Summertime in Steamboat has everything from golf to tennis to whitewater rafting. For a raft of information, call or write.

Sheraton at Steamboat

Name _____

Address _____

City _____

State/Zip _____

at its upper end, 15 miles east of the town of Escalante, but many miles from some of the most spectacular areas. The few dirt roads in the vicinity stop some distance from canyon rims. The best rewards await dedicated backpacking hikers who camp in the great slickrock alcoves and walk the shallow river bottoms.

If you have some backpacking experience, you can probably get along without a guide. But remember, desert canyon hiking can be quite different from the mountain variety. You'll need to drink more water, so know in advance where to find reliable springs. And even with the best maps, it's easy to misjudge distances in the twisting canyon maze. Hikers should carry a backpacking stove; wood is scarce. Many Escalante hikers prefer sneakers to boots, because much of the walking is in the shallow river.

Best seasons for hiking are spring and fall, when the days are warm and the nights chilly—often cool enough for a down sleeping bag. Winters can be icy cold; summers fiery hot.

The Bureau of Land Management (BLM), which administers the upper Escalante Canyon area, encourages hikers to stop by for advice and up-to-date information before setting out. Its offices, open weekdays, are in the town of Escalante, or you can contact George Peternel, Escalante Resource Area, Bureau of Land Management, Box 225, Escalante, Utah 84726.

Escorted excursion

If you'd rather not backpack on your own, you can contact Tag-a-Long Tours, an operator licensed by the BLM to offer a seven-day guided trip into the canyon. This four-wheel-drive camping and hiking excursion follows Hole-in-the-Rock Road, the wagon train route of Mormon pioneers, along the canyon rim.

A minimum of four persons is required for the trip, which begins in Moab, Utah. Cost is $85 per person a day and includes meals, transportation, guide, etc. (you can rent a sleeping bag for about $30).

For more details about the trip, write to John Williams, Tag-a-Long Tours, Box 1206, Moab, UT 84532.

Get More VACATION Per Gallon!



Only Utah combines the best of the west, for one great Western vacation. Rough it if you want. Or relax in resort luxury. We've got it all. Give us a little of your time. We'll give you the time of your life.

Please send me more information on Utah.

Name _____

Address _____

City _____ State _____ Zip _____

Send to: Utah Travel Council
Council Hall
Dept. HL-51
Salt Lake City, UT 84114

Baking With Potatoes

Besides being a plentiful and economical vegetable, the versatile potato is a great baking ingredient. You'll see for yourself when you try potatoes in these easy whole wheat buns and delicious desserts. No one will guess how you get such moist and tender results.



WHEAT-POTATO BATTER BUNS

- **1 medium potato, peeled and cubed**
- **1¼ cups water**
- **1½ cups whole wheat flour**
- **1¼ cups all-purpose flour**
- **1 envelope active dry yeast**
- **¼ cup sugar**
- **2 teaspoons salt**
- **¼ cup cooking oil**
- **1 slightly beaten egg**
- **1 tablespoon water**
- **Sesame seed**

In saucepan cook potato, covered, in the 1¼ cups water 12 to 15 minutes or till tender; *do not drain.* Mash potato in cooking liquid. Add enough water to make 1½ cups potato mixture. Cool to room temperature. In large mixer bowl combine the whole wheat flour, *¼ cup* of the all-purpose flour, the yeast, sugar, and salt. Add potato mixture and oil. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes at high speed. By hand stir in remaining all-purpose flour. Cover and let rise in warm place till double (about 1 hour). Stir down batter; let rest 5 minutes. Divide batter among 12 greased 2½-inch muffin cups. Cover and let rise till nearly double (about 30 minutes). Stir together egg and the 1 tablespoon water; brush over rolls. Sprinkle with sesame seed. Bake in 400° oven about 18 minutes or till done. Remove from pans; cool on wire racks. Makes 12.



SOUTHERN OATMEAL BARS

- **½ cup butter *or* margarine**
- **½ cup packed brown sugar**
- **½ teaspoon vanilla**
- **1 cup quick-cooking rolled oats**
- **¾ cup all-purpose flour**
- **2 tablespoons wheat germ**
- **¼ teaspoon salt**
- **¼ teaspoon baking soda**

• • •

- **1 slightly beaten egg**
- **1 cup mashed cooked sweet potatoes**
- **⅔ cup *sweetened condensed* milk**
- **1 teaspoon pumpkin pie spice**
- **½ teaspoon finely shredded orange peel**
- **¼ cup chopped walnuts**

In mixer bowl beat butter or margarine, brown sugar, and vanilla till light. Combine rolled oats, flour, wheat germ, salt, and baking soda; stir into butter mixture till crumbly. Pat ¾ of mixture (about 1½ cups) into bottom of a 9x9x2-inch baking pan. Bake in 350° oven 10 minutes. Meanwhile in a medium bowl beat together egg, sweet potatoes, condensed milk, pumpkin pie spice, and orange peel; pour over baked layer in pan. Combine nuts with remaining crumbs; sprinkle over top. Bake in 350° oven for 25 to 30 minutes or till golden. Cool; cut into bars. Makes about 2½ dozen.



Photographs: Dieter

CHOCOLATE-POTATO CAKE

Instead of glazing the cake, you can sprinkle it with powdered sugar—

- **2 medium potatoes, peeled and cubed**
- **1 cup butter *or* margarine**
- **2 cups sugar**
- **1 teaspoon vanilla**
- **4 egg yolks**
- **2 cups all-purpose flour**
- **½ cup unsweetened cocoa powder**
- **1 tablespoon baking powder**
- **¾ cup milk**
- **4 egg whites**
- **1 recipe Rum Glaze**

Cook potatoes, covered, in boiling salted water for 12 to 15 minutes; drain and mash (do not add butter or seasonings). Measure 1 cup mashed potatoes; cool. In mixer bowl beat butter or margarine, sugar, and vanilla on medium speed of electric mixer till well combined. Add egg yolks, one at a time, beating well after each addition. Add potatoes; mix well. Stir together flour, cocoa, and baking powder. Add to potato mixture alternately with milk, beating just till combined. Wash beaters thoroughly. Beat egg whites till stiff peaks form; fold into flour mixture. Turn into greased and floured 10-inch tube pan. Bake in a 350° oven 1 to 1¼ hours. Cool in pan 10 minutes. Invert on wire rack; cool. Frost with *Rum Glaze:* Combine 2 cups sifted *powdered sugar,* ¼ teaspoon *vanilla or rum extract, and* dash *salt.* Add about 4 tablespoons *milk* to make icing of drizzling consistency. Garnish with *walnut halves,* if desired.

The Bran'nola® Bran'wich

Delicious Bran'nola® Original bread makes all your family's favorite sandwiches taste even better. It's bread baked with wholesome ingredients, sweetened with honey and tangy raisin syrup – no artificial preservatives, ever.



And every extra-large slice is rich in unprocessed miller's bran. For bran'wich variety, also try Bran'nola Hearty Wheat, Country Oat and Old Style White – delicious breads, all baked with bran!

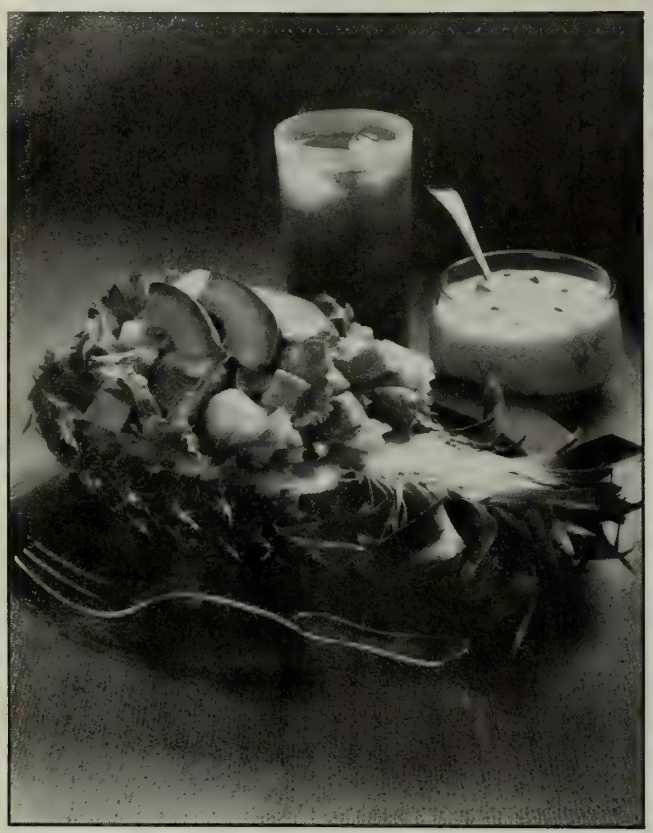


What a delicious way to give your whole family the blessing of bran!

PROWEAT

Fruit-Boat Salads

Heap decorative fruit shells with salad, and lunch or supper is all ready. For the boats, take your pick of fruits in season—pineapples, avocados, oranges, grapefruit, tomatoes, or melons. Cut out the pulp, reserving it for the mixed salad combo. Then line the shell with greens, if desired, and pile in your salad blend.





Photographs: Dieter

PINEAPPLE HAM SALAD WITH CUCUMBER DRESSING

Treat the avocado slices with orange or lemon juice to preserve their fresh green color—

- ¼ cup mayonnaise *or* salad dressing
- ¼ cup dairy sour cream
- 2 tablespoons finely chopped cucumber
- ¼ teaspoon garlic salt
- Dash bottled hot pepper sauce
- 2 small fresh pineapples (about 2 pounds each), chilled

• • •

- 3 cups torn lettuce
- 2 cups diced fully cooked ham
- 1 avocado, peeled, seeded, and sliced

In a small bowl combine mayonnaise, sour cream, cucumber, garlic salt, and hot pepper sauce; set aside. Halve pineapples lengthwise. Using a sharp knife, cut out pineapple meat, leaving shells intact. Reserve shells. Cut out hard core; cut pineapple into large chunks.

Combine lettuce, ham, and *3 cups* of the pineapple chunks (refrigerate remaining pineapple chunks for another use); toss. Spoon ham mixture into pineapple shells. Garnish with avocado slices. Pass dressing. Makes 4 servings.

MINTED CHICKEN GRAPEFRUIT SALAD

Use a grapefruit knife to remove grapefruit meat—

- 4 medium grapefruit
- 1 3-ounce package cream cheese, softened
- 1 tablespoon honey
- 2 tablespoons lemon juice
- 2 tablespoons fresh mint leaves, finely chopped, *or* 2 teaspoons dried mint leaves, crushed
- 2 medium chicken breasts, cooked, skinned, boned, and diced (1½ cups)
- 1 apple, cored and diced
- ¼ cup toasted slivered almonds
- Spinach leaves

Cut slice from top third of each grapefruit. Discard tops. Remove fruit from grapefruit, leaving shells intact. Section grapefruit. If desired, cut top edge of each grapefruit shell in sawtooth fashion. Invert shells on paper towel-lined tray. Chill. In small bowl beat cream cheese till fluffy; blend in honey and lemon juice. Stir in mint; cover and chill.

In large bowl combine grapefruit sections, chicken, apple, and almonds. Place grapefruit shells on spinach-lined plates. Spoon in grapefruit mixture. Pour mint dressing over. Serve at once. Makes 4 servings.

TUACA. ITS TASTE HAS COME.

Tuaca is a very different liqueur. It costs a bit more but it's worth it. Imagine a big, bold brandy taste lightly laced with a subtle sweetness. Unboring. Unusual. Imported from Italy.

Tuaca. It's what's missing from your collection of liqueurs.



Tuaca.
The bold but subtly sweet
Italian liqueur.

A Treetop Greenhouse

Greenhouses don't always have to be built at ground level. Here's a second-floor version—sort of an attached tree house. It provides space for scenic entertaining, extends the living room out to the treetops, and helps to heat the house with sun power.



Photographs: Hedrich/Blessing. Design: Ralph Parrella. Field editor: Ruth Reiter

The greenhouse frame, balcony railing, and deck are constructed of cedar to match the siding on the rest of this modern country home. The ceiling and walls of the greenhouse are made of plate glass that is specially coated to reduce glare while allowing the warming rays of the sun to come through. A glass door leads from the surrounding deck into the greenhouse and living room.

Floor-level casement windows let in refreshing breezes from the woods. The interior floor of the greenhouse, two steps down from the living room, is covered with vinyl, so drips from watering cans are easy to mop up. Track lights in the greenhouse illuminate the plants at night and create a relaxing glow throughout the living room.

During the spring and summer, the tall trees in the backyard shade the deck. They also block much of the sunlight that would otherwise heat up the living room and require the air conditioner to run full blast. As autumn brings lower temperatures and the trees lose their leaves, the sunlight streams into the greenhouse and turns it into a passive solar heating system that significantly reduces the homeowners' daytime energy costs. The fireplace, strategically located in front of the greenhouse, warms the living room on chilly evenings.

Plants thrive in this second-story sunspace, whether they sit on the floor and counters of the greenhouse or hang from the ceiling beams. BH&G





BREADS THAT RISE TO THE OCCASION.



Festive breads from our Private Collection.

PANETTONE

2 packages active dry yeast
1/4 cup warm water
1-3/4 cups boiling water
1/2 cup butter or margarine
1/2 cup C and H Brown Sugar, packed
2 teaspoons salt
4 eggs
2 teaspoons anise seeds, crushed
6-7 cups all-purpose flour
1 cup seedless raisins
1 cup glacé fruit
1/4 cup pine nuts or slivered almonds

Dissolve yeast in warm water. Pour boiling water over butter, sugar and salt. Cool to lukewarm. Add eggs and anise. Beat. Stir in 3 cups flour, then the dissolved yeast. Gradually add enough flour to make a soft dough. Knead on well-floured board until elastic (6 to 8 min.). Cover. Let rise in warm place until double in bulk (about 2 hrs.). Punch down and knead in raisins, fruit and nuts. Divide in half and shape each half into round loaf. Place on greased cookie sheets. Let rise until doubled in size (1-1/2 hrs.). Bake in 350° oven 45 to 55 min. until browned. Brush with melted butter. Makes 2 loaves.

For additional bread recipes, send a self addressed, stamped envelope to: "Festive Breads," C and H Sugar Kitchens, One California Street, San Francisco, CA 94106.



TWO TONE SUGAR TWIST

1 cup C and H Brown Sugar, packed
1 tablespoon cinnamon
1 loaf frozen whole wheat bread dough, thawed
1 loaf frozen white bread dough, thawed
1/4 cup melted butter or margarine

Thaw bread dough. Combine sugar and cinnamon till mixed. Set aside. Divide each thawed loaf in half. Roll each piece into rectangle (12x5 inches). Brush with butter. Sprinkle with sugar mixture. Roll up as for a jelly roll. Brush with butter again and roll in sugar mixture. Twist together one wheat and one white roll. Place in greased 8 x 4 x 3 inch loaf pan. Repeat with remaining dough for second loaf. Cover, let rise in warm place till doubled (45 to 60 min.). Bake in 350° oven 40 min. Immediately remove from pan and cool on rack. Makes 2 loaves.

C AND H PURE CANE SUGAR FROM HAWAII

Introducing Lipton® Herbal Teas. Naturally delicious with no caffeine.



New Lipton Herbal Teas. Each variety a subtle blend of natural herbs, savory spices and absolutely no caffeine.

Try the smooth and delicate flavor of Quietly Chamomile. Or Gentle Orange, blended from fragrant spices like cinnamon and cloves. Almond Pleasure, an exotic combination of cinnamon and natural almond flavor. The bright and zesty Red Hibiscus, and the hearty flavor of Toasty Spice, rich with roasted chicory and carob.

Lipton Herbal Teas. Deliciously different, soothingly caffeine-free.

Free* Honey Offer from Lipton® Herbal Tea

Plus 25¢ Herbal Tea Coupon

*Just send us box tops from two different Lipton Herbal varieties plus one label from any brand of honey and we'll send you a $1.00 coupon good on any brand honey plus a 25¢ coupon good on Lipton Herbal Tea.

Mail box tops and label to:
Lipton Herbal Tea
Honey Offer
P.O. Box 9337
Clinton, Iowa 52736

Please mail coupons to:

NAME_____
(please print)

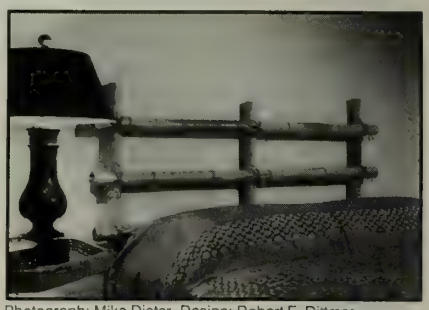
ADDRESS_____

CITY_____STATE_____ZIP†_____
†Must be included to guarantee delivery.

Offer limited to one per family, group or organization. Good only in U.S.A. Void where prohibited, taxed or restricted. Please allow 4-6 weeks for delivery. Hurry! Offer expires Sept. 30, 1981. Official Mail-In Certificate (offer void without this certificate).

Creative Headboard Treatments

Instead of shopping around for an inexpensive headboard, try a do-it-yourself version. A creative back-of-the-bed treatment like one of these can look just as smashing as a store-bought model—and save you dollars and legwork.



Photograph: Mike Dieter. Design: Robert E. Dittmer

Here's a bamboo headboard you can whip together in no time at all—for practically pennies. Sturdy bamboo poles (these were obtained from rolls of new carpet) were cut to size and lashed with wire at the joinings. The wire was then covered with twine.



Photograph: George de Gennaro

This wall-climbing back-of-the-bed treatment does double duty as a striking headboard. Two floor-to-ceiling 1x6s frame a series of diagonal 1x3s. For dramatic effect, the boards and the wall behind them are painted in bold contrasting colors.

How Bernstein Got To Be The First Name In Italian.

Even in 1906, nobody worked harder or got up earlier than Perry Bernstein. Every day he was out at dawn shopping the farmer's market for supplies for his little New York delicatessen. Perry was a hard bargainer. But most of all he was a stickler for freshness and quality.

That went especially for the dressings he and his wife Ida concocted for their vegetables and salads. Vine-ripened tomatoes from the little family farms across the river; pure cider vinegar; eggs so new-laid they were still warm.

His customers ate it up. "Perry Bernstein, this dressing is delicious! Do me a favor, just put a little in a bottle and let me take it home!"

Perry was happy to oblige; after all he was a businessman. And that's how Bernstein's first began to be known for very special dressings.

Westward the Bernsteins.

The second generation took over and the family moved lock, stock and recipes to California.

This was dream country for a salad dressing chef. Wonderful fresh vegetables and condiments, and a population crazy about salads. The Bernsteins' bottled dressings did so well they had to move the operation out of the back of their restaurant and into its own plant.

The Italian dressing was a best seller from the start. Three generations of Bernsteins perfected the formula over the years, until they had a perfectly balanced blend of 22 ingredients. Which is exactly how we make this dressing today.

With so many would-be imitators, we'd be balmy if we told you *everything* that goes into Bernstein's Italian dressing.

Il Segreto: Tutti Naturale!

But we don't mind admitting that those 22 magic ingredients are still specially selected for freshness and flavor, as they were in Perry's day. And that they include pure vegetable oil, cider vinegar, pungent onion and garlic, our own secret blend of the world's finest spices and herbs (like coriander from Morocco and savory from France) and a bit of robust Italian *vino*.

But now as then, nothing artificial in the way of preservatives, colorings, flavorings.

"Everything should be 100% natural," said Perry in 1906, for he truly believed salad dressings were an art. "Serve stew if you must. But never scrimp on the salad."

And that, salad lovers, is how Bernstein got to be the first name in Italian — and a dozen other worthy dressings and sauces.

Buon appetito!



BERNSTEIN®

If we won't compromise why should you.



PROMISES, PROMISES, PROMISES.

"Don't worry, it's a good estimate," they said. Good for what, you're probably asking yourself now. Because as it turned out, you'll need a lot more than your kid's piggy bank money to make up the differe...

THE BEKIN... GUARANTEE

We know you have a moving budget, and we'll see to it you can stick to it. That's why Bekins will give you a guaranteed-in-writing price for your moving job. No if's, and's, but's or surprises. The price you see is the price you pay.

At Bekins, we think moving is expensive enough without adding to your budget. Or anxiety. That's why we'll give you the only written guarantee in the business. Consult the Yellow Pages for the Bekins agent or office nearest you. You'll get more than broken promises.

BEKINS

THE NO EXCUSE MOVE™

Safety Tips for Outdoor Entertaining

Electric appliances, outdoor lights, audio equipment, barbecues, and extension cords add convenience and atmosphere to any backyard party. Yet this very same equipment can cause fire or electric shock if misused. To make sure an accident doesn't spoil your outdoor fun, check and observe the following precautions. They were compiled by Underwriters Laboratories, an independent nonprofit testing laboratory which tests many household products for safety.

1. Never place an electric barbecue near a wall, under a low ceiling, or close to other flammable materials.

2. Never place the unit's power cord on top of the barbecue enclosure where heat can damage the cord's insulation.

3. Avoid wearing loose clothing when using electric charcoal starters.

4. Do not expose your electric barbecue or any other electric appliances to rain or moisture.

5. Never tamper with the covers, backings, and interlocks on your audio equipment. They serve to protect users from electric shock hazards.

6. Be certain that the lights you use for outdoor entertaining are UL Listed and labeled for outdoor use.

7. Never place overhead lights, such as ones hung from trees, where they can be knocked into water.

8. Replace extension and appliance cords if insulation is cut, wires are exposed, or sockets are cracked.

9. Never drive a nail through an extension or appliance cord.

10. Always be sure that an extension cord's capacity in watts or amps is the same or more than the amps or watts of the appliance it is being used with.

11. Never immerse cords or plugs in water. Always unplug portable appliances from outlets when not in use.

12. Be sure to use only UL Listed outdoor cord sets. Either the nongrounding type containing two circuit conductors or the grounding type containing two- or three-circuit conductors can be used.

13. Cover unused extension cord receptacles with electric tape or plastic safety caps to prevent accidental contact with the electric current.

14. Always read and follow the manufacturer's instructions carefully for proper use and maintenance of all electric appliances.

15. Never place electric appliances where they might tip over.

16. Never handle electric appliances when you're wet or standing on a wet surface. And never use electric appliances where they can get wet.

17. Use an electric product only for its intended purpose and use only recommended accessories.

18. Remember, never overload electric circuits indoors or outdoors.

19. Children require supervision around all electric appliances. Instruct youngsters not to go near plugs and outlets nor to unplug cords.

20. All your electric appliances, outdoor lights, and extension cords should display the UL symbol of safety.



EVERYTHING YOU EVER BELIEVED ABOUT THE GOODNESS OF SOUP HAS JUST BEEN CONFIRMED.



If you're like most people, you may have always suspected that there was something especially wholesome about a hot bowl of soup. Now your instincts have just been proven to be a fact: soup really is one of the most thoroughly nourishing, easily digestible foods you can eat.

FOOD FOR THOUGHT.

Using data from one of the largest studies ever made on nutrition (conducted by Government health agencies), experts from leading universities identified differences in people's diets.* It was found that soup can be a significant part of a balanced, healthful diet.

And when compared with other foods in a Nutrient Density Rating System** used by nutritionists, many of the most popular soups score very high. In fact, some soups have more nutrients per calorie than other good foods. Like green beans, lettuce and corn.

SOMETHING TO SLEEP ON.

Let's say you've come home from work too late to sit down to a big, heavy dinner. (A lot to digest isn't the best thing to go to sleep on.) A bowl of soup before bed might just be what your body needs. And it's so digestible.

And if, for example, that bowl of soup were Campbell's Vegetable Beef, you'd be giving yourself more vitamin A in one serving than you'd get from nine eggs.

And calorie for calorie, as much protein as peanut butter. If it were Campbell's Tomato Soup, you'd be getting the vitamin C equivalent of half a grapefruit.

WE ARE WHAT WE EAT.

Everywhere, people are walking when they used to drive. We've learned the value of exercise and grown more selective about the foods we eat. It all points to a new awareness of health. And soup has an important part to play in a nutritionally balanced diet.

So if you've had the feeling that soup is good for you, now you know why.

Campbell's

SOUP IS GOOD FOOD

*As published in the summaries of papers of the 146th National Meeting of the American Association for Advancement of Science, January 6, 1980.

**Source: Hansen, R. G., Wyse, B.W., Sorenson, A.W., The Nutritional Quality Index of Foods, AVI Publishing Co., Inc., Westport, Conn., 1979.

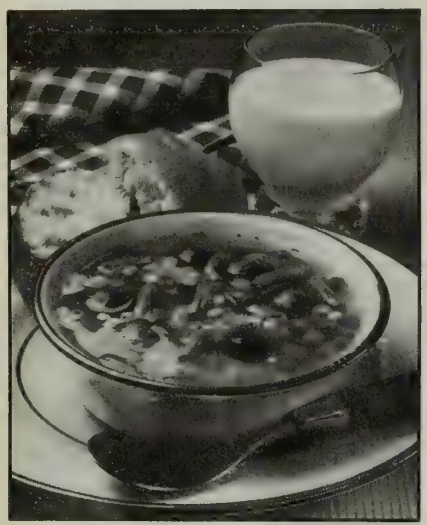
Note—Mean value sources for nutrient comparison: USDA Handbooks No. 8 and 456 and Campbell Soup Co.

Cooking With Barley

What is easy on your food budget, as versatile as rice or pasta, and has a pleasantly nutty flavor? It's barley—and though it's nothing new, the idea of using it in everything from soups to desserts is. The three new recipes pictured below are proof of the tasty results.

Barley that you purchase in the grocery store is usually called *pearl barley.* That's because in milling the grain is husked and polished by a process called pearling. When the barley is cooked, it becomes soft and chewy.

Barley is available in quick- and regular-cooking versions. To prepare either type, bring water (and salt, if desired) to boiling; add the barley. Reduce heat; simmer, covered, 10 to 12 minutes for quick barley; 1 hour for regular barley.



Photographs: Dieter

BARLEY-VEGETABLE SOUP

You can have this homemade vegetable soup on the table in 1¼ hours—

- 5½ cups chicken broth
- ½ cup regular barley
- ¼ cup sliced green onion
- 1 teaspoon celery salt
- 1 teaspoon dried basil, crushed
- ½ teaspoon dried tarragon, crushed
- ½ of a 10-ounce package frozen brussels sprouts
- 1 cup frozen loose-pack peas and carrots
- 1 cup frozen loose-pack wax beans *or* green beans
- Grated Parmesan cheese

In a 3-quart saucepan bring chicken broth to boiling; add barley, green onion, celery salt, basil, and tarragon. Reduce heat; cover and simmer 1 hour. Halve brussels sprouts, if desired. Add brussels sprouts, peas and carrots, and wax beans to pan; bring to boiling. Reduce heat and simmer, uncovered, 8 to 10 minutes or till vegetables are tender. Season with *salt* and *pepper* to taste. Ladle into soup bowls and pass Parmesan cheese to sprinkle atop. Makes 6 or 7 servings.



CHOCOLATE BARLEY PUDDING

- ¼ cup regular barley
- 1 square (1 ounce) semisweet chocolate
- 1 tablespoon butter *or* margarine
- 1 tablespoon sugar
- 1½ teaspoons cornstarch
- 3 tablespoons milk
- 1 beaten egg yolk
- ½ teaspoon vanilla
- 1 egg white
- 2 tablespoons sugar
- ½ cup whipping cream

Bring ¾ cup *water* to boiling. Add barley; reduce heat. Cover and simmer 1 hour; cool. In saucepan melt chocolate and butter or margarine over low heat. Combine the 1 tablespoon sugar and the cornstarch. Stir into chocolate mixture; add milk and egg yolk. Cook and stir till mixture is bubbly. Stir in vanilla and barley. In small mixer bowl beat egg white on high speed of electric mixer to soft peaks. Gradually add the remaining 2 tablespoons sugar; beat to stiff peaks. Fold into barley mixture. Cover and chill. To serve, whip the ½ cup cream; layer pudding in parfaits with ¾ of the whipped cream; top with remaining cream and walnuts, if desired. Makes 4 servings.



BARLEY-KIELBASA SALAD

Kielbasa, or Polish sausage, is a mild beef and pork sausage—

- ⅓ cup mayonnaise *or* salad dressing
- ⅓ cup plain yogurt
- 1 teaspoon prepared horseradish
- 1 teaspoon Worcestershire sauce
- 1½ cups water
- ½ teaspoon salt
- ½ cup quick-cooking barley
- 3 cups torn fresh spinach *or* romaine
- 1 cup shredded red cabbage
- 8 ounces fully cooked kielbasa, sliced and quartered
- 1 small onion, halved crosswise, sliced and separated into rings

In a small bowl combine mayonnaise or salad dressing, yogurt, horseradish, and Worcestershire. Cover and chill.

In saucepan bring water and salt to boiling. Add barley; reduce heat. Cover and simmer 10 to 12 minutes or till barley is tender. Drain; cool.

Just before serving, in a large salad bowl toss together spinach, cabbage, kielbasa, barley, and onion. Pour dressing over salad; toss to coat. Serve immediately. Makes 4 servings.



Golden Star Boneless Turkey is the trouble-free turkey. No bones, no hassle so it's as easy to prepare as other meat roasts and it's a real value. Imagine—real turkey you slice instead of carve. Moist white meat and tender dark meat, deliciously butter-basted. Golden Star Boneless Turkey by Armour. It's the easy way to serve real turkey as often as you like.

Look for the trouble-free turkey in the frozen food section of your supermarket.

© Armour and Company 1981.

Cooking With Barley

What is easy on your food budget, as versatile as rice or pasta, and has a pleasantly nutty flavor? It's barley—and though it's nothing new, the idea of using it in everything from soups to desserts is. The three new recipes pictured below are proof of the tasty results.

Barley that you purchase in the grocery store is usually called *pearl barley.* That's because in milling the grain is husked and polished by a process called pearling. When the barley is cooked, it becomes soft and chewy.

Barley is available in quick- and regular-cooking versions. To prepare either type, bring water (and salt, if desired) to boiling; add the barley. Reduce heat; simmer, covered, 10 to 12 minutes for quick barley; 1 hour for regular barley.



Photographs: Dieter

BARLEY-VEGETABLE SOUP

You can have this homemade vegetable soup on the table in 1¼ hours—

- 5½ cups chicken broth
- ½ cup regular barley
- ¼ cup sliced green onion
- 1 teaspoon celery salt
- 1 teaspoon dried basil, crushed
- ½ teaspoon dried tarragon, crushed
- ½ of a 10-ounce package frozen brussels sprouts
- 1 cup frozen loose-pack peas and carrots
- 1 cup frozen loose-pack wax beans *or* green beans
- Grated Parmesan cheese

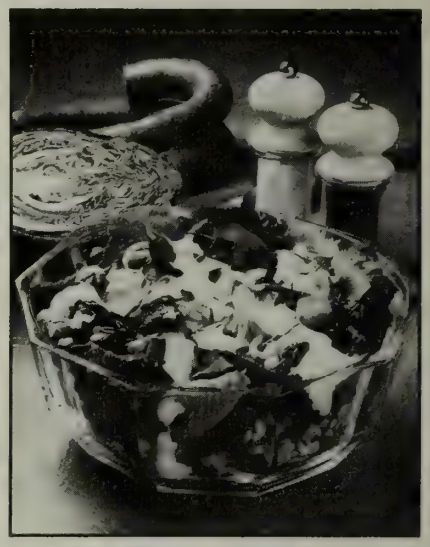
In a 3-quart saucepan bring chicken broth to boiling; add barley, green onion, celery salt, basil, and tarragon. Reduce heat; cover and simmer 1 hour. Halve brussels sprouts, if desired. Add brussels sprouts, peas and carrots, and wax beans to pan; bring to boiling. Reduce heat and simmer, uncovered, 8 to 10 minutes or till vegetables are tender. Season with *salt* and *pepper* to taste. Ladle into soup bowls; pass Parmesan cheese to sprinkle atop. Makes 6 or 7 servings.



CHOCOLATE BARLEY PUDDING

- ¼ cup regular barley
- 1 square (1 ounce) semisweet chocolate
- 1 tablespoon butter *or* margarine
- 1 tablespoon sugar
- 1½ teaspoons cornstarch
- 3 tablespoons milk
- 1 beaten egg yolk
- ½ teaspoon vanilla
- 1 egg white
- 2 tablespoons sugar
- ½ cup whipping cream

Bring ¾ cup *water* to boiling. Add barley; reduce heat. Cover and simmer 1 hour; cool. In saucepan melt chocolate and butter or margarine over low heat. Combine the 1 tablespoon sugar and the cornstarch. Stir into chocolate mixture; add milk and egg yolk. Cook and stir till mixture is bubbly. Stir in vanilla and barley. In small mixer bowl beat egg white on high speed of electric mixer to soft peaks. Gradually add the remaining 2 tablespoons sugar; beat to stiff peaks. Fold into barley mixture. Cover and chill. To serve, whip the ½ cup cream; layer pudding in parfaits with ¾ of the whipped cream; top with remaining cream and walnuts, if desired. Makes 4 servings.



BARLEY-KIELBASA SALAD

Kielbasa, or Polish sausage, is a mild beef and pork sausage—

- ⅓ cup mayonnaise *or* salad dressing
- ⅓ cup plain yogurt
- 1 teaspoon prepared horseradish
- 1 teaspoon Worcestershire sauce
- 1½ cups water
- ½ teaspoon salt
- ½ cup quick-cooking barley
- 3 cups torn fresh spinach *or* romaine
- 1 cup shredded red cabbage
- 8 ounces fully cooked kielbasa, sliced and quartered
- 1 small onion, halved crosswise, sliced and separated into rings

In a small bowl combine mayonnaise or salad dressing, yogurt, horseradish, and Worcestershire. Cover and chill.

In saucepan bring water and salt to boiling. Add barley; reduce heat. Cover and simmer 10 to 12 minutes or till barley is tender. Drain; cool.

Just before serving, in a large salad bowl toss together spinach, cabbage, kielbasa, barley, and onion. Pour dressing over salad; toss to coat. Serve immediately. Makes 4 servings.



Golden Star Boneless Turkey is the trouble-free turkey. No bones, no hassle so it's as easy to prepare as other meat roasts and it's a real value. Imagine—real turkey you slice instead of carve. Moist white meat and tender dark meat, deliciously butter-basted. Golden Star Boneless Turkey by Armour. It's the easy way to serve real turkey as often as you like.

Look for the trouble-free turkey in the frozen food section of your supermarket.

© Armour and Company 1981.

©1981 • 6 Years Old. Imported in Bottle from Canada by Hiram Walker Importers Inc., Detroit, Mich. 86.8 Proof. Blended Canadian Whisky.



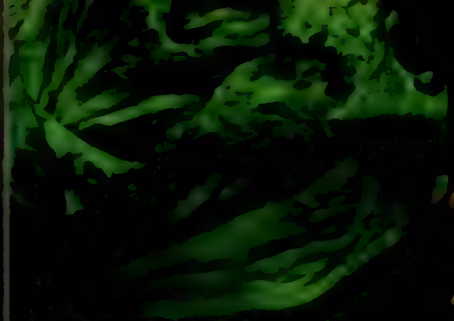
"The Best In The House" for over a century.

Hiram Walker's unique, light-tasting whisky earned its reputation as the finest whisky in exclusive clubs from the time it first appeared. That's how it became "Club Whisky."

In 1891, a new U.S. law required the country of origin to appear prominently on a product's label. Hiram Walker proudly added "*Canadian*" to Club Whisky and people just as proudly began ordering "*Canadian* Club."

Today people enjoy Canadian Club so many ways: on the rocks, smoothing out sours or Manhattans and with favorite mixers. Because it's lighter than Scotch, smoother than bourbon. And it's still "The Best In The House"® in 87 lands.

"Canadian Club®"



Gary Bechard, Buyer
Watsonville, California



"Sandy" Sanborn, Buyer
Bakersfield, California



Roy Roderick, Buyer
Santa Fe Springs, California



Bob Kohnken, Buyer
Lakeland, Florida

Any supermarket can order produce by phone, sight unseen. Not Safeway. Our network of produce buyers inspects each crop right in the fields. Then, comparing notes with other Safeway buyers across the country, they buy only the best harvests from the best areas. It means doing a little bit more. But it also means you get the highest quality produce available... all at low Safeway prices.



Glenn Cadrez, Buyer
El Centro, California



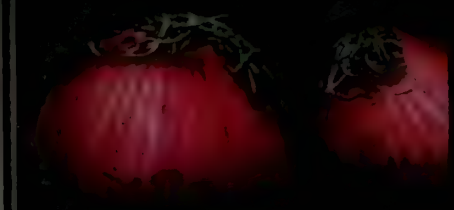
Gregg Leonard, Buyer
Phoenix, Arizona



Paul Partridge, Buyer
Landover, Maryland

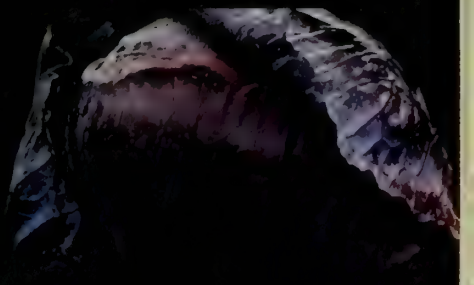


Mary McPherson, Buyer
McAllen, Texas





Tony Bustillos, Buyer
Nogales, Arizona



Ricardo Celaya, Buyer
Idaho Falls, Idaho

SAFEWAY

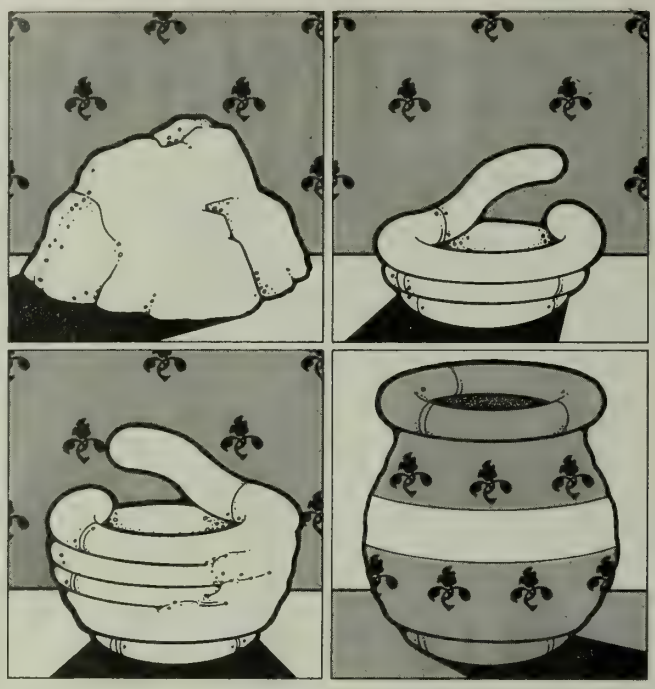
Everything you want from a store and a little bit more.

Mac Sheffield, Buyer
Bell Glade, Florida

©COPYRIGHT 1980, SAFEWAY STORES, INCORPORATED

Pottery Basics for Beginners

If you're interested in learning basic ceramic and pottery techniques, but balk at buying a lot of expensive equipment, here's good news. You can create something from clay using one of three hand-building techniques—pinch, coil, and slab—none of which requires a potter's wheel. And if you use air- or oven-drying clay (available at craft and hobby shops), there's no need for a kiln. The basic steps for each technique are outlined below.



Pinch method

A pinch pot is the easiest introduction to working with clay; all that's required is a small amount of clay and a little imagination—no special tools are needed.

Keep in mind that when you are pinching a clay pot, spontaneity works to your advantage; don't try to copy the perfection of a piece that has been thrown on a potter's wheel.

To begin, shape a ball of clay in your hands by rolling it around until the surface is smooth. Holding the clay in one hand, insert the thumb of the other hand into the center of the clay ball, leaving a ½-inch-thick base.

Shape the opening by pinching lightly around the pot with thumb and other fingers, turning the clay gradually.

To shape the pot, work your fingers from the base to the top, pinching and turning as you go. Work your fingers in a spiral pattern, moving from bottom to top, instead of moving them up and down the sides of the pot.

Since clay dries from top to bottom, leave the rim a bit thicker than the rest of the pot to avoid cracking. To delay drying while you're working with clay, dampen your hands with water.

Allow your pot to dry until it is fairly firm and easy to handle; then attach the handles, spout, and other pieces that you have shaped separately.

Pinching the clay leaves small indentations that can be smoothed out if you like. For a smooth surface, rub the clay with a polished stone.

Coil method

Before the advent of the potter's wheel, the traditional method for making pottery was the coil technique. A coiled pot takes more time than a pinched pot, but the results are worth the effort; with a little practice, you can learn to make coils of uniform size.

To roll clay coils, clear a large, flat work space and keep the surface damp. Squeeze a piece of clay in your hands until it resembles a piece of rope. Rotate the clay as you squeeze to keep it fairly smooth. When the rope-like coil is seven inches long, begin rolling.

Dampen your hands and roll the clay from the center to the ends, moving the coils in complete circles (do not rock the clay back and forth). Maintain even pressure.

A coil's diameter depends on the size of the pot; a small pot needs thin coils, whereas a large pot needs thick ones (the average is about one inch).

Roll about eight to ten coils at one time, keeping them covered with plastic.

Begin shaping your pot by cutting a clay base and attaching one coil with your thumb. Turn the piece until a complete circle is made. To join the coil to the base, pull clay from the coil and smooth it down over the base.

When shaping a coiled pot, remember that each coil must be joined securely to the coils directly above and below it.

Continue wrapping the coils so that each new ring rests on the outer edge of the coil below it.

After you have wrapped about five coils, begin smoothing the inside surface of the pot. Support the outer walls with one hand and smooth the inside of the pot.

Continue joining the coils until you reach the desired size and shape, then paddle the outer walls smooth.

The drying process is important when you're working with a coiled pot. The clay should be allowed to dry slowly. A large coiled piece should dry and stiffen slightly to keep the lower walls from sagging.

Slab method

Building pottery with slabs of clay is a basic ceramic technique. The idea is to press, roll, or throw pieces of clay into large slabs and then construct shapes by joining the slabs at the seams.

To press a slab into shape, flatten a piece of clay by patting it with your hands, pushing out from the center.

Rolling a slab of clay requires two guide sticks to ensure even thickness. (The distance between the sticks determines the width of the slab.)

Place the clay between the sticks and begin rolling, while resting the rolling pin on the guide sticks.

To throw a slab, start with a piece of clay one to two inches thick and begin flattening it with your hands. Lift the clay and flip it occasionally to keep the thickness consistent.

Once your slabs are prepared, let them stiffen sufficiently and begin cutting the clay with a utility knife.

To join pieces, score the edges, dampen the clay, and press edges together, using a thin coil along joint.

Drawing: Robert Riley

Deli-Men Know.



How do you make a good sandwich a great sandwich? Just ask your deli-man. He'll tell you. Thick layers of hot pastrami – topped with a dab of mustard and a dollop of tangy sauerkraut. And piled high on a real deli rye. Oroweat® Schwarzwälder Dark Rye.

A hearty loaf – made with dark rye flour and a touch of sourdough – for Old World deli flavor. And slow baked for a crunchy crust that's a delight to bite into.

Oroweat Schwarzwälder Dark Rye. Now *you* know what deli-men know.

When you think deli,

THINK OROWEAT®

Try Oroweat® Dill Rye and Russian Rye....just two of the many delicious Oroweat Rye varieties.

Tips for Driving in Fog

Dense fog can be a major driving hazard, especially when it suddenly rolls over your car as you're traveling at highway speeds.

Reduce speed, but watch out

As a rule, keep speed under 30 mph if you can see no more than about six lengths ahead; if no more than two car lengths ahead, keep speed under 15 mph. Fast-approaching cars are a hazard, especially on expressways, so keep a watchful eye on your rearview mirror. On two-lane roads, also watch for passing cars from oncoming traffic.

Use windshield wipers

When you first enter the fog, turn on your windshield wipers. Fog is an accumulation of fine mist that can put a layer of moisture over your windshield. If wipers streak the windshield, press the windshield washer button. If streaking continues, have wiper blades replaced.

Turn on your lights

You should turn on your lights immediately in daytime fog. In both nighttime and daytime, the low beam usually lets you see best; the high beam can reflect off the fog particles. If your car's headlights and taillights get dirty, pull off the road at the first convenient spot (not the shoulder) and wipe them off.

Consider installing fog lights on your car if you live in an area that often is fog-covered. These small, rectangular, amber-colored lights are mounted on the car's grill inside and below the headlights. Fog lights produce a wide, flat-topped beam that penetrates the fog farther than headlights and reflect less glare into the driver's eyes. The lights are available at auto supply stores and through catalogs.





After splashing around in our mountain streams, come bask yourself on our oceans of sand.

Just a morning's drive from Denver in southwestern Colorado exists an area of golden sand almost twice as large as the island of Manhattan and perhaps one millionth as populated.

And although our Great Sand Dunes National Monument has no ocean, the Sangre de Cristo Range which adjoins these amber waves of sand is some of the most magnificent scenery in the western hemisphere.

So, instead of heading off to the same old beach, or anywhere else for that matter, come on out and cool off in the Rockies this summer in Colorado.

Visit any of our twelve national forests. Fish and splash in over 8000 miles of fresh water streams. Hike our endless trails. Ride our mountain pastures. And savor the memories of a summer in the Rockies.

Just fill out the coupon at the bottom of this page and we'll send you a tempting 52 page Colorado Adventure Guide along with an Accommodations Guide which will give you a much more complete picture of what a summer vacation is like on the shores of the Rockies.

Please send me the Colorado Adventure & Accommodations Guides.

Name _____

Address _____

City _____

State _____ *Zip* _____

Colorado

Mail to: STATE OF COLORADO
Dept. BH/Box 38700/Denver, Colorado 80238


Bon apricot!
HIRAM WALKER
APRICOT
FLAVORED BRANDY
PERFECTLY FLAVORED WITH TRUE FRUIT
Oh, the juicy, tree-ripened goodness of Hiram Walker Apricot Flavored Brandy. Oh, the refreshing delights of the Hiram Walker Sour Ball: splash 1½ ounces of Hiram Walker Apricot Flavored Brandy over ice. Top with the juices of half a lemon, half an orange and stir. Bon appétit!
For a free recipe booklet, write Hiram Walker Cordials, Dept. DA, P.O. Box 52000, Detroit, Mich. 48252.
© 1980. Apricot Flavored Brandy, 70 Proof. Hiram Walker & Sons, Inc., San Francisco, Calif.

"Introducing New Seven Seas® Buttermilk Recipe."

Alice, owner Alice's Galley





No more...
dry mixes, measuring, or leftovers.

Just pour

At last, the delicious flavor of buttermilk dressing comes in a bottle. Tastes great . . . delicately seasoned, creamy smooth. Because there's real buttermilk in the bottle. Enjoy it soon.

© 1981 Anderson, [illegible]ton & Co.

The Beauty of Ugli

When you see an ugli, you won't have to ask where it got its name. This orange-sized fruit from Jamaica is usually misshapen and has a rough peel and light green blemishes. But ignore the externals. The pulpy fruit tastes like a delicious blend of orange, tangerine, and grapefruit. You can use the ugli fruit as you would other citrus fruits or enjoy it in this spicy compote. Ugli fruit will stay fresh for several weeks if you store it in perforated clear plastic bags in the vegetable section of your refrigerator.



Photograph: Dieter

UGLI FRUIT IN SPICED WINE

If you like, substitute 2 inches of stick cinnamon and 4 whole cloves for the ground spices—

4 ugli fruit
½ cup dry red wine
¼ cup sugar
2 tablespoons lemon juice
Dash ground cinnamon
Dash ground cloves

With a paring knife, remove the peel and membrane from the ugli fruit. Working over a bowl to catch the juices and starting near the center of the fruit, insert the blade of a table knife between a section of the fruit and the membrane. Slide the blade toward the outside. Repeat along the other side of the section. Place the fruit in the bowl with the juices.

In a saucepan, mix wine, sugar, lemon juice, and spices. Heat till sugar dissolves. Pour the hot liquid over fruit and juices. Serve the compote warm or chilled. Makes 6 servings.


FITZ and FLOYD
SET A TABLE THAT SETS YOU APART
"Chinoiserie" blends the delicacy of the Orient with the elegance of black and gold. Shown with green "Renaissance" accessories.
Send $1.00 for our dinnerware brochure:
Fitz and Floyd, 1371 Round Table, Dallas, Texas 75247

FF

LA/W/1

Mrs. America wants to send you on a dream vacation!

"Win a trip for two to Florida's most glamorous resort... or one of many other fabulous prizes!"



Sanitas, America's first name in wallcoverings is teaming up with America's most glamorous homemaker to make you *and* your home more beautiful. With a sensational new sweepstakes dedicated to good looks. And *Recollections*, an exciting new collection of wallcoverings on classic American themes.

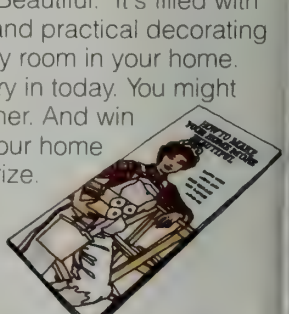
Win our Grand Prize and *your* good looks get even better—with a week of pampered relaxation for two at Palm-Aire, Florida's luxurious spa resort. Or, enjoy great-looking entertainment with our fabulous First Prize—a giant-screen Sony® Trinitron™ Color Television.

As one of our ten Second Prize winners, you can spend a Day of Beauty at the Elizabeth Arden Salon nearest you. Or receive one of 50 Third Prizes—the Clairol® Mirror Mirror.™

It's easy to enter. Just identify the beautiful Sanitas designs on the Mrs. America display at your participating Sanitas dealer. All the answers are in the exciting new *Recollections* sample book. And no purchase is necessary.

And while you're at it, pick up your free copy of Mrs. America's 16-page booklet "How to Make Your Home More Beautiful." It's filled with imaginative and practical decorating hints for every room in your home.

So, hurry in today. You might be a big winner. And win yourself or your home a beautiful prize.



Sanitas

A DIVISION OF L. E. CARPENTER AND COMPANY A DAYCO COMPANY

Buy a Honeywell Fuel Saver Thermostat.





Save $70 on this Easy Livin' Ceiling Fan.

You can save 7 to 25% on your cooling bill with a Honeywell Fuel Saver Thermostat that automatically raises and lowers the temperature.

And come winter, you'll like the way your Honeywell Fuel Saver cuts heating bills. As much as 9 to 30%.

Now you can also save on this beautiful, 52" ceiling fan. Regularly priced at $159.95, it's yours for only $89.95 and a Fuel Saver proof of purchase.

A savings of $70!

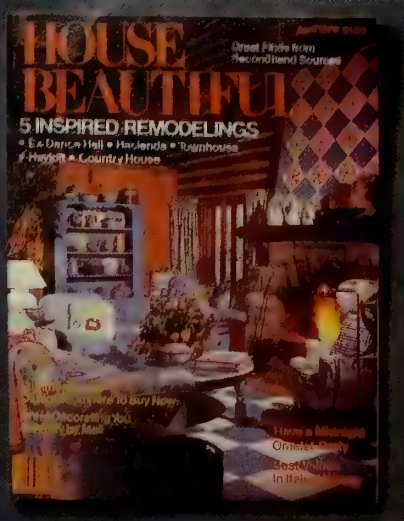
You'll like the Easy Livin' Ceiling Fan's quiet, smooth, maintenance-free operation. It comes completely assembled (except for the safe wooden blades) in your choice of brown or white. Adaptable for light or swag kit, too.

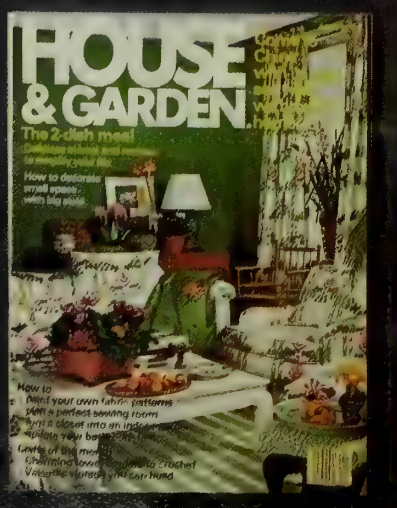
Like to save on your energy bill and add a fan to your decor? For complete details, call your heating air-conditioning contractor. Or look for the display at participating retail outlets.

Honeywell

LA/W/3

THREE FULL-PAGE, 4-COLOR MAGAZINE ADS FOR THE PRICE OF ONE BLACK AND WHITE NEWSPAPER AD.







If you can only afford one page a month in your major local newspaper like, say, The Washington Post or the Detroit Free Press, but dream regularly of reaching those more affluent people who read glossy—and expensive—national magazines, MNI can help you scale those previously unaffordable heights.

Because for the cost of your usual newspaper buy, we can run your ad—full color, full page—in these three national magazines.

Staggered over the course of a month.

Reaching those very same big spenders you long for, without spending very much yourself.

So if you're interested in adding a little upward mobility to your advertising, give Bonnie Axthelm a call, collect, at (212) 661-4800.

She'll be happy to explain our magazine packages in greater detail. And while you're talking to her, ask about our News and Men's packages also.

© 1979 Media Networks, Inc.
600 Third Avenue.
New York, New York 10016

MNi





Design by Brittany Blake Interiors

LISTED UL

The Beauty of Solid Brass

The Galaxy by CODEP™ International, Inc.

From inside-out, our ceiling fans are made with highest quality components. Beginning with the beauty and warmth of solid brass encasements to our own Direct Drive Magniverse™ Motor, CODEP™ fans can add just the right touch to your home. And the fans are as efficient as they are beautiful. You'll enjoy year round energy savings.

Choose from the wonderful collection of fans available in a variety of styles with assorted light kits. Five year limited warranty included.

Call or write for a FREE brochure and Energy Saving information.

CODEP INTERNATIONAL, INC.

CODEP™ Int'l, Inc., Post Office Box 79159 Houston, Texas 77024 (713) 467-1320
Available at Fine Department Stores Lighting and Specialty Shops.

LA/W/5

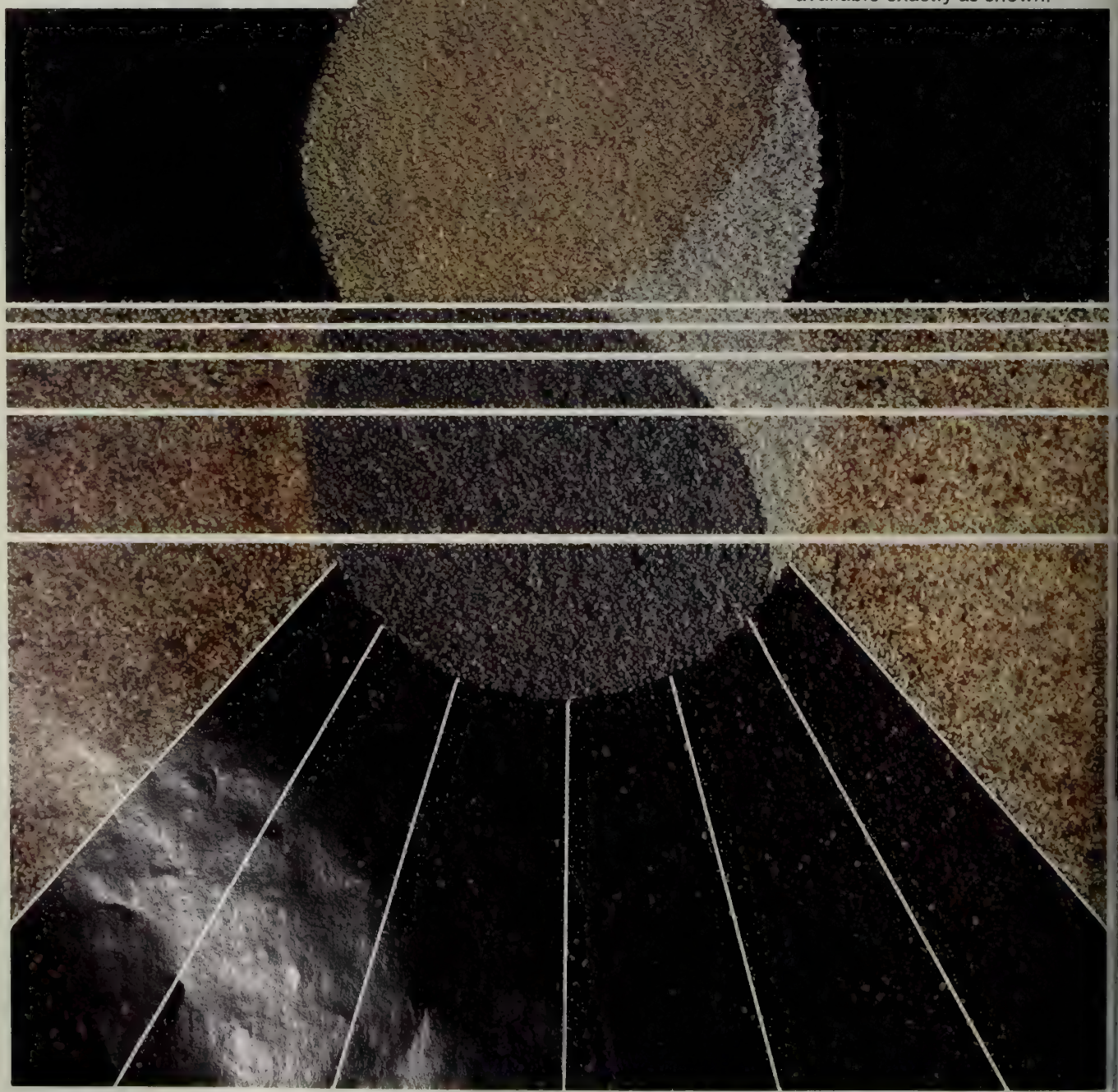


Add new dimension to your home with Futura Stone...

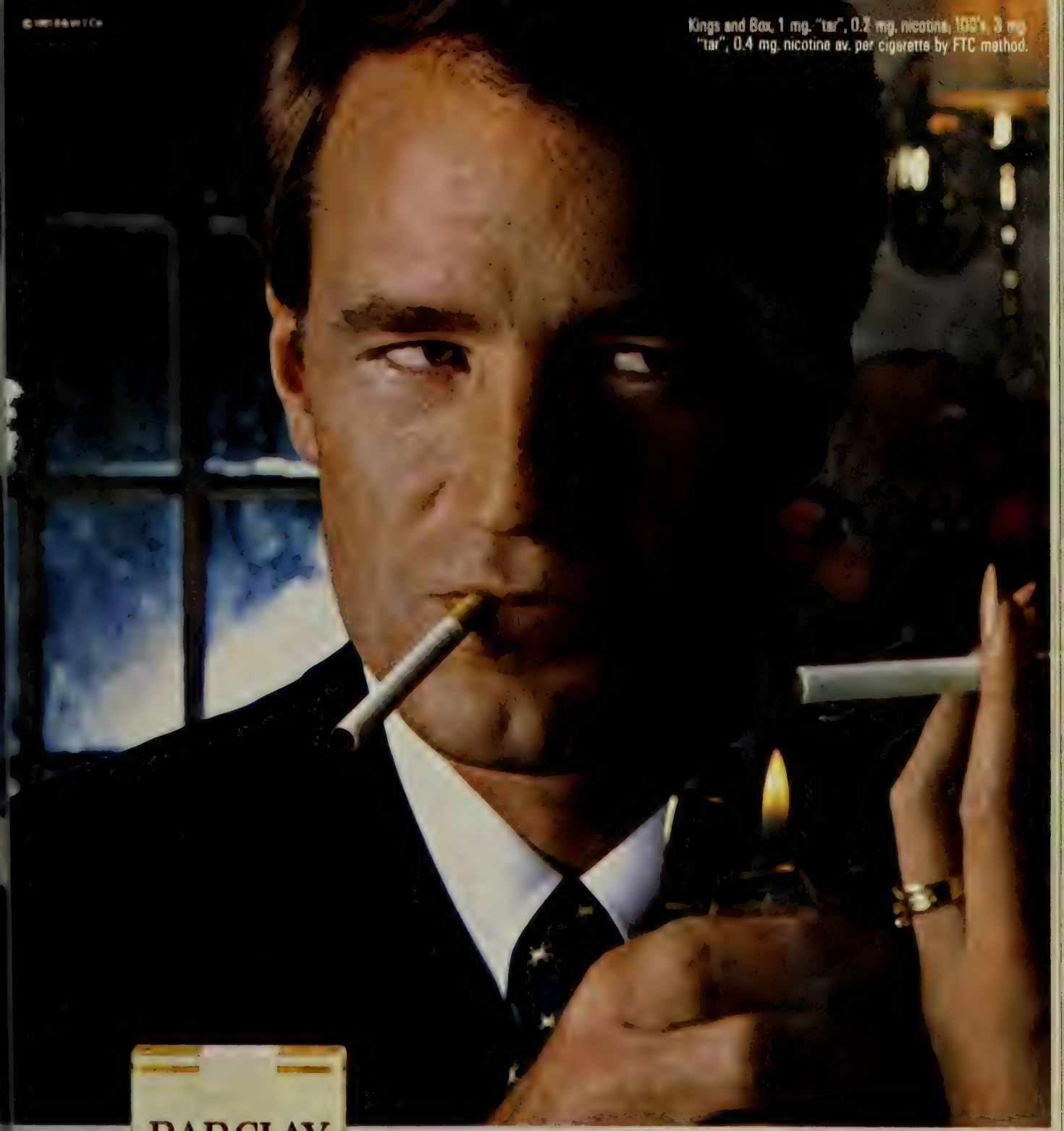
Beautiful durable Futura Stone turns ugly concrete driveways, weather beaten pool decks and patios into exquisite looking surfaces that enhance your home's appearance. Natural stone texture blends gracefully with all of nature's earth tones. Because of its crack-resistant, seamless and rugged durability...Futura Stone is excellent for driveways and other heavy traffic areas. Oil, grease, gasoline, and rust clean up easily. An occasional washing with a hose keeps Futura Stone looking fresh as new year after year. Special epoxy bonding agent makes it stronger than rock itself creating an amazingly smooth, level and porous surface that minimizes puddles. Call for our free installation estimate or a color brochure filled with **low cost** Futura Stone ideas for improving the appearance of your home. In **Los Angeles** (213) 778-1857. In **San Diego** (714) 578-3460.

Futura Stone of California

Actual hand-selected Futura Stones have been used to create the artist's mosaic below. Not all solid selections are available exactly as shown.



LA/W/6



Kings and Box, 1 mg. "tar", 0.2 mg. nicotine, 100's, 3 mg. "tar", 0.4 mg. nicotine av. per cigarette by FTC method.



The pleasure is back.

BARCLAY

99% tar free.™

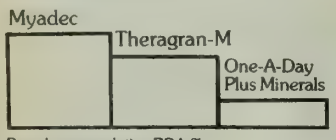
Also available in 100's and Box

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Getting more.

Who are the people who get more out of life? They're the ones who turn chores into child's play, know how to do nothing, find strenuous exercise fun.

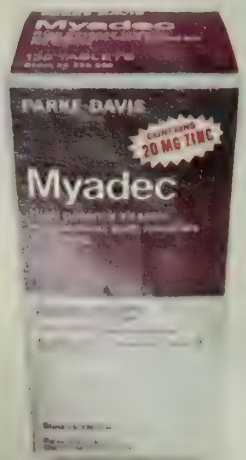
People who want more out of life want more out of their vitamins and minerals, too. Like Myadec.



Based on cumulative RDA %.

Myadec is the dietary supplement with 11 vitamins and 6 minerals–more potency than the other leading multi-vitamins with minerals.

Myadec from Parke-Davis. If you want more, you can't ask for less.



Myadec.
If you want more.



commitment to the arts. Don't miss the community of cinnamon-brown shops along winding Canyon Road where artists and artisans make their homes. It's a shopper's paradise, and you can watch weavers, glassblowers, potters, and other crafts people at work as you stroll the narrow lane.

If you prefer guided sight-seeing, a couple of local history buffs will walk you around town ($8 to $10, about $5 for kids 12 and under; ask at the information booth).

Cultural happenings

Plan ahead to attend performances of the noted Santa Fe Opera and the Santa Fe Chamber Music Festival while you're in town. Artists from around the world perform in the opera's magnificent outdoor amphitheater early July through late August ($8 to $32 a seat). Make reservations with The Santa Fe Transportation Company for a shuttle bus ride from downtown to the opera. Four chamber music concerts are scheduled weekly July 12 to August 17 ($5 to $10). In fact, Santa Fe is jumping spring through fall with a variety of lively cultural events, including community theater, Indian festivals, fiestas, and other happenings.

Dining opportunities abound in Santa Fe, too, where delicious Mexican fare is a specialty, of course. La Tertulia ranks among the best restaurants.

Convenient in-town lodgings are available at the Desert Inn, Inn of the Governors, Inn at Loretto, and La Posada ($35 to $65 double). Or opt for a nearby resort like family-oriented Bishop's Lodge (from $100 to $150 double, with meals), or more intimate Rancho Encantado, with superb dining (from $75 double, kitchenettes available). Transportation to and from town can be arranged with both resorts.

Southwestern-style side trips

Your visit won't be complete without an excursion to bustling little Taos, an easy 70-mile bus trip north. Sage-dotted plains and a protective chain of mountains surround this tiny community, which also supports a thriving artists' colony.

But what most people go to Taos to see is the Taos Indian Pueblo, three miles north of town. Some 1,400 Indians still reside in this age-old adobe settlement, a striking contrast of modern amenities mixed with the Indians' lingering tribal ways.

Gray Line offers daylong tours from Santa Fe to Taos and Taos Pueblo ($19). There's also a half-day tour ($14) to the ancient cliff dwellings at Bandelier National Monument, 40 miles northwest of Santa Fe. You can hike among these ruins once inhabited by peaceful, farming Indians.

Getting there

Several major airlines serve Albuquerque, an hour's drive south, where you can take the Shuttle Jack bus to Santa Fe ($10.75; call for reservations). Greyhound also serves Santa Fe from Albuquerque ($4.50 one way).

For more information, contact:

- Santa Fe Chamber of Commerce, Box 19280P, Santa Fe, NM 87501.
- The Santa Fe Opera, Box 2408, Santa Fe, NM 87501.
- Santa Fe Chamber Music Festival, Box 853, Santa Fe, NM 87501.
- New Mexico Travel Division C & ID, Bataan Memorial Building, Santa Fe, NM 87503.

HOUSEBOATING LAKE POWELL

Lake Powell, most recent of the great impoundments created to harness the mighty Colorado River, links nearly 2,000 miles of water-sculpted shoreline from Glen Canyon Dam at Page, Arizona, 196 miles upstream into southeastern Utah. In between, you'll discover an incomparable realm of crimson crests and silent, shimmering blue waters ideal for vacationing.

On-the-water pleasures

This tranquil scene makes a perfect setting for a houseboat adventure and there's a variety of houseboats for rent. You can set your own leisurely pace to explore the hundreds of bays and inlets, isolated beaches, pink palisades, and startling sheer cliffs.

The most scenic stop along the lake is Rainbow Bridge National Monument, 50 miles up from the dam and just a quarter-mile hike from water's edge. According to Navajo legend, this spectacular rose-colored span—the world's largest natural stone arch—was once a brilliant rainbow that turned to stone.

On the way to the bridge, you'll discover plenty of private coves and beaches where you can camp ashore, anchor for a day's fishing, or even skinny dip in privacy. These slender side canyons glow in rusty desert hues and display some of nature's most graceful rock sculpture.

Boaters also can easily reach good hiking trails that lace the adjacent terrain. Some trails lead to ancient Indian ruins and petroglyphs. Davis Gulch on the Escalante River arm of the lake and Clear Creek, Cathedral, and Reflection canyons also make intriguing on-foot treks. You might even glimpse a mountain sheep or antelope along the way.

continued



Lake Powell's splendid scenery lures houseboating vacationers.

The Southwest

Houseboating hints

Near Page, there's a full-fledged resort/marina called Wahweap, with lodge, restaurant, and an 80-craft houseboat fleet. Typically, houseboats ranging from 34 feet (just right for four) run $330 to $585 for a minimum three-day rental (discounts November through March). Make your reservations several months in advance. That's especially important for summer rentals, though spring and fall houseboating are equally inviting.

The boats come fully equipped for life on the water, except for bedding (sleeping bags are perfect), towels, and food—which renters usually supply themselves. You'll find excellent detailed maps of the lake and surrounding backcountry are available at the marina.

Getting there

Skywest serves the Page Municipal Airport from Phoenix, Las Vegas, and Salt Lake City. There's Amtrak service to Flagstaff, 130 miles south, with daily Trailways bus connections from there to Page (you can arrange for Wahweap to pick you up at the airport or bus station).

For more information, contact:

- Lake Powell Resorts and Marinas, Box 29040, Phoenix, AZ 85038.
- Page-Lake Powell Chamber of Commerce, Box 727, Page, AZ 86040.
- Glen Canyon National Recreation Area, Box 1057, Page, AZ 95040.

TUCSON DUDE RANCHING

What better way to experience the cowboy character of the Southwest than vacationing on a dude ranch? There you can enjoy what's best about the rough-and-ready Southwest without sacrificing comfort. And if you choose to stay at one of the first-rate dude ranches around Tucson, you can add yet another dimension to your visit with a variety of sight-seeing side trips.

Back at the ranch

One of the Southwest's most renowned guest spreads, Tanque Verde, lies just a few miles from Tucson. At this once working ranch, you're assured ample time in the saddle, plus plenty of opportunity for sports like tennis and swimming. The setting is almost picture-perfect—magnificent mountain vistas above bristly desert landscapes at the foot of the jagged Rincon Mountain range. Endless acres of national forest make a splendid backdrop.

The hub of activity is the original ranch house, flanked by an old mesquite-log corral, typical of the ranch's rustic old-time atmosphere. Guests stay in cozy air-conditioned lodge rooms or in adobe *casitas,* some with fireplaces and private patios—perfect for watching glorious desert sunsets ($96 to $130 double, with meals, $21 to $25 per child; week-long packages available).

Horseback riding is a prime pastime. Friendly ranch hands give pointers to everyone from experienced riders to eager tenderfoots. You'll have a choice of guided trail trips, too, including invigorating breakfast rides complete with tasty flapjacks and all the trimmin's and overnight outings that end the day with lively campfire singalongs.

Guided nature hikes with a local naturalist are another ranch specialty. You'll learn all about desert flora and fauna. Then you can get a trail map and head out on hiking adventures of your own.

Outdoor steak fries and barbecues —in the finest Southwest tradition— are rustled up from the ranch's own chuck wagon a couple of times a week. A spirited country-western hoedown under the stars usually winds up the evening. You can even watch the best of the local cowpokes ride broncs and chase steers at a neighborhood rodeo ($2 per person, including transportation).

Other good dude ranch possibilities close to Tucson include Brave Bull Ranch Resort, Hacienda del Sol, Lazy K Bar Guest Ranch, Sundancer, White Stallion Ranch, and Wild Horse Ranch Club. Facilities and prices vary, so shop around till you find a guest ranch that suits you.

Treks around Tucson

Most area guest ranches arrange bus tours to nearby attractions and transportation into Tucson. This burgeoning, sun-drenched metropolis has come a long way from the tiny fortress that safeguarded Spanish settlers. The best way to trace Tucson's intriguing past is on a self-guided walking tour (maps available at the Convention and Visitors Bureau). You also can rent a bicycle at the University Bike Store ($5 a day per bike, plus deposit) or take a guided tour.

On the outskirts of Tucson are three fascinating stops included in most sight-seeing trips. You've probably seen the boardwalk-linked enclave of stores and eateries called Old Tucson in western movies and TV shows. This wild-and-woolly re-creation even includes a theme park with stagecoach and railroad train rides ($5.95, $3.45 for kids four to 11).

Another stop is the Arizona-Sonora Desert Museum, a splendid complex where you can learn about desert flora and fauna ($4, 75 cents to $2.25 for kids six to 17). The brilliantly white San Xavier del Bac Mission that shoots up from the desert south of the city has its own story to tell about the area's Spanish and Indian past.

continued



Side trips around Tucson make a dude ranch stay even more fun.

Photograph: Judy Crawford

Introducing Purina 100. It Tastes Like a Million.

New Purina® 100® brand cat food is all juicy, all tender and it tastes like a million.

We call it Purina 100 because our tuna is all tuna and our mackerel is all mackerel, plus essential nutrients. In other varieties, we use whole dressed chicken, real beef and real liver.

And every one of them is 100% nutritionally complete.

Now you can introduce new Purina 100 to your cat and save 30¢ when you buy any three cans.

Purina calls it one hundred. But it tastes like a million.



For your pet's health, see your veterinarian regularly.

© 1981, Ralston Purina Co.

STORE COUPON

30¢ 30¢

30¢ off on three cans any size or variety of Purina® 100® brand cat food.



CONSUMER Please be sure the coupons you redeem have not expired and are accompanied by the required purchase RETAILER For payment of face value, plus 7¢ handling, send to Ralston Purina Company, PO Box PL1 Belleville Illinois 62222 Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption This coupon is nontransferable nonassignable and nonreproducible Any sales tax must be paid by customer Offer good only in U.S.A. APOs, FPOs Void where prohibited taxed or otherwise restricted Cash redemption value of 1/20 of 1¢ LIMIT ONE COUPON PER PURCHASE OF THREE CANS ANY SIZE OR VARIETY OF PURINA® 100® BRAND CAT FOOD ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION

EXPIRES 4/30/83—228B VM 228B

© 1981, R.P. Co.

Many area ranches also offer daylong excursions to Nogales, Mexico, where there are great buys in pottery and silver wares. Also popular is the day trip to Kitt Peak National Observatory, where you can see some of the world's largest telescopes.

Most guided tours from Tanque Verde cost about $11 to $13 (admission fees usually are extra). Gray Line offers bus tours to most of these sights from Tucson proper (about $6 for a half day and $12 for a full day; during summer, no charge for kids 11 and under with an adult).

Getting there

Several major airlines, Amtrak, and major bus lines serve Tucson. Most ranches offer pickup service from the airport and bus and train stations if you make arrangements in advance.

For more information, contact:

- Tanque Verde Ranch, Route 8, Box 66, Tucson, AZ 85710.
- Tucson Convention & Visitors Bureau, Box 27210, Tucson, AZ 85726.

GRAND CANYON ADVENTURES

With your first glimpse of the Grand Canyon's radiant, mauve-tinged splendor, you'll wonder why you didn't come before. Visitors have been making pilgrimages to this national park for some 60 years to gaze at the vast chasm cut by the Colorado River, threading along the canyon floor. For a convenient carless stay, choose the canyon's South Rim, which has close-knit facilities served by shuttle bus.

Mule-trekking excursions

There are dozens of ways to see the Grand Canyon, but to truly experience its grandeur up close in roughing-it style, take a guided mule trip. Sun and dust dance across the pinion-studded, six-mile trail. As you corner sharp switchbacks that interrupt the route, you'll be glad you listened to instructions about how to handle your steed.

Massive walls on all sides dwarf your group of riders to just a tiny string of mule skinners, and a shared fascination sets in as you go deeper and deeper into the canyon together.

Plateau Point is the turnaround spot for day trips. You and your mule take a short break there before retracing your route back up the canyon. You'll catch your breath in amazement as you look down over the winding river that's still so far below. Lunch is an informal picnic at nearby Indian Gardens campground.

Though it's the same distance, the ride back may seem longer to saddle-weary tenderfoots. By the time you reach the corral up top, you'll be ready to dismount but satisfied with your accomplishment (even the pokiest rider gets a "Master Mule Skinner" certificate).

Readying to ride

The day you ride, claim your reservation before 7:45 a.m. at Bright Angel Lodge. Then, about 8 a.m., "dudes" gather around the corral at the top of Bright Angel Trail, where experienced cowhands match riders with mules in caravans of eight or so. Expect some good-natured kidding from the cowboys as you're helped into the saddle.

Before you even consider a mule-back trek, you should be in good physical shape. In fact, anyone weighing in at 200 pounds or more or under 12 years old won't get a foot up in the stirrup. Some riding experience is also recommended. Be sure to wear jeans, long-sleeved shirt, hat, and boots or shoes with heels (in case "Streak" doesn't live up to his name). You can rent a hat for $1.

Though both one- and two-day trips are offered year round, daylong excursions provide plenty of time in the saddle for most would-be wranglers ($37, with box lunch). Two-day trips include an overnight stay at Phantom Ranch, near the base of the canyon ($133, with meals and lodgings).

Other canyon outings

There are other ways to get around the canyon, too. Bus tours and scenic airplane and helicopter flights are especially fun ways to go.

On the South Rim, free shuttles make continuous loops among lodges, eateries, campgrounds, etc., and even take visitors on sight-seeing tours along scenic West Rim Drive (except during winter). You'll find a variety of family-priced restaurants and accommodations to choose from (rooms $35 to $55 double, $5 to $6 extra per person eight years or older).

Getting there

Republic Airlines serves the Grand Canyon Airport, where there's bus service to South Rim lodges ($2). Navi-Hopi Tour buses run from Flagstaff to the South Rim, too. Air Nevada, among other airlines, offers a pilot-narrated tour to the canyon from Las Vegas ($80 per person one way).

For information, contact:

- Grand Canyon National Park Lodge, South Rim, Grand Canyon, AZ 86023.
- Arizona Office of Tourism, 112 North Central Avenue, Phoenix, AZ 85004.



A mule ride is one great way to explore the Grand Canyon.

Photograph: Pat O'Hara

Do you sometimes envy your younger-looking friend?



In every group of friends, there always seems to be one woman who manages to do everything a little better than everyone else, even though she's no older or more experienced than the rest of you. Her home is always neat whenever you drop in, although she goes off swimming three mornings a week. Her children are bright and attractive and well-mannered...and good athletes too. Her husband brings flowers for no reason at all and takes out the trash without being asked. If you didn't like her so much, you'd almost hate her for being so perfect. Naturally, she even looks younger than anyone else in the group. What's her secret?

She may be one of the millions of younger-looking women around the world who have discovered the secret of a mysterious beauty fluid. The beauty fluid, which can help you look younger too, is known in the United States as Oil of Olay.®

This incredibly silky blend of tropical oil and precious emollients is similar to the natural fluids found abundantly in younger skin, fluids that should be in proper balance for you to look as young as possible. Oil of Olay quickly penetrates deep into your skin to help replenish those vital fluids. Watch your skin drink in the cherishing fluid. You'll see a fresh glow in moments, as Oil of Olay starts to work instantly with nature, softening and smoothing as it eases dryness. Almost as you watch, those tiny lines that make you look older than necessary begin to fade from sight.

You won't be the only one aware of the difference. Will anyone comment? Perhaps your younger-looking friend will be the first to compliment you. Maybe your husband will bring an unexpected bunch of flowers or suggest you meet him for lunch.

Join the younger-looking women of all ages around the world who wouldn't let a single day go by without Oil of Olay as an essential part of their beauty ritual. First thing in the morning, to soften, smooth and help replenish your skin's natural fluids. You'll find Oil of Olay superb under makeup. Since it penetrates so quickly, without looking or feeling greasy, cosmetics glide on evenly and easily over your newly smoothed skin, and remain fresher-looking longer. Like to leave your face feeling free and easy? Oil of Olay, all by itself, gives you a dewy radiance, without any makeup at all.

When you've experienced the unique beauty fluid, you'll want to smooth it on whenever your face feels dry or tight during the day...to help maintain your skin's rich reservoir of fluids. Many women sleek on Oil of Olay at bedtime, for a freshly appealing glow and to let skin sleep for hours in its own comfortable, moist climate.

Discover the secret of Oil of Olay. It's time you became the younger-looking friend other women envy.

Beauty Secrets

- After you've smoothed Oil of Olay® Beauty Fluid onto your face and throat, massage the drops remaining on your fingertips into your elbows. You may not notice that particular dry area, but other people certainly do.
- Like to feel soap-and-water clean? Then you've noticed that your face can feel dry and tight afterward. Smooth on Oil of Olay to let your skin thrive in a comfortably moist climate. The beauty fluid is so non-greasy and fast-penetrating it won't interfere with the fresh feeling you like.
- When it's just one of those days... the washer repairman didn't come as scheduled, the supermarket was out of specials and you broke a fingernail putting the leash on the dog... take an hour off and pamper yourself completely. Brew a cup of herb tea, turn on some quiet music and smooth Oil of Olay over your face and throat before settling down to finish the final chapters of that romantic novel. Don't you feel better already?




Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
© Philip Morris Inc. 1981
Benson & Hedges & Weekends & Me
BENSON & HEDGES Menthol 100's
LIGHTS
BENSON & HEDGES 100's
LIGHTS
Because the pleasure lasts longer.
Benson & Hedges Lights

LEAVE-YOUR-CAR-AT-HOME VACATIONS

The Deep South

BY G. S. BUSH



Historic pageantry and antebellum homes evoke the past at Vicksburg and Natchez along the Mississippi.

Carless vacationing down South allows you to sample treasures from the past in an area blessed with two sea-kissed coasts and some of the country's most affable springtime weather. Options range from sight-seeing in historic cities to renewing your spirits at beach resorts. What's more, the new South of big-time family vacation attractions that's sprung up around Orlando, Florida, is all the more enjoyable when you don't have to cope with your car.

ANTEBELLUM RAMBLES

When Ulysses Grant stormed south in 1863, the bitter siege at Vicksburg lasted 47 days before the fortifications fell, marking the beginning of the end for the Confederacy. But the cotton-merchant burghers of Natchez, 74 miles south, saved their city from destruction by surrendering without firing a shot. Thus, in southern Mississippi today, you come upon an incredible array of history: the battlefields of Vicksburg, with cannons still in place and drills that evoke the past, and nearby the Old South's most impressive antebellum preservation.

Mississippi by boat and bus

The most relaxing way to explore this region is by stern-wheeler on the great river. Two- to 11-day cruises aboard the *Delta Queen* and *Mississippi Queen* include shore visits to Natchez, Vicksburg, and other picturesque ports. Most of the sailings are round trips, usually with New Orleans departures. But there also are one-way cruises to and from such cities as Cincinnati, St. Louis, and St. Paul. Fares (cabin and meals) start at about $100 a day per person.

Natchez and Vicksburg are key stopovers on countless bus tours, too. Most also include New Orleans on their itineraries or originate there. Among the best is Maupintour's eight-day Deep South Circle, which departs and returns to New Orleans early March through May and again mid-September through early November (from $668 per person double, including most meals). Travel agents book this and other tours, as well as arrange air transportation at favorable excursion rates to the tours' starting points.

Peak times for bus tours coincide with Natchez's semiannual Pilgrimage season in spring and autumn, when both antebellum houses/museums and many still-lived-in mansions are open to the public. (Vicksburg's Pilgrimage is the last week of March and the first week of April.)

Natchez on your own

If you visit Natchez on your own (see "Getting there," page 176), the city's Pilgrimage Garden Club can even arrange for you to stay in a splendid antebellum home. Antique-furnished guest suites with private baths and often kitchens cost about $60 a night, including breakfast. Everything you want to see will be within easy walking range. But for your first glimpse of the historic district, climb aboard a horse-drawn carriage ($6).

Choose taxis to reach less convenient destinations, like the Cock of the Walk, an intimate, unpretentious restaurant beside the Mississippi. The

continued

Illustrations: Art Factory Photograph: G. S. Bush

The Deep South

Carriage House is another excellent dining choice.

At Vicksburg, less than two hours from Natchez by bus, you can take a tour (offered by the Vicksburg-Warren County Tourist Commission) to the Battlefield, the Old Courthouse Museum, and three fine antebellum homes. Then browse the refurbished old downtown by the river. For longer stays, the Downtowner Motor Inn offers a two-night package with most of your meals and sight-seeing (about $70 per person double).

Getting there

Natchez is served by Royale Airlines from New Orleans, Houston, and Jackson. Amtrak's Chicago/New Orleans trains stop in Jackson. From there, it's 44 miles by bus to Vicksburg, 102 miles to Natchez.

For more information, contact:

- Ginger Ditto, Division of Tourism, Box 849, Jackson, MS 39205 (toll-free 800/647-2290 outside Mississippi).
- *Delta Queen* and *Mississippi Queen* (toll-free 800/543-1949; from Ohio, 800/582-1888).
- Hattie Stacey, Pilgrimage Garden Club, Stanton Hall, Box 437, Natchez, MS 39120 (toll-free 800/647-6742).
- Vicksburg-Warren County Tourist Commission, Box 110, Vicksburg, MS 39180.

JEKYLL ISLAND

This barrier isle off the southern Georgia coast was once the private retreat of the nation's richest families. Their colony of sumptuous homes still stands. But Jekyll Island now is owned by the State of Georgia and operated as a resort park, with beach-front hotels and motels priced for people who work for their living.

Few destinations lend themselves more readily to easy bicycle vacationing. Car traffic is sparse, and the island is just ten miles long, two miles wide, and as flat as a flounder. You can rent bikes ($5 a day) at most lodgings and through a central outlet.

Within less than a half-hour's pedal of wherever you stay are backwater inlets, a small but prodigious fishing pier, Millionaire's Village, golf courses, tennis courts, and secluded sands hidden from view by dunes and moss-draped forests. As for lively beaches, each of Jekyll Island's nine different hostelries fronts on the sands (doubles $45 to $80 April through August; kitchen and two-bedroom units run slightly higher; vacation houses $165 to $350 a week).

To go out beyond the balmy surf, you can rent a sailboat or take a fishing trip. And there are boat tours through the Golden Isles, which also include Sea Island and St. Simons Island. Be sure to bring flashlights for biking back from Thursday night moonlight cruises and evening performances at the open-air theater (summer only).

Getting there

Minibuses travel to the island from the Jacksonville, Florida, airport ($18 for the one-hour, one-way trip). Check with your hotel in advance to make sure the bus will be there when you are. Minibuses also run between Jekyll and St. Simons Island (direct air service from Atlanta to St. Simons was pending as we went to press). Some hotels pick up guests at bus depots on St. Simons and in Brunswick, Georgia, served by Greyhound and Trailways.

For more information, contact:

- Director of Tourism, Box 3186, Jekyll Island, GA 31520.
- Tour Georgia, Box 1776, Atlanta, GA 30301.

MICKEY MOUSE COUNTRY

Bustling Orlando may be one of the country's fastest growing cities, but for vacationers, it's strictly fun. No other area surpasses it in abundant and varied family entertainment.

Walt Disney World, a super-resort with a famous theme park at its core, offers just about every outdoor recreation compatible with sunshine. That complex, which celebrates its tenth birthday this year, triggered the Orlando boom. And since Disney World opened, other varied attractions have sprouted nearby.

Tying everything together are excursion buses that also travel to Cypress Gardens, the Kennedy Space Center, and even Tampa's Busch Gardens and Silver Springs, with its fascinating glass-bottom boat rides and Reptile Institute. You can be picked up at your hotel in the morning and returned by dinner time.

Disney World

There's probably not much at Disney's mammoth Magic Kingdom you haven't heard about, except the new Big Thunder Mountain Railroad. This special-effects roller coaster rockets through an "earthquake" and a "flood." Of course, this year will be extra lively at the park, with anniversary events galore besides regular shows, programs, and parades.

Disney World's other realms are no less appealing. The resort's biggest hit is River Country, a teeming water playground of multifarious splashings surrounded by beaches, picnic groves, and a restaurant. Try flying out over the lake on rope swings and zipping down an inner-tube chute and a twisting 260-foot flume.

Elsewhere, you can water-ski and rent boats, ride horses, visit an exotic bird sanctuary, learn and/or play

continued



Jekyll Island's surf-packed sands are ideal for free-and-easy biking.



Photograph: Kevin Case

Four stay for the price of one at Ramada

With the special Family Inflation Fighter coupon below, up to four people can stay in your room—but you pay only the single person, one- or two-bed, room rate at these participating Ramada Inns! Use this coupon for your first visit, get another coupon for a future trip when you check out. Need another coupon? Send self-addressed stamped envelope to Ramada Inns, P.O. Box 590-DB, Phoenix, AZ 85001.

For reservations call toll-free 800-228-2828.

ALABAMA
Birmingham
Airport
Medical Center
North
Decatur
Dothan
Gadsden/Attalla
Huntsville
Mobile
South
Montgomery
Southwest
I-85 East
North
ARIZONA
Casa Grande
Flagstaff
East
University
Goodyear
Kingman
Phoenix
East Resort A/P
Downtown
Valley Ho Resort
N.W. Phoenix/Sun City
Metro
Scottsdale Safari
Tucson Resort
Williams
Yuma
ARKANSAS
Conway
Crossett
Fayetteville
Fort Smith
Jacksonville
Jonesboro
Texarkana
CALIFORNIA
Arcata—Eureka
Bakersfield
Fresno
Los Angeles Area
Arcadia/Santa Anita
Int'l Airport
A/P North/Culver City
L.A./South/I-405
Long Beach
Santa Ana/Anaheim
Disneyland/Anaheim
Palm Springs
North
Sunrise
Riverside
Sacramento
San Diego
San Diego 1
San Diego South
Santa Clara/San Jose A/P
San Francisco
Int'l A/P Burlingame
COLORADO
Burlington
Canon City
Colorado Springs
North
East
Denver
Airport-Quebec St.
Downtown
I-70 West
South
Glenwood Springs
Grand Junction
Greeley
Pueblo
Silverthorne/Lake Dillon
Steamboat Springs

CONNECTICUT
Danbury
Hartford
Bradley Int'l A/P 1
Bradley Int'l A/P 2
Metro
Wethersfield
East Windsor
Mystic
Stamford Greenwich
DISTRICT OF COLUMBIA
Washington Area
Lanham, MD
Rockville, MD
Bethesda, MD
Manassas, VA
Alexandria/Seminary Rd., VA
Falls Church, VA
Quantico Triangle, VA
Calverton/I-95 North, MD
Central
FLORIDA
Clearwater
Central
Countryside
Daytona Beach
Oceanfront
South/on the Ocean
Deerfield Beach
Ft. Lauderdale
Oceanfront
Airport
Ft. Myers
Homestead
Jacksonville
West
South
Jacksonville Beach
East
North
Lakeland
Melbourne
Miami
Airport
North
Naples
Vanderbilt Beach
Orlando
Disney Area W.
Disney Area S.A/P
Disney Area/Central
Disney S/W Kissimmee
Disney Area-Clermont
Disney Cyp Gdns. Wtr. Hy.
Circus Wld./Davenport
Pensacola, North
Sanibel Island
Sarasota-Bradenton
St. Augustine Downtown
St. Augustine Beach
St. Petersburg-Treasure Island
Tallahassee
East
Tampa
Airport
Titusville/Kennedy Space Center

GEORGIA
Albany
Athens
Atlanta
Chamblee
Marietta
Airport
Central
East
Augusta
Airport
West
Brunswick
Downtown
I-95
Calhoun
Cartersville
Jekyll Island
Lavonia
Valdosta
Warner Robins

HAWAII
Honolulu
Airport

IDAHO
Boise University

ILLINOIS
Bloomington
Carbondale
Champaign
Chicago
Downtown
O'Hare Airport
Highland Pk./Highwood
N. Shore
Danville
Oakbrook/Elmhurst
Peoria
Quincy
Springfield

INDIANA
Bloomington
Elkhart
Evansville
Fort Wayne
Indianapolis
East
Northwest
Airport
Greenwood
Kokomo
Lafayette
Lake Station
Terre Haute

IOWA
Ames
Davenport
Des Moines
North East
Downtown
I-80 West
Waterloo

KANSAS
Hays
Hutchinson
Junction City
Lawrence
Leavenworth
Manhattan
Topeka
Southtown
Wichita
Central

KENTUCKY
Bowling Green
Cave City
Henderson
Lexington
North
South
Louisville
Watterson Expressway

Madisonville

LOUISIANA
Lafayette
Monroe
New Iberia
New Orleans
Airport
Metairie

MAINE
Bangor
Lewiston
Portland

MARYLAND
Baltimore I-695 W.
Hagerstown

MASSACHUSETTS
Boston
Int'l Airport
Woburn
Springfield/Chicopee

MICHIGAN
Benton Harbor
Detroit
Metro Airport
Southfield
Dearborn
Lansing
Marquette
Midland Central
Muskegon

MINNESOTA
Minneapolis A/P
Moorhead/Fargo ND
Rochester
St. Paul/White Bear Exit

MISSISSIPPI
Greenville
Greenwood
Gulfport
Jackson
Coliseum
Metro
Laurel
Meridian
Starkville University
Tupelo
Vicksburg

MISSOURI
Joplin
Kansas City
Belton
Independence
Overland Park, KS
Central
St. Joseph
St. Louis Area
Lambert A/P
Downtown
So. County
Alton, IL

MONTANA
Billings
Bozeman
Butte

NEBRASKA
Grand Island
Kearney
Lincoln
North Platte
Ogallala
Omaha
Central
Airport

NEVADA
Reno

NEW HAMPSHIRE
Concord
Dover

NEW JERSEY
East Brunswick
East Hanover
Edison
Runnemede

NEW MEXICO
Albuquerque
I-40 East
Santa Fe

NEW YORK
Albany
Armonk
Binghamton
Elmsford
Kingston
New York City Area
Rochelle Pk/Saddlebrook, NJ
Clifton, NJ
Wayne-Fairfield, NJ
Niagara Falls
Rochester A/P
Watertown

NORTH CAROLINA
Asheville
Burlington
Charlotte
Downtown
Dunn
Durham
North
Downtown
Fayetteville
Gastonia
Greensboro
Greenville
Hickory
Lumberton
New Bern
Raleigh
South Apex
Rocky Mount
Wilmington
Winston-Salem
Downtown

NORTH DAKOTA
Bismarck

OHIO
Akron
Akron-Canton
Fairlawn
Cincinnati
N. Sharonville
Cleveland
Airport
North Euclid
Southeast
Columbus
South
East Airport
Dayton
North
Downtown
Fremont
Lima
Marietta
Sandusky
Springfield
Youngstown

OKLAHOMA
Ardmore
Bartlesville
Clinton
Lawton
Norman
Oklahoma City
Airport West
Airport South
Central
North
Seminole
Tulsa

OREGON
Eugene/Springfield
Portland
Tualatin
Int'l Airport

PENNSYLVANIA
Breezewood
Concordville/Chadds Ford
Erie
Philadelphia
Airport
Ft. Washington
Pittsburgh
Airport
North
Scranton/Clarks Summit
York

SOUTH CAROLINA
Aiken
Beaufort
Charleston A/P
Hardeeville
Santee
Spartanburg
Walterboro

SOUTH DAKOTA
Rapid City
Sioux Falls

TENNESSEE
Chattanooga
East Ridge
Jackson
Knoxville
Memphis
Southeast A/P
East
Convention Center
Memphis I-240/Mt. Moriah
Murfreesboro
Nashville
Capitol Hill
Sweetwater

TEXAS
Amarillo
Austin
Airport
Townlake
Airport North
Capitol
Beaumont
Big Spring
Brownsville
Corpus Christi
Dallas
Farmers Branch
D/FW Airport-Irving
Northeast/Richardson
East
D/FW A/P N. Lewisville
Arlington/Six Flags
Del Rio
Denton
El Paso East A/P
Fort Worth
South
Harlingen
Houston
East
S/W Freeway
North
West
Northwest Crossing
Longview
Lubbock
Lufkin
Marshall
Odessa
Paris
San Antonio
Airport
North
San Marcos
Sherman
Sulphur Springs
Temple
Tyler
Victoria
Waco

UTAH
Moab
Ogden
Salt Lake City

VIRGINIA
Carmel Church
Charlottesville
Fredericksburg
Lynchburg
Norfolk
Oceanview
Petersburg
Richmond
South
Roanoke
Skippers
Williamsburg
West

WASHINGTON
Kirkland
Spokane

WEST VIRGINIA
Charleston
Huntington
Morgantown

WISCONSIN
Eau Claire
Green Bay
West
Downtown
La Crosse
Milwaukee
Downtown
Sands West
A/P South

WYOMING
Gillette
Jackson
Laramie

CANADA

ONTARIO
Kingston (Open May '81)
London
North Bay
Toronto/Don Valley

QUEBEC
Montreal
Downtown
Olympic Park/East
Decarie
Quebec City/Ste. Foy

EUROPE

Belgium
Brussels
Liege
France
Paris-Velizy
Germany
Dusseldorf
Frankfurt
Leverkusen
Mannheim/Ludwigshafen
Sweden
Gothenburg
Jonkoping
Switzerland
Geneva

ASIA-AUSTRALIA
Thailand
Bangkok
Bahrain
Manama
United Arab Emirates
Abu Dhabi
Qatar
Doha
Dhafra
Dhafra/Jebel Dhanna

"We're changing right before your eyes."

Money Saving Coupon

Ramada's Family Inflation Fighter

Nice. RAMADA INN

4-for-1 Savings

Coupon must be presented at a participating Ramada Inn at check-in for single person, one- or two-bed, room rate for up to four people in room. Rollaway beds available at slight extra charge; cribs free. Offer subject to availability. One coupon per stay, coupon applies for entire stay. Good through 12/31/81. Not valid in combination with other discounts, promotions or during special events listed in the current issue of the Ramada Inn directory. Coupon has no cash value. Void where prohibited by law.

BH-4-81

Customer signature_____

Money Saving Coupon

The Deep South

golf and tennis, go boutique browsing, and dine in a diversity of eateries.

Sea World and Circus World

Though Disney World could keep you busy for several vacations, don't skip two other "worlds" nearby.

Sea World is a super marine extravaganza with the world's largest shark exhibit. Shows star otters, seals, and a remarkably smart killer whale that gives its trainer a piggyback ride and kisses girls from the audience. And on tours of the back lot (announced periodically), you can see several manatees. Another enclosure houses affectionate walruses. Rounding out the offerings are educational exhibits, gardens, water-ski shows, a fine aquarium, and a Florida-themed dining, shopping, and entertainment complex across the street.

Circus World combines full-fledged center-ring performances (Ringling Bros. Barnum & Bailey) with side shows, elephant rides, a clown-make-up "clinic," an audience-participation circus (with net-secured trapeze), and thrill rides.

Cypress Gardens and more

Cypress Gardens ranks tops among outlying attractions reachable on day excursions by bus. Besides traditional bathing beauties stacked four high on water skis, Cypress Gardens also includes fast-paced acrobatics—on and off skis—and daring kite flying and motorboat stunts. Between shows, you stroll or cruise through huge tropical gardens, visit a free-flying aviary, feed a camel, tickle an alligator, or hop aboard a giant tortoise. There's also a multimedia optical thriller, a magic and stage show, craft shops, and outdoor band music.

Among other attractions and day trips are a water playground called Wet 'N Wild and the Stars Hall of Fame wax museum. Excursions also leave regularly from the Orlando area for the state's famous Daytona Beach and St. Augustine, Florida's oldest city.

Getting it all together

If you plan to take advantage of Disney World's resort facilities, your best bet is to stay in one of the three Disney resort hotels or in a permanently parked trailer at the resort's campground. Basic rates run $60 to $80 a night for a hotel room (no additional charge for up to three children under age 18) and $65 a night for a trailer (no more than six occupants). Also on the Disney property at nearby Lake Buena Vista are vacation villas ($75 to $125 a night for up to three bedrooms) and four Disney World Village hotels ($56 to $78 double, again kids free).

Shuttle transportation all over Disney World is included, but you pay extra for Magic Kingdom and River Country admissions, and for use of sports facilities. With the resort-guest discount of about 10 to 12 percent, a two-day, unlimited-ride Magic Kingdom passport costs $18.75, $14.75 to $16.75 for children to age 17. River Country admission costs $4.75, $3 for ages under 12.

Various five-night packages are available. But some of these plans could cost you more than if you pay the straight rates. Write for Disney's *Vacation Guide* brochure, and then study it carefully before you decide.

There are lower priced lodgings (about $25 to $50) on International Drive, between Disney World and downtown Orlando. But find out in advance if they provide transportation to area attractions. Otherwise, what you save on accommodations will be spent on bus fare.

Gray Line, which operates most area excursions, offers packages that include lodgings, admissions, and transportation. Seven-night plans range from $176 to $233 per adult double, $40 for ages five to 11.

Getting there

Most major U.S. airlines fly to Orlando. There's daily Amtrak service from Chicago and Washington/New York, as well as Greyhound and Trailways bus service. Transportation from the airport to downtown costs about $3.50, $5 to Disney World. If you arrive by train, take a taxi to the downtown bus terminal, where buses leave for hotel areas.

For more information, contact:

- Lew Pavel, Orlando Visitors Bureau, 5750 Major Boulevard, Orlando, FL 32805.
- Walt Disney World Guest Information, Box 40, Lake Buena Vista, FL 32830.
- Florida Division of Tourism, Visitor Inquiry Section, Department HG, Van Buren Street, Tallahassee, FL 32301.

THE COTTON COAST

It's hard to imagine a stretch of Atlantic Coast better suited to carless vacationing than the shoreline from Charleston to Savannah. You can enjoy everything this region has to offer—two lovely, historic

continued



Family vacation fun abounds all around Orlando, Florida.



Photograph: G. S. Bush

ANOTHER WESTWOOD LAMPSCAPE.



© Burlington Industries 1980

You can look at a Westwood Lampscape a thousand times, and still feel the excitement. The timeless beauty. Born in the Westwood tradition of quality in design, each lamp is meticulously hand finished by some of the world's finest craftsmen. Come visit a Westwood Lampscape —you'll want to stay. Westwood Lamps, a Division of Burlington Industries.

WESTWOOD
LAMPS BY BURLINGTON

cities made for walking and biking; top-notch beach resorts; lush plantation lands; and back bays and rivers.

Charleston on foot

Ironically, the Civil War saved Charleston from destruction. With the South defeated and its cotton economy destroyed, there was no money to replace the city's antiquated buildings. And by the time prosperity returned, Charlestonians had the good sense to leave their heritage intact. To this day, you can admire room-wide "single houses" and intricate ironwork, handcrafted when Charleston was the nation's leading cotton port.

You can take a day's stroll and explore the highlights of the city's mile-wide historic district, including the Thomas Elfe Workshop, the Battery, the churchyard of St. Michael's, the City Market (built in 1809 and still buzzing), and restored homes along Rainbow and Catfish Row. But you'll also want to take the stern-wheeler harbor cruise, past Forts Moultrie and Sumter, and tour some of the nearby plantations, like Middleton Place, Boone Hall, and Magnolia Plantation and Garden (Gray Line trips $8.50 to $10.50, $6.50 to $8 for ages under 12).

As in Natchez, and also in Savannah, you can overnight in a historic antique-filled house or inn (doubles about $50 to $65, including breakfast and often extras like bikes; some lodgings may not accept toddlers). Among favorites are the Vendue Inn, Indigo Inn, Sword Gate Inn, and the Battery Carriage House. Recommended restaurants include the Colony House, Plum's, Henry's, Frieda's, and The Variety Store.

Savannah by bike

In December, 1864, Savannah was spared destruction by surrendering to Union forces. Then this city, like Charleston, suffered decades of poverty and decay. But now, Savannah shines. The downtown is a checkerboard of garden squares framed by opulent mansions. A number of these have been turned into houses/museums that you can visit ($1 to $2 admission fee).

Because cars must move slowly to negotiate the squares, Savannah is eminently safe for biking. You have to be extra careful only when you cross Bay Street to the riverfront, now a plaza of boutiques and restaurants, some with umbrellaed outdoor tables. A riverboat leaves for harbor tours from the plaza dock. At the DeSoto Hilton hotel, you can rent bikes (about $5 a day), along with tour-tape cassettes from the Historic Savannah Foundation Tour Desk.

Rooms and guest suites in refurbished antebellum inns and private homes range from $25 to $125 a night, including breakfast. Among the most charming are Mary Lee Guest Accommodations and the Eliza Thompson House (reasonably priced), and the Liberty Inn (a bit more expensive). For lunch, don't miss gigantic home-style meals at Mrs. Wilkes Boarding House. For dinner, try the 23-dining-room Pirates House, the Olde Pink House Restaurant, or the 17 Hundred 90 Restaurant and Inn.

Resort vacationing

Kiawah, on its own barrier isle about 30 minutes south of Charleston, is only five years old and already a leading resort. All Kiawah's facilities are concentrated along a short stretch of the island's ten-mile-long beach. The rest has been left in its natural state as a wildlife preserve. You can sun on the sands, relax by the pool, play golf and tennis, sail Atlantic breakers, dance disco, and dine in a gourmet restaurant. Then, on the very same day, you can bike bird-watching trails, canoe marshy backwater creeks, boat on alligator lakes, and jeep through wilderness forest.

Three-day package plans in the ocean-front inn start at $150 per person, including your choice of golf or tennis. Weekly family rates in homes and villas run $575 to $1,500.

Limo service to and from Charleston and for day excursions costs $15 per person one way. Guided Charleston tours are arranged for $55 for two; $5 per extra person.

Seabrook Island and Isle of Palms Beach and Racquet Club are two other outstanding resorts near Charleston. Sea Pines at Hilton Head and the Sheraton Savannah Inn and Country Club are first-class establishments not far from Savannah. These resorts all offer a variety of pastimes. Pickup service, taxis, and limos are available from either Charleston or Savannah.

Getting there

Both the cities of Charleston and Savannah are served by major airlines, as well as by Amtrak on runs from New York/Washington and by Greyhound and Trailways buses.

For more information, contact:

- Jenny Stacy, Savannah Area Convention and Visitors Bureau, 301 West Broad Street, Savannah, GA 31499.
- Becky Beaman, Charleston Visitors Bureau, Box 834, Charleston, SC 29402 (toll-free 800/842-7108).
- Susan Saylor, Kiawah Island Company, Box 12910, Charleston, SC 29412 (toll-free 800/845-2471).
- Vaughan Alsbrook, Seabrook Island Company, Box 32009, Charleston, SC 29407.
- Pat McKinney, Isle of Palms Beach & Racquet Club, Box Y, Isle of Palms, SC 29451.
- Ruth Ann Kleinsteuber, Sea Pines at Hilton Head, Hilton Head Island, SC 29928.
- Ellen Leach, Sheraton Savannah Inn and Country Club, 612 Wilmington Island Road, Savannah, GA 31499.



Carriage rides give leisurely views of charming historic cities.

Photograph: Charleston County PRT


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Salem Lights
MENTHOL FRESH
Salem
LIGHTS
100s
MENTHOL FRESH
Salem
LIGHTS
Low tar. High country taste.
Above all in refreshment.

NEW! BEEF & CHEESE & LIVER & CHICKEN FLAVORS.



ONLY ONE DOG FOOD HAS 'EM ALL!



Taste that calls dogs to dinner.

Available in 4, 8 and 20 lb. bags.

© 1981 Carnation Company Los Angeles, California

Flavor nuggets are illustrated 2¼ times actual size.

Barbara Humeston

Can a Pet Be a Threat to Your Family's Health?

Lots of companionship and affection is what most families get from their pets. But occasionally pets pass along certain ailments, too. Here's a rundown of the most common ones. Just remember there's little chance of your contracting any of these ailments.

The basics first

Most diseases and parasites are "species specific." That means they usually infect members of only one species—dogs, cats, people, or whatever. And only a handful of the ailments transmitted from animals to humans are fairly common. You can help keep your pet from succumbing to these ailments and transmitting them, and your family from contracting them, by taking some commonsense precautions.

Prime canine threats

• **Visceral larval migrans**—This disease, most often passed from puppies to young children, usually is caused by dog roundworms and is only rarely severe. Typically, the cycle goes like this: A puppy gets the worms from his infected mother before birth. When he's about three weeks old, he begins passing worm eggs in his waste. Rain distributes this material in the soil so it's no longer visible. A child plays in the area and becomes infected when he puts his fingers, or toys contaminated with the eggs, in his mouth.

Inside the human intestine, the eggs hatch into larvae that migrate to other parts of the body. The larvae usually die off without doing any harm, but they can cause serious damage when present in large numbers or when they lodge in vital organs like the kidneys, lungs, heart, or eyes.

Symptoms in children, such as coughing or a slight fever, can easily be confused with symptoms of other ailments. The presence of worms in puppies is equally difficult to recognize without microscopic examination of a stool sample, though worms tend to make some pups look potbellied.

The best protection is prevention. If there are puppies in the house, ask your veterinarian about deworming measures. He or she can recommend medication to be given when pups are about two or three weeks old and again every couple of weeks or so till the problem is resolved. If you buy a weaned puppy, he's likely to need a couple of doses of medication, too. Also check with your veterinarian about stool sampling and deworming schedules for older dogs. Remember, too, that though you should always be sure a female dog is worm-free before she's bred, a worm-free mother won't necessarily deliver worm-free offspring.

• **"Creeping" eruptions**—Dog hookworms, found most often in the Southeast, are the villain in this itchy skin problem. Worm eggs are excreted by an infected dog. The eggs hatch into larvae and are then picked up from the soil through the skin (no break in the skin is necessary).

The larvae burrow just under the skin, leaving a path that turns red and then crusty. Hookworms will die by themselves, but in the meantime your doctor can prescribe medication to relieve itching (which sometimes continues for months) and to help prevent secondary infection.

Since they attach themselves to the intestinal wall of infected dogs and feed on blood, hookworms can be a serious threat. Dogs don't always show any external signs of the worms, though some dogs become listless and potbellied. Ask your veterinarian about the most effective preventive medications. Two of the best precautionary measures are making sure children wear shoes for outdoor play during summer and keeping youngsters away from areas likely to be contaminated with dog waste.

• **Mange**—Common canine signs of this skin disorder include incessant scratching, reddened skin, and hair loss (fleas and allergies, however, can cause the same reactions). It's possible to get some types of mange by touching the skin of an infected dog. On human skin, mange causes small, red, itchy bumps. But since the mites that cause mange can't multiply on people, the bumps will disappear by themselves unless you're continually reexposed to an infected pet. A dog with mange should receive professional treatment as soon as possible.

• **Tick bites**—The most common diseases from tick bites in this country are Rocky Mountain spotted fever (in the Southeastern states mainly, but also in some Eastern and Western states) and Colorado tick fever (in the Northwest and Rocky Mountain states). A

continued



Photograph: Kuhn/Garmon

ANNOUNCING THE 1982 PURINA® CAT CHOW® $100,000 CALENDAR CAT SWEEPSTAKES

YOUR CAT COULD BE ON THE COVER OF THE 1982 CAT CHOW CALENDAR AND YOU COULD WIN $25,000 IN CASH.

Enter your cat today and you could win one of the exciting 1,131 prizes in this year's $100,000 Cat Chow Calendar Cat Sweepstakes. It's easy, just fill in entry form below or on packages of Purina Cat Chow Brand Cat Food, Original Blend, Country Blend or Ocean Blend. Mail them in.

No purchase required. Winners selected at random. But hurry, all entries must be postmarked by July 1 and received no later than July 10, 1981.



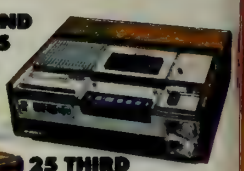
$100,000 IN PRIZES
1,131 WINNERS
1 GRAND PRIZE —$25,000 IN CASH.

1 FIRST PRIZE
Your choice of an exciting photo safari to East Africa to photograph the big cats.



OR the all new Mercury Lynx.

4 SECOND PRIZES
Betamax Video Cassette recorder.





25 THIRD PRIZES
—Litton Deluxe "Meal in One" Microwave Oven.

100 FOURTH PRIZES
—Odessey TV Games.



1,000 FIFTH PRIZES—a year's supply of Purina® Cat Chow® Brand Cat Food—Original Blend,™ Country Blend® or Ocean Blend™ (68 lbs.)

OFFICIAL RULES No Purchase Necessary

1. Hand-print your name, address, zip code and the name of your cat on a "Calendar Cat" Sweepstakes Entry Blank or use 3" x 5" plain paper. Include a weight circle from a Ralston Purina Cat Chow® or Kitten Chow® cat food or hand-print the words "Calendar Cat Sweepstakes" on 3" x 5" plain paper.

2. Enter as often as you wish but mail each entry separately to:

1982 Cat Chow Calendar Sweepstakes, P.O. Box 7317, St. Louis, Missouri 63177

3. Sweepstakes closes July 1, 1981. Entries must be received by July 10, 1981. Entries become the property of Ralston Purina Company. None will be returned.

4. All prizes will be awarded. Total retail value of 1,131 prizes offered is $100,000. If a prize is not generally available at sweepstakes end, a substitute of equal or greater value will be made, otherwise no prize substitutions or transfers. Winners will be drawn at random by Hanley Partnership, Inc., independent judging firm. Odds of winning are determined by the number of qualifying entries received. Judges' decision is final.

5. Sweepstakes open to all cat owning residents of the United States except where prohibited, restricted or taxed by law. Employees (and their immediate families) of Ralston Purina Company, its affiliated companies, its advertising and promotion agencies and judging organizations are not eligible. Winners may be required to execute an affidavit of eligibility and release. One prize per person. All taxes are winners' responsibility. Trip must be taken before August 1, 1982. Travel accommodations are by sponsor's choice. For list of Grand, First, Second, Third and Fourth prize winners, send stamped addressed envelope to Cat Chow Sweepstakes c/o Hanley Partnership, 727 North First Street, St. Louis, Missouri 63102. Do not send entries to this address.

For your pet's health... see your veterinarian regularly

©1981, Ralston Purina Co.

20¢ **20¢ OFF** **20¢**

GOOD ON NEXT PURCHASE
ANY SIZE PURINA® CAT CHOW BRAND® CAT FOOD
ORIGINAL BLEND,™ COUNTRY BLEND,® OCEAN BLEND.™

CONSUMER: Please be sure the coupons you redeem have not expired and are accompanied by the required purchase. **RETAILER:** For payment of face value, plus 7¢ handling, send to Ralston Purina Company, P.O. Box PL1, Belleville, Illinois 62222. Coupon will be paid only if presented by a retailer of our merchandise or a clearing house approved by us and acting for and at the risk of the retailer. Retailer must submit on request invoices proving purchases of sufficient stock within normal redemption cycle to cover the coupons presented for redemption. This coupon is nontransferable, nonassignable and nonreproducible. Any sales tax must be paid by customer. Offer good only in U.S.A., APO's, FPO's. Void where prohibited, taxed, or otherwise restricted. Cash redemption value of 1/20 of 1¢. LIMIT ONE COUPON PER PURCHASE OF ANY SIZE BAG OF PURINA® CAT CHOW® BRAND CAT FOOD. ANY USE NOT CONSISTENT WITH THESE TERMS CONSTITUTES FRAUD AND MAY VOID ALL COUPONS SUBMITTED FOR REDEMPTION.

Coupon Expires 9/31/82

3150 (C) 3150



© 1981 RPCo.

20¢

Entry Form

MAIL to: 1982 Cat Chow Calendar Sweepstakes
P.O. Box 7317, St. Louis, Missouri 63177

_____ "Depends on Purina Cat Chow
(Cat's Name)
Brand Cat Food" and would be a natural choice for the cover of your 1982 Cat Chow Calendar. (I wouldn't mind winning the $25,000 either). Please enter us in your sweepstakes.

Name_____

Address_____

City_____ State_____ Zip Code_____

Enclose a weight circle from Purina® Cat Chow Brand Cat Food—Original Blend,™ Country Blend,® Ocean Blend,™ or hand-print the words "Cat Chow Calendar Sweepstakes" on a separate piece of paper.

See official rules above. Void where prohibited, taxed or otherwise restricted.

Milk-Bone Dog Biscuits give your dog...



of exposure outside the cat's body, you can minimize risks by emptying litter pans daily. Pregnant women, however, shouldn't tackle this chore or handle soil that may be contaminated (gloves should be worn if exposure is a possibility). If you're concerned, don't feed your cat any raw meat or let him hunt rodents.

It's important to keep in mind, too, that an estimated 30 percent of people age 20 or older are immune to toxoplasmosis. They've built up antibodies from exposure earlier in life. Pregnant women can have a blood test to check whether they're already immune.

- **Feline leukemia**—The controversy continues about whether or not this disease is transmittable from cats to people. Nevertheless, if your cat has leukemia (professional diagnosis is necessary), your veterinarian may recommend that the animal be euthanized. This disease is extremely contagious among cats and is invariably fatal, though proper treatment can prolong an animal's life.

A vaccine to prevent feline leukemia has been developed by researchers at Ohio State University. Though the vaccine is still being field tested and isn't on the market yet, your veterinarian can keep you informed.

- **Ringworm**—This fungal infection causes a reddened and scaling circular pattern on its host's skin. Ringworm itches like crazy and can cause hair loss. A small percentage of cats are ringworm carriers, but don't have any signs of the infection themselves. If a skin scraping taken by a veterinarian determines a cat is a carrier, both the pet and family mem-

continued

continued

Pets and your health

fever and muscle/joint pains are the most common symptoms in people. The Rocky Mountain variety also causes a measles-like rash on wrists and ankles a few days after the fever begins. Dogs often don't show signs of infection, though some animals become feverish and listless.

Try to keep your pet free of ticks by using a spray, dust, powder or flea/tick collar. If you need to remove ticks from your pet, use tweezers or cover your fingers with tissue first.

- **Other diseases**—Dogs also can infect family members with ringworm (see "Feline-related problems" below) and, of course, rabies (see "Horses, fish, and other pets"). But dogs can't transmit distemper or pinworms to humans.

Feline-related problems

- **Toxoplasmosis**—This parasitic disease isn't serious for most of us, but it can endanger the fetus of a nonimmune woman who's exposed to this infection when she's pregnant. In some cases, birth defects may result.

The disease is transmitted through contact with the parasite's oocysts (similar to eggs) passed in the feces of a cat that has eaten an infected rodent or raw meat. The cat seldom shows any signs of the disease.

Since the oocysts aren't dangerous till after the first day



continued

Pets and your health

bers should be treated with a prescription fungicidal drug.

To avoid this fungus, don't touch animals that show signs of infection. But even this precaution isn't foolproof, since ringworm can live for months in skin or hair shed by an infected animal and can be picked up by humans.

If an indoor cat contracts ringworm, some fairly rigorous housecleaning is necessary (don't forget the animal's bedding). Your veterinarian can recommend special cleansers.

• **Cat scratch fever**—No one is sure what causes this disease or how it's transmitted. Cats, however, catch the blame since many cases are preceded by cat bites, scratches, or licks on wounds or cuts. The usual symptoms are fever and enlarged lymph nodes near the scratch. The fever frequently goes away by itself.

• **Other diseases**—Cats also can transmit their own forms of roundworms, hookworms, mange, and rabies.

The pet bird picture

• **Parrot fever**—Quarantining birds that enter this country and feeding them antibiotic-treated seeds have helped lower the number of cases of parrot fever (also called psittacosis and chlamydiosis). But the disease hasn't been stamped out altogether, and it can infect any caged bird.

Parrot fever is transmitted to family members who breathe in infectious organisms released in the droppings, feather dust, or discharges from the eyes and mouths of sick birds. In people, the sickness can range from a flu-like illness to pneumonia. Not all infected birds show signs of the disease; some have ruffled feathers, become inactive, stop eating, and have diarrhea. Though these signs don't always indicate parrot fever, they should be called to a veterinarian's attention. Birds and people with parrot fever need professional treatment.

The best way to avoid this disease is to purchase a bird from a reputable dealer and to make sure any imported species has been properly quarantined. If your pet does catch parrot fever, wear gloves and a mask when cleaning his cage. Then disinfect the cage after treatment has been completed.

Horses, fish, and other pets

Like most other pets, horses can transmit ringworm and rabies to people. Both people and horses can get sleeping sickness from a common source (mainly wild birds via the mosquito), but not from each other.

The only potential danger from aquarium-kept fish comes from those that have stinging cells or toxic fins. In rare cases, aquarium water contaminated with marine mycobacteria also can cause skin ulcers. Wear rubber gloves for protection.

Public health officials warn strongly against keeping wild creatures like raccoons, monkeys, and snakes as pets (it's even illegal in some states). These animals may carry a variety of serious illnesses, including rabies. People rarely die from rabies when treatment is administered. However, rabies is a particularly insidious threat because the virus is difficult to recognize in animals.



Party time sure beats kitchen time.



Preparing for a party — even for a relaxed evening with friends — can make you spend too much time in the kitchen and too little time with your guests.

At Better Homes and Gardens®, we think that parties should be fun for everybody, especially you. If you agree, then our new *Casual Entertaining* book deserves a place in your kitchen.

It's packed with easy-yet-impressive entertaining ideas that'll let you spend a lot less time in the kitchen. There are 240 super party recipes, from snacks to full meals, plus menu ideas and a section on basic barmanship, with 50 mixed drink recipes.

If you like to entertain, you'll want *Casual Entertaining*. See it wherever books are sold. Hardcover, 96 pages, priced at just $4.95.

Prices slightly higher in Canada

Better Homes and Gardens® Books
IDEAS YOU CAN USE

Regal Wildlife Prints

NEW from Better Homes and Gardens®

Bring the stately presence of the at family into your home. This set of our 11"x14" prints includes lion, tiger, opard, and cheetah. Relax in your mily room with these jungle com-anions. Or have them stand watch s you dine with guests. Your children ould certainly be delighted to ave the Lords of the Jungle above eir beds. They add an elegant ac-ent to any decor — to any room.

Artist Marjorie Brice has captured e graceful features of each of ese jungle creatures in deep, rich nes. Her finely detailed artwork has een lithographed on high quality ock. And you can arrange these nimal prints any way you like for a isplay you'll be proud of. Also in-luded **FREE** with Wildlife Prints will e our "Picture Hanging Tips" to aid our own decorating ideas. Order everal sets for yourself and your ends — today!



All four prints only 5.88

Better Homes and Gardens®
Dept. 2UB, Box 374
Des Moines, Iowa 50336

Name _____

Address _____

City _____

State _____ Zip _____

To use your credit card, fill in the boxes below:

Credit Card No. | | | | | | | | | | | | | | | | |

Expiration Date Month/Year | | | | |

_____ No. 23005 Set of 4 Regal Wildlife Prints $5.88, 2 for $9.88 (Frames not included.)

Total of Merchandise $ _____

State Sales Tax* $ _____

Postage and Handling $ _____

Total $ _____

Postage and Handling Charges:

orders up to $5.00	$ .95
01 to $10.00	$1.75
.01 to $25.00	$2.25
.01 to $50.00	$3.00
r $50.00	$4.00

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

OUR POLICY: Full refund if not completely satisfied.



begins on page 122

Irish crochet

Crochet abbreviations

beg ..... beginning
bet ..... between
ch ..... chain
dc ..... double crochet
grp(s) ..... group(s)
hdc ..... half double crochet
lp ..... loop
pat ..... pattern
rpt ..... repeat
sc ..... single crochet
sk ..... skip
sl st ..... slip stitch
sp(s) ..... space(s)
st(s) ..... stitch(es)
( ), [ ] ..... repeat instructions inside as indicated
* ..... repeat whatever follows * as indicated

IRISH CROCHET, pages 122-123

Editor's note: The instructions for the following projects have been adapted from antique designs to incorporate the thread available today. In each case, the project has been reworked for our photographs.

For information and patterns for authentic Irish crochet, send 50 cents to: Lacis, Antique Lace and Textiles, 2990 Adeline Street, Berkeley, CA 94703.

OVAL DOILY, page 122

Finished size is 15x26 inches.

Materials: Clark's "Big Ball" three-cord mercerized cotton, size 50: 1 ball white; sizes 13 and 14 steel crochet hooks; 15x25-inch piece of white linen.

Instructions:

Rosette motif (make 8): Beg at center with larger hook, ch 6; join with sl st to form ring. *Rnd 1:* Ch 6, (dc in ring, ch 3) 8 times; join to 3rd ch of ch-6—9 sps. *Rnd 2:* Ch 1, * in next sp make sc, 5 dc, and sc. Rpt from * around; join to first sc—9 petals. *Rnd 3:* Ch 1, * holding petals forward sc in back of work bet last petal and next petal, ch 5. Rpt from * around; join to first sc. *Rnd 4:* Ch 1, * in next lp make sc, 9 dc, and sc. Rpt from * around; join to first sc. *Rnd 5:* Making ch 7 instead of ch 5, work as for Rnd 3. *Rnd 6:* Ch 1, * in next lp make sc, 11 dc, and sc. Rpt from * around; join to first sc. *Rnd 7:* Sl st in first 3 dc; * *(ch 7, sc in 5th ch from hook for picot) twice; ch 2*—picot lp made; sk next 5 dc, sl st in next dc, make a picot lp, sl st in 3rd dc of next petal. Rpt from * around, ending with sl st in 3rd sl st made at beg of rnd. *Rnd 8:* Sl st to center bet next 2 picots, ch 1, sc in same sp, make a picot lp, * sc in ch-2 sp bet next 2 picots, make a picot lp. Rpt from * around; join to first sc. *Rnd 9:* Sl st to tip of next picot, ch 1, sc in same picot, ch 3, * sc in next picot, ch 3. Rpt from * around; join to first sc. Fasten off.

Preparing the doily: Preshrink and press linen. Cut a 13½x24-inch oval from brown paper to serve as master pattern. Trace around this pattern on fabric; machine-stitch along this line. Cut oval from fabric just outside of machine stitching and make a rolled hem.

Edging: Rnd 1: With right side of oval facing, and with lp on smaller hook, *insert hook through fabric 3/16 inch in from finished edge, yo and draw up a lp through fabric, yo and draw through two lps on hook*—sc made. Continue around work 8 sc per inch evenly spaced—238 sc. *Rnd 2:* Ch 4,

continued

Carlton is lowest.



Box or Menthol:

10 packs of Carlton have less tar than 1 pack of...

	Tar mg./cig.	Nicotine mg./cig.
Kent	11	0.9
Kool	16	1.3
Marlboro Lights	12	0.8
Merit 100's	10	0.7
Virginia Slims	16	1.0

	Tar mg./cig.	Nicotine mg./cig.
Benson & Hedges Lights 100's	11	0.8
Pall Mall Light 100's	10	0.8
Salem Lights	11	0.8
Vantage 100's	12	0.9
Winston Lights	14	1.1

Carlton Box—lowest of all brands.

Less than 0.01 mg. tar, 0.002 mg. nic. Carlton Menthol—Less than 1 mg. tar, 0.1 mg. nic.

Box: Less than 0.01 mg. "tar", 0.002 mg. nicotine av. per cigarette by FTC method. Soft Pack: 1 mg. "tar", 0.1 mg. nicotine; Menthol: Less than 1 mg. "tar", 0.1 mg. nicotine per cigarette, FTC Report Dec. '79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



continued

Irish crochet

dc in joining, * *ch 2, sk next sc, in next st work dc, ch 1, dc—V-st made.* Rpt from * around, ending with ch 2; join with sl st in 3rd ch of beg ch-4. *Rnd 3:* Ch 6, sl st in 3rd ch from hook for picot, ch 4, sl st in 3rd ch from hook for picot, ch 1, dc in ch-1 sp of next V-st, * ch 3, sl st in 3rd ch from hook for picot, ch 4, sl st in 3rd ch from hook for picot, ch 1, dc in ch-1 sp of next V-st. Rpt from * around, ending last rpt with ch 1, join in 3rd ch of beg ch-6. *Rnd 4:* * (Ch 4, sl st in 3rd ch from hook) 3 times; sc in next dc. Rpt from * around, ending with sl st in joining of Rnd 3—238 picot lps.

Points: Row 1: Sl st to sp bet first and 2nd picot of first lp, * ch 3, sl st in 3rd ch from hook, (ch 4, sl st in 3rd ch from hook) twice; sc bet first and 2nd picots of next lp *. Rpt bet *'s 7 times more—8 lps. *Row 2:* Turn, sl st to sp bet 2nd and 3rd picots of first lp; rpt bet *'s of Row 1 seven times—7 lps. Turn. Rpt Rows 1 and 2, working one less lp each row until 1 lp rem. Fasten off. ** With right side facing, join thread in ch-sp bet first and 2nd picot of next free lp of Rnd 4; work as for First Point. Rpt from ** around—34 points.

Setting rosettes into fabric: Space all 8 motifs evenly along edge of doily, ¾ inch from hem. Cut a hole in the fabric ½ inch in diameter smaller than the rosettes. Clip curves and make a rolled hem in each cutout. Whipstitch rosettes in place.

LACE EDGING AND CURTAIN, page 122

Edging repeat is 2 inches wide.

Materials: Clark's "Big Ball" mercerized cotton, size 50; size 14 steel crochet hook; purchased or custom-made curtain panels.

Instructions:

Determine which edge of panels is to receive lace. Trim panel to a measurement divisible by 2; finish edge.

Edging: Row 1: With right side of panel facing and with lp on hook, insert hook through fabric at right-hand corner 3/16 inch in from finished edge, yo hook and draw lp through fabric and up to edge, yo and through 2 lps on hook. Continue across edge, making 8 sc per inch evenly spaced. *Row 2:* Ch 4, turn, dc in same sc as ch-4, * *ch 2, sk next sc, in next sc work dc, ch 1, dc*—V-st made. Rpt from * across. (*Note:* Ch 4 at beg counts as 1 dc and ch 1.) *Row 3:* Ch 6, turn, sl st in 3rd ch from hook for picot, ch 4, sl st in 3rd ch from hook for picot, ch 1, dc in ch-1 sp of V-st, * ch 3, sl st in 3rd ch from hook for picot, ch 4, sl st in 3rd ch from hook for picot, ch 4, sl st in 3rd ch from hook for picot, ch 1, dc in ch-1 sp of next V-st. Rpt from * across. *Row 4:* Turn, * (ch 4, sl st in 3rd ch from hook) 3 times; sc in next dc. Rpt from * across.

Points: Row 1: Turn, sl st up to ch bet 2nd and 3rd picot, * ch 3, sl st in 3rd ch from hook, ch 4, sl st in 3rd ch from hook twice, sc bet 2nd and 3rd picots of next picot lp *. Rpt bet *'s 7 times more. *Row 2:* Turn, sl st to sp bet first and 2nd picots. Rpt bet *'s of Row 1 7 times—7 lps. Rpt Rows 1 and 2, making one less lp on each row until one lp rem. Fasten off. ** From right side, join thread in ch-1 bet 2nd and 3rd picots of next free lp of Row 4; work same as for First Point. Rpt from ** across.

ROSE SQUARE MOTIF AND NAPKIN, page 123

Finished size is 14 inches square.

Materials: 15x15-inch square of white lightweight linen or cotton; 1 ball Coats & Clark "Big Ball" white mercerized crochet cotton, size 30; size 12 steel crochet hook, or size to obtain gauge given below.

Gauge: Center rosette measures 1½ inches across.

Instructions:

Rosette: With 1 strand of cotton, ch 5, sl st to form ring. *Rnd 1:* * Ch 6, dc in ring, ch 3. Rpt from * 6 times more; join with sl st to 3rd ch of ch-6—8 ch-3 lps. *Rnd 2:* Over each ch-3 lp work sc, hdc, 3 dc, hdc, and sc—8 petals. *Rnd 3:* * Ch 5, holding petals of rose forward, work sc around the post of the next dc in Rnd 1. Rpt from * 7 times more—8 ch-5 lps. *Rnd 4:* Over each ch-5 lp work sc, hdc, 5 dc, hdc, and sc—8 petals. *Rnd 5:* * Ch 7, holding petals of rose forward, work sc around the post of the next sc in Rnd 3. Rpt from * 7 times more—8 ch-7 lps. *Rnd 6:* Over each ch-7 lp work sc, hdc, 7 dc, hdc, and sc —8 petals. *Rnd 7:* * Ch 9, work sc around post of next sc in Rnd 5. Rpt from * 7 times more—8 ch-9 lps. *Rnd 8:* Over each ch-9 lp work sc, hdc, 9 dc, hdc, and sc; join with a sl st to first sc. Do not fasten off; rosette is made.

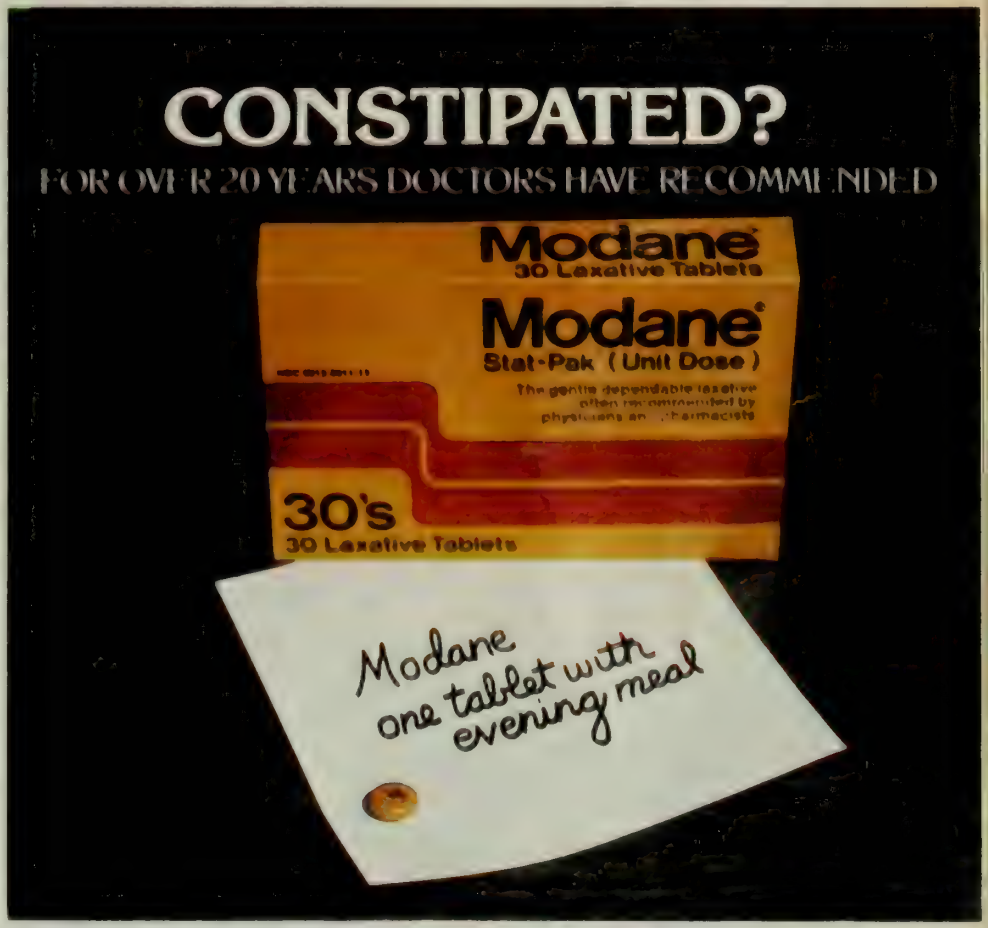
Laying the rosette in the background: Rnd 1: Sl st in each of first 3 sts of petal, ch 1, sc in same st as last sl st, [** ch 13, *sl st in 7th ch from hook*—picot made; *(ch 7, sl st in first ch from hook) twice; sl st in same ch as for making first picot* —3 connected picots made; ** ch 6, sc in 10th st of same petal. Rpt bet **'s once; ch 6, sc in 7th st of next petal; rpt bet **'s once; ch 6, sc in 4th st of next petal]. Rpt bet the [ ]'s 3 times more, ending with ch 6, sl st in sc at beg of rnd—12 picot grps made.

Rnd 2: Sl st in each ch to first picot grp, sc in back of work around the 2 upright bars of the center picot; ** ch 13, work 3 connected picots, ch 6, sc in back of work around the 2 upright bars of the center picot grp, ch 11, sc in back of next picot grp as before; ch 2; *turn;* work 12 sc over ch-11 lp, ch 1; *turn;* sc in each sc, ch 1, turn; ch 6, sk 2 sc, sc in next sc, (ch 6, sk 3 sc, sc in next sc) twice; *turn;* over each ch-6 lp work sc, hdc, 6 dc, hdc, and sc; work 4 sl sts along side of work to the next 3 connected picots; sc in same st as joining the ch-11; ch 13, work 3 connected picots, ch 6, sc in back of next center picot grp **. Rpt bet the **'s 3 times more, ending with ch 6, sl st in first sc at beg of rnd.

Rnd 3: Sl st in next ch-6, sc in center back of next picot grp; ch 13, work 3 connected picots, ch 6, ** sc in the 5th st of the first scallop; ch 13, work 3 connected picots, ch 6, sc in the first st of the 2nd scallop; ch 13, work 3 connected picots, ch 6, sc in the 10th st of the 2nd scallop; ch 13, work 3 connected picots, ch 6, sc in the 6th st of the 3rd scallop; (ch 13, work 3 connected picots, ch 6, sc in the center back of the next picot grp) twice; ch 13, work 3 connected picots, ch 6 **. Rpt bet the **'s 3 times more, ending with ch 6, sl st into sc at beg of rnd. Fasten off.

Finishing: Block motif. Trim fabric square and make a 14-inch square. Position motif in 1 corner; baste in place. Using sharp scissors, cut away fabric behind motif, leaving ¼-inch seam allowance. Hemstitch, tacking the motif in place as you work.

continued



What you're looking for, when occasional constipation strikes, is gentle, but prompt relief. That's just what you get with MODANE® laxative tablets. Maybe that's why two generations of physicians have been recommending MODANE.®

One tablet with your evening meal means you'll usually wake up next morning feeling like yourself again. (Of course, you should not use a laxative—any laxative—when abdominal pain, nausea or vomiting is present. See your doctor instead.)

Get your day off to a good start with MODANE.® *118021

Modane® (danthron) laxative tablets

WARREN-TEED LABORATORIES
DIVISION OF ADRIA LABORATORIES INC.
COLUMBUS OHIO 43215

Save 50¢ On your purchase of Modane® 30's laxative tablets Save 50¢

Present the coupon when you buy Modane® 30's laxative tablets, and your pharmacist will deduct 50¢ from the regular price, subject to the terms below.

MR. PHARMACIST: You are authorized to act as our agent for redemption of this coupon. We will pay you the face value plus 5¢ handling provided you and the consumer have complied with the terms of the offer.

OFFER TERMS: This coupon is good only when redeemed by you from a consumer at time of purchasing specified brand. Any sales tax must be paid by consumer. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown on request. Void if faxed, restricted or prohibited by law, or if presented by any outside agencies, brokers, industrial or institutional users. Cash value 1/20 of 1¢. Send coupon to Warren-Teed Laboratories, Division of Adria Laboratories Inc., Columbus, Ohio 43215. Offer limited to one coupon per package of Modane 30's.

Offer Expires December, 1981. BHG-4

037901 Print 3/79

Solve Your Most Common Home Problems!

New and Revised from Better Homes and Gardens®

A pocketful of **Guide-To** miracles for almost any household project! 18 new and revised titles in easy-to-handle booklet form! Contains over 900 pages and more than 1,000 illustrations covering Home Insulation, Bathrooms, Landscaping and much more! **Save by ordering all 18 Today! Booklets are $1 each, 5 for $4.00, 12 for $8.00, all 18 for $10.00. Include 95¢ postage and handling.**

Quantity

_____ No. 02249 All 18 Booklets
_____ No. 02205 Patios and Decks
_____ No. 02218 Landscaping and Fencing
_____ No. 02209 Bookshelves and Storage
_____ No. 02206 Kitchen Planning
_____ No. 02208 Family and Rec Rooms
_____ No. 02211 Bathroom Planning
_____ No. 02210 Painting and Wallpapering
_____ No. 02219 Fireplaces
_____ No. 02232 Floors, Walls, and Ceilings
_____ No. 02242 Houseplants
_____ No. 02233 Home Upkeep and Repair
_____ No. 02235 Basic Home Carpentry
_____ No. 02234 Repairing and Refinishing Furniture
_____ No. 02248 Insulating Your Home
_____ No. 02237 Masonry and Concrete
_____ No. 02224 Electrical Wiring Basics
_____ No. 02204 Enlarge-A-Room
_____ No. 02223 Plumbing Repairs

(Not Shown)

Total of Merchandise $ _____
State Sales Tax* $ _____
Postage and Handling $ .95
Total $ _____

Better Homes and Gardens®

Dept. 2UD, Box 374
Des Moines, Iowa 50336

Name _____
Address _____
City _____
State _____ Zip _____

*TAX NOTE Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

Credit Card Orders Only To use your credit card, fill in the boxes below — or on orders of $10 (entire set) PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll Free not available in Alaska and Hawaii.)

Credit Card No. _____
Expiration Date Month/Year _____

AMERICAN EXPRESS | master charge | VISA

OUR POLICY: Full refund if not completely satisfied.



Guide-To Booklets Short cuts that save you hours . . . extra touches that assure **professional** results . . . material buying hints that save you lots of dollars . . . that's what the editors of Better Homes and Gardens® Guide-To series have put into each and every booklet — to make sure your do-it-yourself projects are the fun, rewarding experiences they're meant to be. Each booklet is pocket size for on-the-job convenience. Easy to follow and fully illustrated directions take you step-by-step from start to finish. Save now by ordering the booklets you need for today's and tomorrow's projects. Complete and return the above coupon **today!**

continued

Irish crochet

CROCHETED FLOWERS AND LEAVES, page 123

Materials: Coats & Clark Knit-Cro-Sheen (one ball will make several flowers); size 6 steel crochet hook; florist's tape; florist's wire; spray starch.

General instructions:

Following the directions for the 6 flowers, *below,* work motifs in the amounts and colors desired. Block each piece and saturate with spray starch. Insert 1 end of a wire length into the "stem" end of the flower or leaf, and wrap lower end of flower and entire length of wire with florist's tape.

Pansy: Ch 7, sl st to form ring. *Rnd 1:* Ch 1, work 18 sc in ring; join with sl st to first sc. *Rnd 2:* Ch 1, sc in same st as joining, (ch 7, sk next 5 sc, sc in next sc) twice; ch 7; join with sl st to first sc at beg of rnd. *Rnd 3:* Over each ch-7 lp work 16 sc; join with sl st to first sc. *Petals:* ** *Row 1:* (Ch 4, sk next sc, sc in next sc) 8 times; ch 4; turn—8 ch-4 lps. *Row 2:* (Sc in ch-4 lp, ch 4) 7 times; sc in last ch-4 lp, ch 1; turn. *Row 3:* Over each ch-4 lp work 4 sc, sl st into last sc of Row 1, ch 1; turn. *Row 4:* (Sc in next 8 sc, *ch 5, sl st in 5th ch from hook*—picot made) 3 times; sc in each of last 8 sc, sl st in turning ch for Row 3. Fasten off—petal is made. ** With right side of Rnd 3 facing, join thread in first sc of next 16-sc grp and rpt bet the **'s 2 times more.

Rose: Ch 7, sl st to form ring. *Rnd 1:* Ch 1, work 18 sc in ring; join with sl st to first sc. *Rnd 2:* Ch 5, sk 2 sc, sc in next sc, (ch 3, sk 2 sc, sc in next sc) 4 times; ch 3, sl st in 2nd ch of ch-5 at beg of rnd—6 ch-3 lps. *Rnd 3:* Over each ch-3 lp work sc, 4 dc, and sc; sl st to first sc. *Rnd 4:* (Ch 4, holding petals of rose forward, work dc around the post of the next sc on Rnd 2) 6 times—do not join. *Rnd 5:* Over each ch-4 lp work sc, 7 dc, and sc; sl st to first sc. *Rnd 6:* (Ch 5, holding petals of rose forward, work dc around the post of the next dc on Rnd 4) 6 times—do not join. *Rnd 7:* Over each ch-5 lp work sc, 10 dc, and sc; join. *Rnd 8:* (Ch 6, work dc around next post) 6 times. *Rnd 9:* Over each ch-6 lp work sc, 13 dc, and sc; join with sl st to first sc. Fasten off.

Clover leaf: Ch 12, sl st to form ring. *Rnd 1:* Ch 1, work 22 sc in ring; join

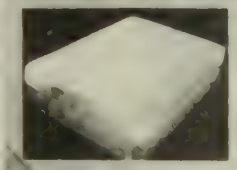
with sl st to first sc. *Leaves: Rnd 2:* ** Ch 10, sl st in next sc on ch-12 ring; *do not turn* but turn work around with same side facing and work 17 sc in ch-10 ring just made; continue working around ring making sc in next 3 sc, dc in next 11 sc, sc in next 3 sc; sc in next 2 sc on the ch-12 ring **. Rpt bet **'s 2 times more, ending rnd with sc in each of next 8 sc on the ch-12 ring. Ch 10 for stem, sc in 2nd ch from hook and in each of next 8 ch, work sc in rem sc on ch-12 ring, sl st in sp below the first portion of leaf. Fasten off.

Palm leaf: Ch 12, sl st to form ring. *Rnd 1:* Ch 1, work 30 sc in ring; join with sl st to first sc. *Row 1:* Ch 1, sc in each of next 12 sc, ch 4; turn. *Row 2:* Sc in next sc, (ch 4, sk next sc, sc in next sc) 5 times; ch 4; turn—6 ch-4 lps. *Row 3:* Sc in first ch-4 lp, (ch 4, sc in next ch-4 lp) 5 times; ch 1; turn—5 ch-4 lps. *Row 4:* Over each ch-4 lp work 4 sc; ch 8; turn—20 sc. *Row 5:* Sk first 6 sc, sc in next sc, ch 8, sk next 5 sc, sc in next sc, ch 8, sk 6 sc, sc in last ch 1; turn. *Row 6:* Over each ch-8 lp work 14 sc; sl st in the side of work next row down; continue along side of work with 4 more sl sts to Rnd 1; sc in each of next 8 sc around the ch-12 ring. Ch 10 for stem, sk first ch, sc in next 9 ch; continue with sc around ring; sl st along side of leaf, ending with sl st in first sc at beg of Row 1. Fasten off.

Small shamrock: Ch 8, sl st to form ring. *Rnd 1:* Ch 1, work 12 sc in ring; join with sl st to first sc. *Rnd 2:* (Ch 8, sk next 4 sc, sl st in next sc) twice; ch 8; *do not turn. Rnd 3:* Over each ch-8 lp work sc, 13 dc, and sc; sl st in sl st in beg ch-8 lp. Ch 14 for stem; sc in 2nd sc from hook and in next 11 ch, sl st in 12th ch. Fasten off.

Leaf: ** Ch 16. *Row 1:* Sc in 2nd ch from hook and in next 14 ch, ch 1; turn. *Row 2:* Sc in each of first 3 sc; dc in each of next 2 dc, (ch 2, sk next sc, dc in next sc) 3 times; ch 2, sk next sc, sc in next sc, sl st in next sc, ch 1; turn. *Row 3:* Sk first st, sl st in next st, (2 sc in next ch-2 sp, sc in next dc) 3 times; 2 sc in next ch-2 sp, sc in next 4 sts, sl st in last st—one petal of leaf completed. Do not break off **. Rpt bet **'s twice more. Stack leaf, with 3rd petal completed on top. Work sl st through all 3 petals ⅛ inch from edge of work, ch 14, sc in 2nd ch and in next 11 ch, sl st through all petals once more. Fasten off.

No more night shifts on your mattress.

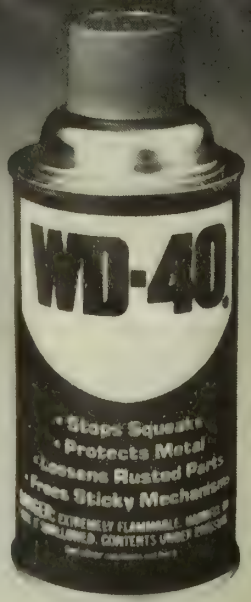


Custom Corner™ *patented* mattress pad stays tight to all four corners. Keeps the mattress cleaner longer, more wear-and-tear resistant; improves appearance of sheets. QuiltraSonic® quilting, no threads to snag or tear; luxurious fabrics generously filled with 100% PerfectPuff® bonded polyester. Machine wash, tumble dry, no iron. Ordinary pads slip and slide—because they're not fit to cover your mattress like Custom Corner. At linen departments everywhere.

custom corner mattress pad

*Registered U.S. Patent Office
© 1981 Perfect Fit Industries, Inc. Monroe, N.C.

Do it with



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

WD-40 COMPANY, San Diego, CA 92110

44 GREAT VACATIONS FOR 1981.



Soft beaches, jungle waterfalls, hot discos, warm smiles, sailing in the sunshine, dancing in the moonlight. It's all in a beautiful, full-color book that features vacations for families, honeymooners, golfers, tennis players, everyone—at eight of the nicest resorts in Jamaica. And it's yours for the asking.

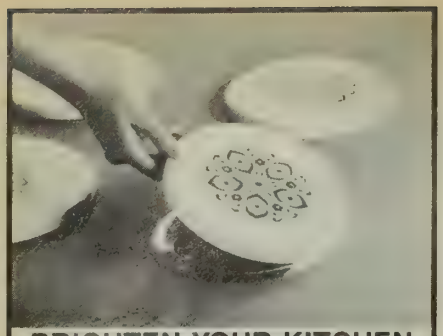
Just see your travel agent. Or call or write Jamaica Resort Hotels. 1320 South Dixie Highway, Suite 1100, Coral Gables, FL 33146. Or call toll-free 800-327-5767. In Florida 800-432-7959. In Miami (305) 666-0447. In Canada: Zenith 02640.
Please send me the 1981 Great Jamaica Vacation Packages.

NAME/ADDRESS _____

CITY/STATE/ZIP _____

JAMAICA RESORT HOTELS THE BEST CHOICE IN JAMAICA
BHG

Negril Beach Village Casa Montego Hotel The Royal Caribbean Hotel Trelawny Beach Club Hotel Inter-Continental Ocho Rios Mallards Beach Hyatt Hotel Hotel Inter-Continental Kingston, New Kingston Hotel



BRIGHTEN YOUR KITCHEN THE WAY EUROPEANS DO!

Do you find your electric burners very unattractive and hard to keep clean? With Burner Covers you protect burners from spills and grease while adding a beautiful touch to your kitchen decor. Burner Covers are manufactured from strong steel and fine porcelain enamel, heat resistant and dishwasher safe. New, great conversation pieces. You love to show them to your friends. Burner Covers make unique gifts. Many colorful designs available. Two sizes: Small, $6.95 each ppd. Large, $7.95 each ppd.

MAX BURTON ENTERPRISES, INC.
502 Puyallup Ave., Tacoma, Washington 98421

Send for your *free* color brochure and price list today! BH-4

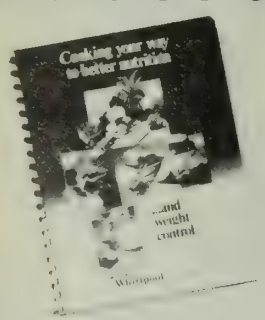
Name _____

Street _____ Apt. _____

City _____

State _____ Zip _____

The Nutrition/ Weight Control Cookbook for Microwave Ovens.



Important weight control facts for today's nutrition-conscious families. Includes over 60 microwave oven recipes calculated for calories, cholesterol and sodium content.

Send a check for $4.50 (includes tax, postage and handling) payable to Whirlpool Corporation.

Mail to: NUTRITION COOKBOOK, WHIRLPOOL CORPORATION, 2000 U.S. 33, Department F1, Benton Harbor, MI 49022.

Whirlpool CORPORATION

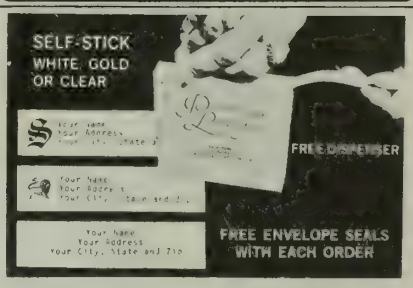


EASY-LIFT® Cushion Lifting Chair

- Power cushion gently lifts you to a standing position
- Full, power recline feature
- Simple switch control
- Runs off household current
- Variety of colors, models and fabrics

AMERICAN STAIR-GLIDE CORP.
4001 East 138th Street, Dept. BHE-041
Grandview, Missouri 64030





ADDRESS LABELS IN FREE DISPENSER
Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

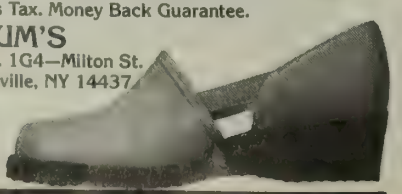
	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)
Send to: LABELS UNLIMITED, Dept. 541
182 Paul Dr., San Rafael, CA 94903

Slip into super comfort

These fine ladies' casuals feature extra thick foam insoles with skid-resistant rubber soles. In white, black, navy, mocha or two-tone beige canvas. Sizes: N 6-10; M 4-12; W 5-12; WW 5-12. (No 10½ or 11½). Specify "Sienna." Just $10.95 a pair or only $20.90 for two pairs plus $1.90 P. & H. N.Y. res. add Sales Tax. Money Back Guarantee.

BLUM'S
Dept. 1G4—Milton St.
Dansville, NY 14437



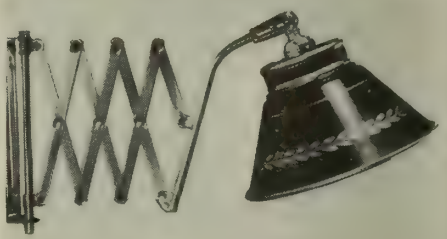
Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

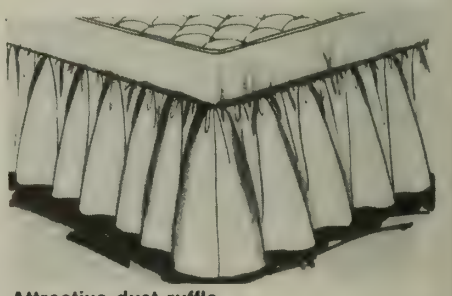
by Ann Lively



Wind direction at a glance
This splendid Crowing Rooster weather vane will add the finishing touch to your home, garage, farm or ranch. Made of rust-free aluminum with baked vinyl coating. The arrow is 23" long; the support is 27" high. Makes a lovely gift for any homeowner. $13.95 plus $2.85 postage. Order from Holst, Inc., Dept. BH481, 1118 West Lake, Box 370, Tawas City, Michigan 48763.



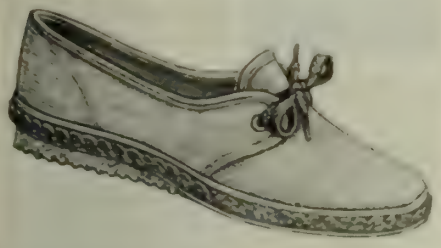
E-x-p-a-n-s-i-o-n pin-up lamp
So versatile; put it anywhere—bedroom, sewing room, study, kitchen, etc. It adjusts 30" from the wall on a brass-finished scissor and wall-mount bracket. Hand decorated tole shade swivels a full 180°. Specify Red, Gold, Black, Olive or Ivory. $29.95 plus $2.50 postage each. Catalog free. Order from Yield House, Dept. DO12A, Box 1000, North Conway, New Hampshire 03860.



Attractive dust ruffle
Perma-press, poly/cotton dust ruffle in White or Natural (eggshell) has extra-full gathered ruffles, split corners and extra-full side drops. Rolled handkerchief hems, no-iron platform and ruffle material. 18": Twin $27.50; Full $29.50; Queen $31.50. 22": Twin $30.; Full $32; Queen $34. 14" avail. Add $2.50 post. Free Catalog. Old Colony Curtains, Dept. B4V, Box 759, Westfield, NJ 07090.



Unique decorating ideas
Decorate your home easily and conveniently by mail from the Wild Wood Gallery catalog. A complete collection of unique, affordable decorating accessories. Mirrors, plaques, framed prints, lamps and decorative accents. $1 gets you their new catalog and special events brochures throughout the year. Order from Wild Wood Gallery, Dept. J, 4001 South Salina St., Box 300, Syracuse, NY 13205.



Grasshoppers by Keds
With soft padded insoles, soft cloth uppers and crepe soles. So versatile and comfortable you'll want several pair. Available in Narrow in sizes 6 through 12; Medium in sizes 5 through 12. Choose White, Beige or Navy. Wonderful with your casual clothes. Order style "Sugar"; $17 + $2 post. Sizes over 10, $1.50 extra. Sofwear Shoes, Dept. BHE4, 1811 San Jacinto, Houston, TX 77002.



1 Ct. or 2 Ct. round spinels
Lionite synthetic spinels and diamond-like brilliance and pronged settings. A ring you'll want to add to your jewelry collection. Specify white or yellow gold plate. Please send ring size. 1 Ct. $6.95; 2 Ct. $9.95. Plus 75¢ postage (add tax in NY). A wonderful gift or a treat for yourself. Catalog available 25¢. Order from Lions, Dept. 43-BG, 665 Middle Neck Road, Great Neck, NY 11023.

Microwave Cooking Difficulties???

Having trouble getting the best results in TASTE and QUALITY from your microwave oven? Can you BAKE cakes, BROWN meats, prepare ENTIRE MEALS? If not, chances are you are using a form of *glass or ceramic type cookware*. We have solved these problems for thousands and can help you. Our catalogue features such outstanding products as **TARAWARE** — cookware designed to solve these problems yet durable and attractive enough to go from freezer to oven to table, dishwasher safe, stain resistant, yet tough to chip or break. In addition, free recipes and commonsense information about your ovens. Send $1.00 for our useful catalogue package (deducted from first purchase) and begin to get full use and enjoyment of your microwave oven.
THE MICROWAVE STORE, DIV., The Cooks' Concern
467 So. Broadway, Salem, NH 03079

NOW! A GIANT-SIZE GOURMET STEAMER



Just arrived — New 10¾" diameter heavy gauge, top quality stainless steel gourmet steamer.

Preserves natural flavor, color, vitamins! Vegetables • fruits • frozen food • frankfurters • fish • spaghetti, etc. Fits any pot! Removable center post.

$10.00 value
$3.97


(10¾" dia. fully open)

Please send _____
Steamers @ $3.97 ea. plus $1.00 p & h.
Total Order $ _____
(No C.O.D.'s/Mich. Res. add 20¢ tax)
Enclosed is Check/Money Order ☐
Or charge to my Master Charge ☐ Visa ☐
Exp. date
Card No. _____
Name _____
Address _____
City _____ State _____ Zip _____
MAIL TO
WELLS CARGO
Dept. 001 126 E. Hudson, Royal Oak, MI 48067



ADDRESS LABELS WITH NICE DESIGNS

Any natural in Old English or Script, most dogs, palm, gull, sagauro, U.S. flag, pines, horse, treble clef, rose, happy face, dice, zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. aDD 500 white 1¾" x ⅞" $7.95; aDR 500 white 1¾" x ⅞" $8.95; GDD 250 gold 1¾" x ⅞" $7.95; GDR 250 gold 1¾" x ⅞" $8.95. (Labels without designs have room for 26 letters and spaces per line.) Please add 25¢ postage and handling. Useful 80-P gift catalog $1.00. Bruce Bolind, 1841 Bolind Bldg., Boulder, CO 80302
(Since 1956, thanks to you!)

Kodacolor Film Processing
BORDERLESS PRINTS

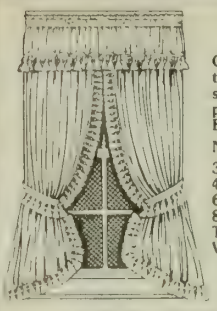
12 Exp. 110, 126 & 135 mm only **$1.49** 35 mm 24 Exp **$2.98**
20 & 24 Exp. 110 & 126 only **$2.98** 35 mm 36 Exp **$4.99**

KODACOLOR REPRINTS - **10 for $1.99**
SIZES 110, 126, 35 mm only

Please send this ad with order
Known by the quality we keep
All orders returned 1st Class Mail Postpaid

American Studios
Dept. BH, La Crosse, WI 54601

COLONIAL MAID CURTAINS
Curtain & Bedspread Specialists Since 1947



TRADITIONAL BRUSH FRINGE
Charming colonial curtains with 2" brush fringe sewn on highest quality poly/ctn. blend muslin. Extra wide 90" per pair.
Natural or White

36" or 40" lg.	11.00 pr.
45" or 54" lg.	13.50 pr.
63" or 72" lg.	16.50 pr.
84" or 90" lg.	19.00 pr.
Tiebacks	1.60 pr.
Valance	4.75 ea.

Add 2.50 post/hdlg.
N.Y. res. add tax

When in N.Y. shop at our retail store
Krey's in Scarsdale
There is no other store like it!

☐ SEND FOR FREE 56-PG. COLOR CATALOG
My order enclosed $ _____
☐ Check ☐ Visa ☐ MasterCharge ☐ Amer. Exp.
Card No. _____ Exp. Date _____
Name _____
Address _____
City _____ State _____ Zip _____
Colonial Maid Curtains, Dept. 44
Depot Plaza, Mamaroneck, N.Y. 10543



REMOVE HAIR PERMANENTLY

PERMA TWEEZ® is a simple electrolysis instrument that PERMANENTLY removes undesirable hair from face, arms, legs and body. No complicated wires or adjustments necessary for you to get complete permanent removal. **Perma Tweez created the original patented safety feature that prevents skin puncture.** Over 15,000 instruments sold to doctors and almost two million purchased by people like yourself—by far the leading electrolysis system. Save hundreds of dollars on salon electrolysis by doing it yourself. Clinically tested—recommended by dermatologists. **14 DAY MONEY BACK GUAR.**

$19.95—Check or Money Order
Cal. res. add 6% sales tax

A LIMITED WARRANTY TO CONSUMERS
★ Good Housekeeping PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

☐ I enclose $19.95
☐ MasterCard ☐ Visa
#_____ Exp. date_____
☐ COD requires $4.00 deposit. Balance includes COD charges and $1.00 handling. COD in U.S. only.
GENERAL MEDICAL CO., Dept. BH-189
1935 Armacost Ave., W. Los Angeles, CA 90025
©1981 GENERAL MEDICAL CO.



Who says the shortest distance between two points has to be a straight line?

Install your own spiral stairs!

Handsome and dramatic. Space-saving and rugged.
Complete instructions included. No special skills or tools needed.

Send 50¢ for brochure:

Mylen Industries

850D Washington St. Peekskill, N.Y. 10566 (914) 739-5700 (212) 685-5707

HEIRLOOM CHINA PHOTO PLATES



One-of-a-kind, American Made China Collector's Plates that preserve your treasured snapshots forever!

The only process of its kind! Your photo—any photo—photographically reproduced on fine American-made 8¼" China plates with elegant gold rim. All pure silver emulsions used in this process.

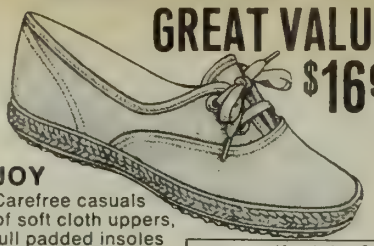
Build your own collection... Ideal gifts for Valentine's Day, Mother's Day, Father's Day, etc... wedding photos, children, grandparents, special occasions, pets, etc... *SATISFACTION GUARANTEED!*

Send .25¢ for complete info ... refunded on first purchase... *PLUS* you'll receive $6.95 in Free Gift accessories with first order! Mail Today!

Heirloom Photo Arts Company
P.O. Box 820—Dept. No. D-025
Grand Rapids, MI. 49508

WOMEN'S GRASSHOPPERS!

GREAT VALUE $16.90



JOY
Carefree casuals of soft cloth uppers, full padded insoles and rope trimmed crepe soles.

COLORS: NAVY, BEIGE, WHITE or RED

SIZES:
NARROW — 6 thru 12
MEDIUM — 4 thru 12
(WHOLE AND HALF SIZES — BUT NO HALF SIZES OVER 10)
(NO WIDE WIDTHS)

C.O.D. ORDERS If ordering C.O.D., please send $2.00 per pair deposit.

- Add $2.00 for postage and handling
- $1.50 extra per pair for sizes over 10
- REFUND IF NOT DELIGHTED

SOFWEAR SHOES
Dept. BH-4 • 1811 San Jacinto
Houston, Texas 77002

DOME HOMES
Energy Efficient - Unique Interiors



Dome Plans & Building Guide
Combined color publication provides • 74 pages of scaled dome plans • an interior planning kit • construction details • decorating ideas • Solar & Earth Sheltered Domes • financing information • prices on Pre-cut Dome packages.

[ ] Enclose $6.00 postage paid.

the big outdoors people
26600 Fairoak Avenue
Wyoming, MN 55092
(612) 462-1011

Versatile Rolling Tilt-Top Table!



A must for convalescents—for convenience or for the kids. Rolls to your side on easy- roll, no mar wheels to become office, bed tray, whatever you need. Ingeniously designed slides under any bed or sofa. Generously sized 22"x15", top tilts a full 90° in any direction, adjusts from 29" to 40" tall

Decorative walnut woodgrain finish end table, folds to a slim compact 2½", tucks away under bed, in closet, anywhere. Tilt-Top Table(s) #20020. **ONLY $14.95** plus $4.00 pstg. & hndlg. **Save $6.95! TWO** Tables **only $24.95** plus $6.00 pstg. & hndlg.

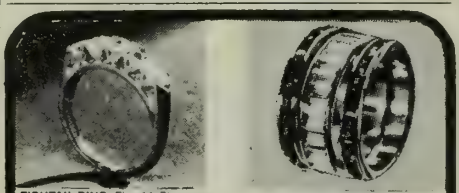
Creative Marketing,
Dept TT-73
500 Market St., Perth Amboy, NJ 08861

Throw Away Extra Pillows



New comfort with back, shoulders & head raised & cushioned on this buoyant foam wedge. Provides even slope for healthy, restful sleep. **Head Elevation** eases discomforts associated with diaphragm hernia, hypertension, acid regurgitation, breathing, bronchial & heart ailments. **Leg Elevation** eases varicose, circulatory & swelling leg discomforts. 27" long, 24" wide. Washable zipper cover. **FOAM-SLANT** is available in heights most prescribed by doctors: 4" for two pillow users **$21.00**, 7½" for three pillow users **$25.00** or 10" at **$28.00** or 12½" at **$31.00**. Extra covers **$9.98** each. Order from this ad, we'll pay postage, shipping. NJ residents add 5% tax. Money back guarantee.

Send Check or Money Order to – **BETTER SLEEP, INC.** Box BW, New Providence, NJ 07974

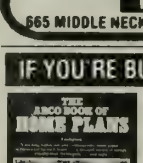


FISHTAIL RING. Five ¼ Ct. prong set diamond-like synthetic white LIONITE spinels in white or yellow gold plate setting. **$16.95** each. Matching 5 stone Solitaire **$19.95** each. State ring size & white or yellow gold plate.
Add 75¢ postage

ELEGANT RINGS. Three separate sparkling rings. Middle ring a band of mock diamond baguettes. Outer guards in mock diamond, emerald, ruby, sapphire, aquamarine, amethyst, jet or topaz. All in silver-look rhodium plate. Sizes 4-9. Band $16.95. Guards $7.95 each.
Send 25¢ for catalogue
N.Y. residents add sales tax

LIONS
665 MIDDLE NECK RD. DEPT. B-23 GREAT NECK, N.Y. 11023

IF YOU'RE BUILDING YOUR OWN HOME...



72 plans for traditional and contemporary homes of all sizes with detailed floor plans and list of needed building materials. Also, hundreds of money-saving tips on sites, conserving energy, purchasing.

BLUEPRINTS AVAILABLE

For 96-page book, send check or money order for $4.95 plus 50¢ for postage to:
Jerold L. Axelrod, Architect,
275 Broad Hollow Rd., Melville, N.Y. 11747

ROLLERWALL™



Paints Wallpaper Patterns Directly on Walls!

Select from 100 designs. Complete kit including catalog just $12.95 plus $2 postage.

Rollerwall,
Box 757 (BH-41)
Silver Spring,
Md 20901

Name_____

Address_____

_____ Zip_____



1000 RETURN ADDRESS LABELS **$1.00**

Any name and address up to 4 lines beautifully printed in black on crisp white gummed labels. 1¾" long. 1000 labels just $1 plus 20¢ shipping & handling. Money back if not pleased.

Walter Drake 3054 Drake Bldg. Colorado Springs, CO 80940

Country curtains
Ribbon trim in blue, cranberry, green, gold, brown on nat. curtain. Of cotton/poly. 80" W per pair. 36" or 40", $21; 45" or 54", $26; 63" or 72", $30; 81" or 90" $36. Add $2.50 post. per order. Free Cat. Country Curtains, Dept. BHG4, Stockbridge, MA 01262.





Stair-Glide® Deluxe
Ride up, down stairs in a normal sitting position. Designed for those who can't or shouldn't climb stairs. Uses 110-volt household current. For information write: American Stair-Glide Corp., Dept. EBHG-481, 4001 E. 138th Street, Grandview, MO 64030 (816-763-3100).

Book of afghans
48 large pages (8½" x 11") of lovely afghan patterns. Many of them are originals. Now you can create some beautiful extra covers that look attractive in any room. A special gift to pass on as an heirloom. $3 ppd. Afghans, Box 428-BH, Seabrook, NH 03874.

Crochet World
BOOK of AFGHANS
A lovely selection of Afghan Patterns





Silken Schefflera
Everlasting; a decorating favorite. It looks so real you'll want to water it! Large 52", $26.95 + $3 post. 10" x 10" handwoven banana basket, $3.95 + $2 post. Color Portfolio 50¢. Tropical Island Imports, Dept. BH4, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.

Beautifully plated
Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-De-2, Bexley, OH 43209.



THE ORIGINAL
BASEMENT TOILET
Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK
-No Digging Up Floors-
INSTALLS EASY. ANYWHERE!
Write McPHERSON, Inc., Dept. BH
Box 15133 Tampa, Florida 33684



COLOR PHOTOS
YOUR CHOICE **$2.20** FULL COLOR
24 Wallet Photos or 3 - 5 x 7
or 1 - 8 x 10 Enlargement
Send any photo 8x10 or smaller (returned). Add 35 cents per selection for postage and handling and an additional 50 cents for 1st Class service. Satisfaction guaranteed or money back.
COLOR LAB 1076 Springfield Ave. Irvington, N.J. 07111



Silken Dracena
This lovely Dracena is a full 32" tall, $12.95 + $3 post. Glazed 10" x 4" stoneware urn in ivory, brownstone or earthgold (specify) $7.95 + $3 post. Color Portfolio 50¢. Tropical Island Imports, Dept. BH4, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311. (800-327-3729)

Tool-up™ quality tools
Ready to hang. Each Powermaster tool is held in place by heavy-duty molded plastic. Incl.: pliers, wrench, comb. square, level, saw, hammer, screwdrivers, etc 18 x 24". $29.95 + $3.50 post. ThoughtForms Corp., Dept. BH-4, Box 22616, Cleveland, OH 44122.





Disney on stamps
Donald, Mickey, etc., on 7 Jumbo stamps from around the world. Plus latest catalog FREE and others on 10-day examination. Buy any or none, return balance, cancel service anytime; Disney gang are yours to keep. Send 10¢. Harris, Dept. WD-10, Boston, MA 02117.

Hair today—gone tomorrow
Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body. Original patented feature destroys roots without puncturing skin. $19.95 ppd. General Medical, Dept. BHE-58, 1935 Armacost, W. Los Angeles, CA 90025.





Eucalyptus arrangement
Preserved earthtone leaves in brown and tan accented by a hand-woven lattice basket. 3'6" tall. $21.95 + $3 post. Color Portfolio 50¢. Tropical Island Imports, Dept. BH4, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311. (800-327-3729).



"The Sandpiper"—*Classic Contemporary*—
In addition to our Contemporary Series we offer exciting A-Frames and the popular American Barn. The choicest Western Red Cedar is selected for our homes and they are fully insulated complete with insulating glass. Delighted customers throughout Canada and the United States claim a Nor-Wes Cedar Home is the finest precut cedar home package you can buy. Find out for yourself ... Send $3.00 for our color brochure or $6.00 for our deluxe kit.

Nor-Wes CEDAR HOMES
Dept. BH&G 1/81
11120 Bridge Rd., Surrey,
B.C. Canada V3V 3T9
Phone (604) 580-2024

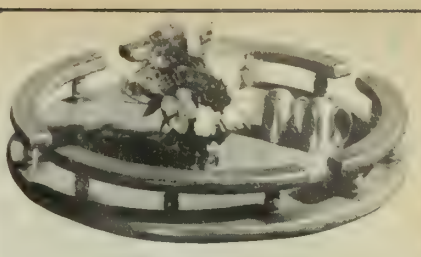


We're your greatest fans.

The Fan Gallery has a 6 year national reputation for representing the best and widest selection of fans on the market today. We can help you enjoy cooling air in summer, heat saving in winter, and fresh air all the time. All fans are energy efficient and come with a 5 year limited warranty. Easily installed on 8 foot ceilings. Many elegant styles and options in a wide price range to choose from. Full color catalogue and price list available.

Hunter Old Tyme Fans

Fan Gallery
904 Industry Drive, Bldg. 22
Seattle, WA 98188
206-575-4810
Outside WA. - 1-800-426-4621



The Country Gallery Susan

Our gallery susan, with complete gallery rail & concealed ball-bearing swivel, is a most attractive table-top companion for condiments, fruit or freshly cut flowers. Pine & hardwood.
13" Diameter

Unfinished $19.95
Finished (dk. Pine) $24.95
Add $2.50 Postage each

100% Satisfaction Guaranteed
Or Your Money Back
(when returned within 90 days)

Yield House®
Dept. D14C
North Conway, N.H. 03860
Call Toll-Free: 800-258-0375

FREE COLOR CATALOG

Build Your Own Grandfather Clock
Prices Starting Under $250
(including movement and dial)



- Do-it-yourself case kit, parts pre-cut
- Finished clocks
- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Factory direct prices
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

MASTERCARD and VISA ACCEPTED

EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 801, Emperor Industrial Park
Fairhope, Alabama 36532



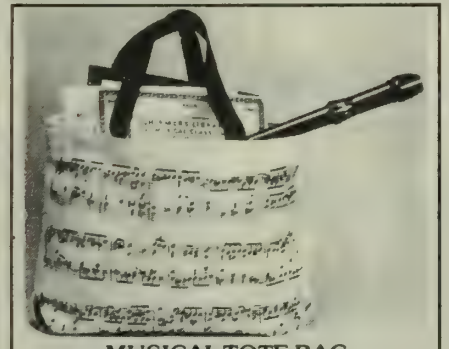
SAVE HUNDREDS of DOLLARS WITH BURKE SEAT-LIFT CHAIRS

Free Week Home Trial

Ask about Medicare coverage

Now's the time to save hundreds of dollars with a comfortable Burke recliner. Burke seat-lift chairs let you stand and sit when you want, with less strain. Power recline to any position, automatically elevating your feet and legs. Write for information and compare.

BURKE INC. P.O. Box 1064, Dept. BHG-481
Mission, Kansas 66202
or call TOLL FREE 1-800-255-4147



MUSICAL TOTE BAG

Talented tote stashes a big bunch of music, books, records, tapes—even a small instrument. Sturdy, heavy-duty canvas with gusseted flat bottom. Webbed straps fit comfortably over arm or shoulder. 16½"x11". Camel Brown. Great treat for student, teacher, music lover. $5.98 + $1.50 post.
Dept. BH-481
FERRY HOUSE Briarcliff Manor, NY 10510

COUNTRY CURTAINS®

Ball Fringe on Permanent Press
Natural or White



TIERS
20" or 25" ..... 9.50 pr.
30", 36" or 40" . 10.50 pr.
TIEBACKS
45", 54" or 63" . 16.00 pr.
72", 81" or 90" . 18.00 pr.
VALANCE
10" x 80" ..... 5.25 ea
Send for free catalog

Country Curtains are a tradition...years of old-fashioned quality and conscientious service. Sturdy ball fringe on cotton/polyester blend. 90" wide per pr. Specify color. Check, money order, Mastercharge or Visa. Mass. res. add 5% sales tax. Postage and handling: under $10 add $1.50, over $10 add $2.50. Satisfaction guaranteed or your money back.

COUNTRY CURTAINS
Dept. 42, Stockbridge, Mass. 01262

Tab Curtains



Coarse, textured cotton homespun, flecked with brown. 84" wide. Washable, crease resistant. Fit windows 30" to 55" wide Length includes tabs. 3% shrinkage. Tiebacks not included.

24" or 30" L. **$12.00** pr. 63" or 72" L. **$18.00** pr.
36" or 40" L. **14.00** pr. 84" L. . . . . **20.00** pr.
45" or 54" L. **16.00** pr. Tiebacks . . . **1.75** pr.

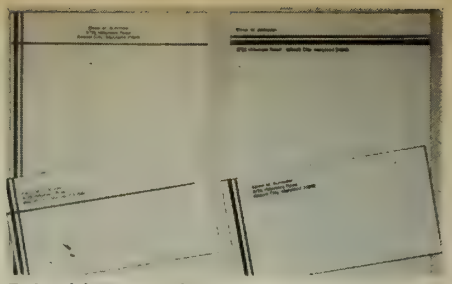
ADD $2.50 FOR PSTG. & HDLG.
Order style KENT Use check, Visa, MO., BA or M C NJ res. add 5% tax
FREE COLOR CATALOG.
B14K, Box 759, Westfield, NJ 07090

Old Colony Curtains

DISCOVER LOST LANDS



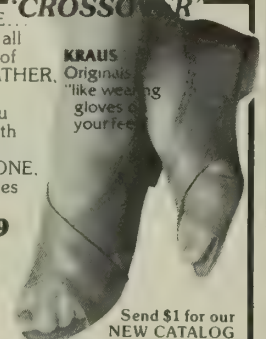
Own A Piece of History! Only 10¢. 25 Genuine postage stamps that are rapidly disappearing evidence of countries no longer in existence. These lands did not just vanish, they were bought, sold and given away —changing identity with each ruler. Also receive other world-wide stamps on FREE 10-day examination. Buy any or none, return balance, cancel service anytime. But keep the Lost Lands selection.
SEND TODAY!
Harris, Dept. LL-4,
Boston, MA. 02117



Raised-letter stationery
Your name in elegant raised letters and a distinctive twin stripe accent this handsome stationery. Choose deep blue on soft blue or rust on ivory. 50 personalized sheets, 25 plain, 7¼" x 10", 50 envelopes. For yourself or for a gift. Order #P1035, Blue Stationery, $5.99 ppd. Or #P1036, Ivory Stationery, $5.99 ppd. Walter Drake, BH15, Drake Building, Colorado Springs, CO 80940.

"CROSSOVER"

COMFORT INSOLE... extra cushioning for all day comfort. Straps of softest GLOVE LEATHER, a sturdy sole and ½" heel give you complete support with every step. CAMEL, WHITE, BLACK, BONE, NAVY. Full & half sizes 6-10 N & W, 5-10 M. **$21.99**



KRAUS Originals "like wearing gloves on your feet"

two pairs just $38

Add $1.95 p&h.
AZ res. add 6% tax.

SATISFACTION GUARANTEED OR MONEY BACK!

Send $1 for our NEW CATALOG (refundable with first purchase)

CHARGE ORDERS CALL
602-795-1281

Dept. BT4KC
600 S. Country Club
Tucson, AZ 85726

OLD PUEBLO TRADERS

UFO SPINNER



It Spins
It Soars
hundreds of feet at your complete control.

Actual size 24 inches



NEWEST!! Space age invention
FUN For all ages.

Bright fluorescent colors make it look like a real U.F.O. Not sold in stores.

Send $5.95 plus $1 postage handling, Check or Money Order for each Spinner to:

UFO ENTERPRISE
P.O. Box 4, Altamonte Springs, FL 32701



Bargain silverplating
Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-4, 1919 Memory Lane, Columbus, OH 43209.

COLOR PHOTO SPECIALS

YOUR CHOICE ALL BORDERLESS
$2.50
FULL COLOR

16 WALLET SIZE WITH FREE 5x7
or
10 -3½x5 PRINTS
or
4 -5x7 ENLS.
or
1 -8x10 ENL.
or
20 WALLET SIZE



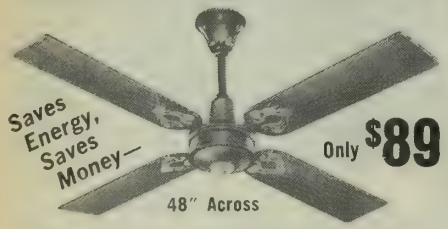
Full size color copies on KODAK lustre paper without borders. Finest copies available. Send any photo or polaroid print (8X10 or smaller). Returned. Add 35¢ per selection for post. & hndlg., and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m.o. to

RELIANCE COLOR LABS, INC.
Studio 514-4, Port Chester, N.Y. 10573



McGuffey's readers
Primer through the sixth reader. They were first published in 1871. All reproduced beautifully and faithfully from the original engravings. Over 120 million copies sold. For those who enjoy nostalgia and delight in sampling bygone years. Complete set of 7 books, $24.95 + $2.50 postage. Order from New Hampton General Store, Dept. BZ-2044, Hanover, Pennsylvania 17331.

FAMOUS OLDE TIME 5-SPEED
ELECTRIC CEILING FAN



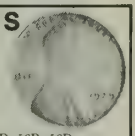
Saves Energy, Saves Money—
Only **$89**
48" Across

LOWEST PRICE EVER! A nostalgic wooden-paddle fan distributes cool air in summer, warm air in winter. Ceiling fan has metal base, troublefree motor, weight-balanced, mahogany-finish, wooden blades, stylish brass trim & 5-speed wall mounted switch. Easy to install; measures 48" across. (UL and CSA listed) Full Money-Back Guarantee!
Ceiling Fan (Z514554D) . . . only $89.00 + $5.25 P&H
2 for $175.00 + $10.00 P&H. PA res. add Sales Tax

OLD VILLAGE SHOP, Dept. VZ-2100
340 Poplar St., Hanover, PA 17331

SCARCE OLD COINS

LINCOLN CENTS: 12 for $2



1917P	18P	19P	19S	20P	25P	26P	27P
1928P	29P	29S	30P	34P	35P	35D	36P
1936D	37P	37D	38P	39P	39S	40P	40D
1940S	41P	41D	41S	42P	42D	42S	43P
1944D	44S	45D	45S	46D	46S	47D	47S
1948D	48S	49D	49S	50D	50S	51D	51S
1952D	52S	53D	53S	54P	54D	54S	55P 55D 56P 56D
1957P	57D	58P	58D	59P	59D	68S	69S 70S 72S 73S

Circle dates wanted 12 ea. $2 Satisfaction Guaranteed

TIPSICO COIN CO. P.O. Box 3413H. Tucson. AZ 85722



Walk in comfort and style
Attractive sandals take you everywhere and go with everything. Braid and buckle trim accent the foam-filled, lined, extra-wide jute band; padded insole for comfort. Bouncy, non-tiring step with crepe rubber sole. Natural, Red or Navy in full sizes 5-10M. $10.99 + $1.95 post. or two for $19.90 + $2.95 post. Old Pueblo Traders, Dept. BT4JS, 600 S. Country Club, Tucson, AZ 85726.

THE MOST HEARD OF
WALLCOVERING
AT UNHEARD OF NATIONAL
WHOLESALE
PRICES!
SELECT YOUR FAVORITE Pattern No. and Book . . . then from anywhere within Continental USA, CALL TOLL
Free!
800-631-9341
in N.J. call 800-452-9103
VISA/Mastercard
Order Dept. Open MON. to FRI. 9-5 (Eastern Standard Time)
SATISFACTION GUARANTEED
BETTER BUSINESS BUREAU
• BONUS FREE DELIVERY to your home of an BONUS MYLAR • GRASSCLOTH • WALLPAPER • VINYL • etc.
ALL FIRST QUALITY
OVER 100,000 satisfied customers! Proof ("Our name speaks for itself") – CALL NOW
P.O. Box 396 Rt. 10 Ledgewood N.J. 07852
NATIONAL WHOLESALE WALLCOVERING CO. INC.

Sunrise sun sandal
Complement all your active wear with the two supple leather adjustable buckle straps. Let your feet enjoy double protection with the padded wrapped suede insole and the firm, yet flexible, Kraton unit-constructed sole. Tan, Natural or Mahogany. Full and half sizes 5-10 plus 11 & 12 Medium. $17.99 + $1.95 post, or two for $33 + $2.95 post. Old Pueblo Traders, Dept. BT4SR, 600 S. Country Club, Tucson, AZ 85726.



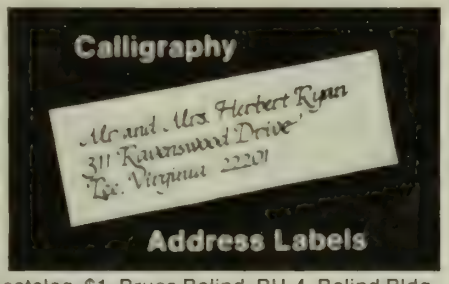
"Goodbye," morning stiffness
Amazing multi-purpose contour pillow eases tension and neck pain discomforts while it helps to preserve your glamour hairdo. Also great for reading, TV or when sitting or driving. Comfortably firm urethane foam neck roll precisely fits the curve of the body. 14½" x 10" x 3½" high. Washable pink satin zipper cover. $10.99 + 50¢ post. Better Sleep, Dept. BH-4, New Providence, NJ 07974.



1½- and 2-story homes
For you to consider at your leisure when planning a new home. Other titles offered are 185 One-Story Homes *over* 2,000 Square Feet; 250 One-Story Homes *under* 2,000 Square Feet; 1½- and 2-Story Homes; 223 Vacation Homes. $3 each. Save—Buy all for $10.95 postpaid. Order from Home Planners, Dept. BHE14, 23761 Research Drive, Farmington Hills, Michigan 48024



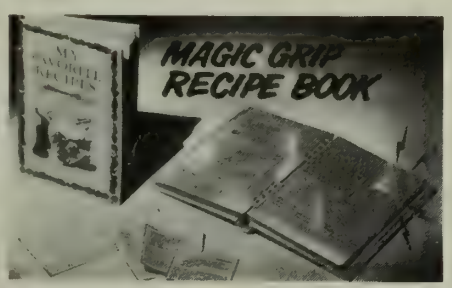
Calligraphy labels—unique, useful
The latest in labels from the greatest label stable! Your name and address artistically hand-lettered (or any 3-line message). 22 letters and spaces per line. Black ink on 500 white or 250 gold gummed labels, ⅝" x 1¾" long. Packed in a plastic box. (Allow 4-6 weeks.) $7.50 plus $1 postage. 80-page catalog, $1. Bruce Bolind, BH-4, Bolind Bldg., Boulder, CO 80302.



Frame Cape Cod
This quality french-headed 3" ruffle curtain was a favorite in New England saltbox homes. Poly/cotton blend muslin; machine wash, no iron. 78"W. Natural or White. 24" or 30"L, $12.50 pr.; 36" or 45", $15.50; 54" or 63", $18.50. Valance $6.50 ea. Add $2.50 post. Available in 13 additional colors. Free color catalog. Colonial Maid Curtains, Dept. BH4, Depot Plaza, Mamaroneck, NY 10543.



Are you a recipe clipper?
This pretty book has clinging, transparent cover sheets. Keeps your recipes neat and orderly. You simply cut out recipes and slip them under. Heath. The pages measure 5¼" x 8" and have 10 sides to store recipes for quick, clean, easy reference. A must for all recipe collectors. $4.98 each or 2 for $9.50 plus 95¢ postage. Order from Ferry House, Dept. BH4, Briarcliff Manor, NY 10510.





PRESERVED PLANTS

ONCE LIVING, THESE PLANTS HAVE BEEN MIRACLE TREATED TO PRESERVE THEIR NATURAL LIFE-LIKE STATE INDEFINITELY . . . NO CARE . . . NO WATER . . . EVER!



CREATE A WARM INVITING MOOD IN EVERY ROOM OF YOUR HOME WITH PLANTS THAT CAN'T DIE . . . THEY'RE PRESERVED

(1) GIANT PRESERVED BOSTON FERN . . . A beautiful preserved plant with detachable macramé hanger, potted in a handsome basket urn.

(2) GIANT PRESERVED ARECA PALM

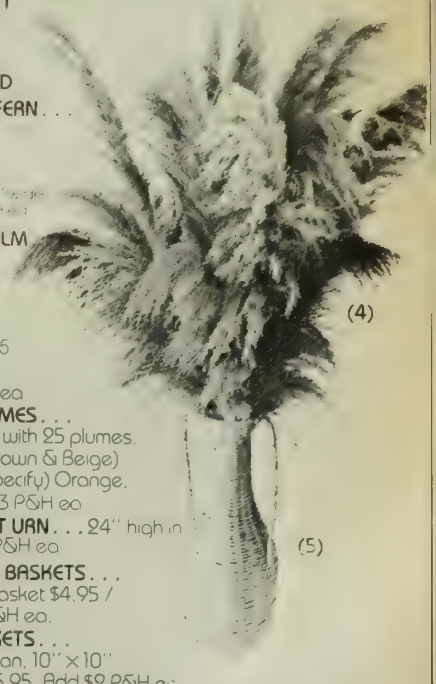
(3) GIANT PRESERVED FAN-TAIL PALM . . . Both the Areca and Fan-tail Palms come complete with a holder for any size container. Medium size (pictured) 4' tall $13.95. Large 5' tall $19.95. X-large 6' tall $27.95. Add $3 P&H ea.

(4) GIANT TROPICAL GRASS PLUMES . . . A colorful 5' tall dried arrangement with 25 plumes. Natural earth tone colors. (Gold, Brown & Beige) with your choice of accent color, (specify) Orange, Yellow, Green or Blue. $12.95 + $3 P&H ea.

(5) GIANT HAND-WOVEN BASKET URN . . . 24" high in brown & tan pattern $9.95 + $3 P&H ea.

(6) HAND-WOVEN RUSH & PALM BASKETS . . . Charming tan & brown 10" x 10" basket $4.95 / 12" x 12" basket $6.95. Add $2 P&H ea.

(7) HAND-WOVEN BANANA BASKETS . . . Heavy baskets in Gold, Brown & Tan. 10" x 10" basket $3.95 / 12" x 12" basket $5.95. Add $2 P&H ea.



ORDER BY MAIL OR TOLL FREE! Send check or money order, or charge to your VISA/MC/AM. EX. Thirty-Day Golden Guarantee! TROPICAL PLANT INSTITUTE, INC. Box 21496, Dept. K2, Ft. Lauderdale, FL 33335 or Toll Free 1-800-327-3729.

The Man Next Door®

The post office says eliminating Saturday mail would help its budget. It would help our budget if the post office would suspend deliveries for the first week of the month.

It seems everyone at the Hillis household is getting into collectibles this year, but so far Judy, age 11, is the only one showing a profit. She collects aluminum cans.

Lee Bayless says he's bewildered by all the new savings/checking plans. "Time was," he recalls, "when you only had to decide between the toaster premium at bank A and the electric blanket at bank B."

Our household budget should be at its healthiest during the next few months. They're our "energy hiatus" between winter heating bills and summer air conditioning bills.

One of my favorite springtime sights is a solitary youngster—waterproofed by a shiny raincoat, galoshes, and a bobbing umbrella—sloshing through sidewalk puddles along the way to school.

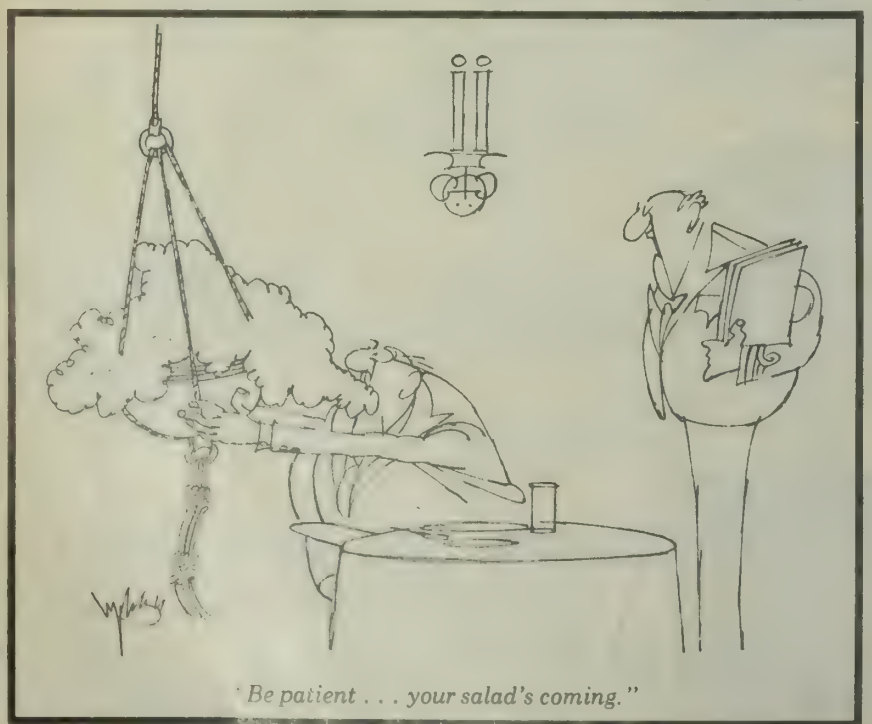


"It's our income tax forms."

With all the talk about more entertaining at home, I wonder—is now the time for us to show the slides of our 1969 trip to the Badlands?

Burt, Jr., says the metric system seems easier to remember when you realize that it's all on your ten fingers.

I made the mistake of asking Dick Dresch why he invariably waits until the night of April 15 to post his tax return each year. "It's because my money feels good to the last drop," he replied.



"Be patient . . . your salad's coming."

In this day of dog-eat-dog competitive sports played from near-toddler age to "senior tournament" years, I have stumbled into a new arena in which nobody has to compete. It's very refreshing.

"Splashed" would actually be more accurate than "stumbled" because, after all these years, I have taken up swimming seriously—and I have encountered allies instead of adversaries.

As a youngster, I learned to swim in an "old swimming hole" so muddy that we kept our heads out of the water as we dog-paddled around.

Trouble was, I grew up and my swimming style didn't. So when I decided recently to switch from jogging to swimming in deference to my feet and back, I wanted to do it right.

Through the YMCA, I found a great teacher—16-year-old Diana—and signed up for a half dozen lessons. When I flubbed and doubted my ability, Diana would encourage me with a cheerful "You can do it, Mr. Hillis."

During my daily swim at the Y, I began to notice nice things happening in my "slow lane." Healthy, albeit novice, swimmers like me were encouraging a cardiac patient who had taken up swimming as part of his therapy. They were solicitous, too, of a pregnant young woman. And they complimented each other when one managed to swim a bit better or a bit longer.

"You're getting better," Noah, a fellow beginner, said to me one day. I told him the same thing—and I'm sure we both looked as if we had been awarded the Congressional Medal of Honor.

Somehow, the words sounded different than the "Great shot" cries I have yelled to tennis opponents, the envious "Good drive" remark to a fellow golfer, and the "What's your time?" question to another jogger.

My swim class is a caring world I like very much. However, as my swimming improves, I'll have to move up to the intermediate lane. Over there, they race each other. Oops—I feel the competitive bug beginning to bite again. This time, I'm going to fight it.

Burton Hillis

BETTER HOMES & GARDENS
May 1981

May 1981 · $1.25

Better Homes and Gardens

Melt-in-your-mouth cream puffs • Off-the-shelf cooking

32 ways to make your kitchen store more

Car-free vacations – The Old West & the Mid-Atlantic States

A yardful of outdoor living projects to build

Remodeling a ho-hum ranch house and a stodgy one-story

DECORATING WITH THE NEW *naturals*

Lighter fabrics, finishes, and furnishings



05
140055

ARMSTRONG DESIGNER SOLARIAN®

THE ONLY NO-WAX FLOOR WITH

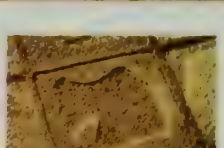




Inlaid Color begins with the precise placement of varicolored granules onto the backing...



...gradually building up the design – color by color, shade by shade.



Once the pattern is complete, intense pressure and heat are applied – fusing it into a solid inlaid vinyl.



And when the extra-durable Mirabond surface is applied, the Inlaid Color is sealed with a lasting protection and shine.

INLAID COLOR: A BEAUTIFUL DIFFERENCE YOU CAN'T MISS.

Most no-wax floors have their colors and p terns just printed on. But Designer Solarian different. And that difference is Inlaid Colo the exclusive Armstrong process that bui up the design with thousands of varicolo vinyl granules, creating a richness of color a a uniquely "crafted" look no printed floor gins to match.

BURLINGAME
APR 2 6 1991

THE RICHNESS OF INLAID COLOR.™



BEAUTIFUL DIFFERENCE:
..AX SHINE THAT
NGER.

extra-durable Mira- ..rface resists scuffs and so it keeps its lustrous look without waxing far an vinyl no-wax floors. And er you keep it, the brighter it shines. sponge-mop with detergent, and rinse roughly. Or use Armstrong Once 'n Done® No-Rinse Cleaner, developed especially for Solarian floor care.

(If a reduction in gloss should occur in heavy-traffic areas, Armstrong Suncoat® can be applied to help maintain the shine.)

To find your nearest Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® dealers offering the full selection of Armstrong floors.

Send for free guide to Armstrong floors

Send for your 20-page booklet that gives shopping information and color illustrations of most popular Armstrong floors. Armstrong, Dept 15FBH, Lancaster, PA 17604. Or just call the Armstrong Consumer Line, 800-233-3823 toll-free. (In Pennsylvania, call collect 717-397-0523.)

Name _____

Street _____

City _____ State _____ Zip

FROM THE INDOOR WORLD® OF
Armstrong

So nice to come home to.™

Now save $2* a square yard on Armstrong FFC® Solarian® floors!



Kennett Square-FFC Solarian pattern 88807

Get great savings on beautiful no-wax floors on sale at these Floor Fashion Center stores! Hurry...sale ends May 30, 1981!

CALIFORNIA

Auburn
Don's Carpet
520 Grass Valley Highway

Bakersfield
Aladdin Interiors
300 - 19th Street
The Dawn Company, Inc
731 East 21st Street
Jost Floor Company, Inc
320 Oak Street
San Joaquin Interiors
4646 Ming Avenue

Carmichael
Carmichael Floor Covering
6249 Fair Oaks Blvd

Ceres
The Carpet Nook
3007 Dale Avenue

Clovis
Clovis Floor Covering
410 Clovis Avenue

Davis
Adrienne's
225 G Street

Delano
Custom Paint & Decorating
1126 Main Street
House of Glass
710 Main Street

Dinbua
Dinuba Floor Covering
230 South K Street

Dublin
McCurley's Floor Covering
7022 Village Parkway

Eureka
Eureka Floor Company
2385 Myrtle Avenue
Fashion In Flooring
971 Myrtle Avenue

Fair Oaks
Hamman's Floor Fashions
5378 Sunrise Blvd

Folsom
Fariss Floor Service
802 Reading Street

Fresno
Allied Linoleum Company
1437 Belmont Avenue
Kerr Rug Company
4535 North Blackstone
Mid-State Linoleum
4671 E. Turner
Valley Linoleum & Carpet
2636 East Belmont Avenue

Hanford
Coulter's Carpet & Linoleum
230 North 11th Avenue

Lodi
Merle Ray's Carpets & Interiors
113 South Sacramento

Lompoc
Lester's Carpet Service
401 North E Street
Paulin's Floor Covering
123 West Ocean Avenue

Merced
Kerr Rug Company
745 West 17th Street
United Floor Covering
312 West Main

Modesto
Floor World
747 South 9th Street
House of Carpets
1120 McHenry Avenue
Johnston Lowell Floor Covering
3460 McHenry Avenue
United Floor Covering
1201 McHenry Avenue

Placerville
Dawson's Floor Fashions
312 Main Street

Porterville
Thompson Floor Covering
591 West Olive

Red Bluff
Burlison Interiors
225 Walnut Street

Redding
Hanes Floors, Inc
850 Commercial Street
Redding Carpet & Linoleum
815 Industrial

Sacramento
A & A Carpet Div. of O & P Int
6700 Folsom Blvd
Affordable Floors by SHS
9745 F Business Park Drive
G W Cpt. Appl. & Bldrs. Supply
6626 Franklin Blvd
River Glen Carpets
5121 Freeport Blvd
H. W. Rivett Company, Inc
2300 Broadway

San Luis Obispo
Jost Floor Covering
2640 South Broad Street
James A. Quaglino, Inc
1993 Santa Barbara Avenue

Santa Maria
Carpet Center
1539 South Broadway
Walters Floor Covering
225 East Main Street

Shafter
Bob's Flooring & Interiors
537 Central Avenue

Sonora
Mother Lode Floors
2115 Mono Way

South Lake Tahoe
Alpine Carpets
1950 South Lake Tahoe Blvd

Stockton
Joe Lents, Inc
2735 Waterloo Road
McLean Floor Covering
505 North Monroe Street
Harold W. Thompson, Inc
308 North Grant at Miner

Tracy
Accent Carpet & Interiors
141 West 11 Street

Turlock
Don's Floor Coverings
128 Lander Avenue

Visalia
Franey Floor Covering Co
121 North Encina
Michael Richard Interiors
26644 South Mooney
Steve's Floor
807 North Ben Maddox

Weaverville
The Floor Store
1306 Nuggett Lane

Yuba City
Dave's Floor Covering
532 Second Street
Twin Cities Floor Covering, Inc
678 Palora

Select your Solarian floor at an Armstrong Floor Fashion Center® store.



Certain floor designs copyrighted by Armstrong

We have the widest selection of Armstrong floors.

No other store has a wider selection. Your Floor Fashion Center dealer offers over 300 Armstrong choices in all. Every color and pattern of easy-care Solarian no-wax floors. Inlaid Color™ floors. Cushioned floors. So you're sure to find the right floor at the right price.

We make it easier to select your floor.

In most stores, our special "Floor Finder" system puts valuable product information right at your fingertips... makes it easy to see and compare the differences in floors before you buy. Key features of each floor are shown on the front of each sample... while complete product details and a full-color room scene are on the back.

We help you with decorating ideas.

Our salespeople receive special Armstrong training in color-coordination and interior design—to help you create beautiful rooms from the floor up. And our decorating aids give you great color-scheme and design ideas for dozens of Armstrong floors.

We offer professional installation, backed by warranty.

We're flooring installation specialists. For all installed Armstrong floors, we offer our own warranty of satisfactory installation. Ask to see terms and conditions. For names of your nearest authorized Floor Fashion Center dealers, look under Armstrong in the "Floor Materials" section of the Yellow Pages.

Look for this sign. It identifies your authorized Floor Fashion Center dealer.



Special—because we're flooring specialists.

*Reflects manufacturer's suggested savings only. Prices vary by dealer.

EDITOR at large

You or I would probably be surprised to get a battery-powered corkscrew in the mail, but not Kim Garretson. Kim receives items like that all the time. He recently got a sample of a new kind of glue designed specifically for fastening worms to fishhooks. The accompanying message argued that skewering worms is inhumane.

Kim is our automotive and new products editor. In the latter capacity he produces our "Good News" feature, which calls attention to new products he thinks readers might like to know about. The samples he receives are candidates for inclusion. They come mostly from manufacturers or their public relations people, who correctly assume that being featured in "Good News" can give a new product a sizable boost. One company told Kim they had to hire three extra people to handle the inquiries that resulted from a mention in his column. Another company got more than 10,000 letters after Kim ran a picture of a can of their paint.



Kim Garretson and one of the products from this month's "Good News" column

The hardest part of his job, Kim told me the other day, is deciding which items to select from so many. He estimates that he gets samples or announcements of 100 or so products in the mail every week, plus three or four phone calls a day about others, and he annually attends half a dozen big trade shows, each with maybe 1,500 exhibitors.

"My first criterion for selection," he says, "is that the product must be truly new and different, not just an improved version of an older product. Also, I like readers to see it first in 'Good News'—I won't feature anything that I know has been advertised. Plus, the item must be available in stores nationwide. After that, I try hard for a balanced selection. In a month when one of the products is expensive, for instance, I like to offset it with an assortment of other items that are less costly."

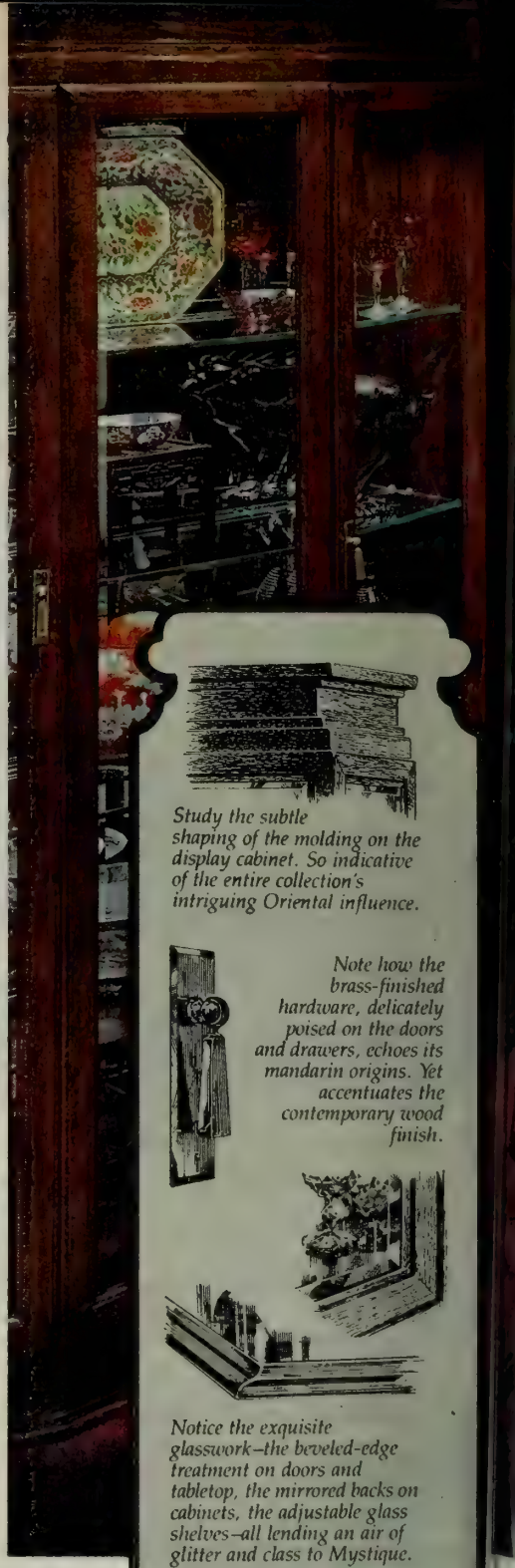
Every product in "Good News" is use-tested by our staff. Kim often assigns that job to himself, and he sometimes buys those items that excel under scrutiny. He's the only person I know of whose kitchen has four ovens: a microwave oven, a convection oven, a toaster oven, and a conventional range. Other times, he enlists his fellow editors as testers. When one of us plans a bathroom remodeling, for example, Kim comes around with a new kind of flooring or a new tile adhesive or a new lighting fixture and an invitation to try it and let him know how well it works. The last time I benefited personally from this practice was when Kim heard me say that those hard, narrow seats make bicycling uncomfortable after more than a short distance. A couple of days later he appeared in my office with a soft, pivoting, hammock-shaped seat called The Bummer that for me has made biking a joy ever since.

When I asked him what products we should look for in the future, Kim had no trouble reeling off a long list: "Electronics moving into new categories. Portable drills that change speed and force based on the material you're drilling. Cameras that shoot both movies and prints. Other cameras that use no film at all. Voice-activated televisions, stereos, and ovens. A home dry cleaning system. Induction cooking that heats the pan while the cooktop stays cool. Don't worry—I'll never run out of material."

Gordon Greer

Gordon Greer, Editor

Better Homes and Gardens (ISSN 0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. May 1981 Vol. 59 No. 5



Study the subtle shaping of the molding on the display cabinet. So indicative of the entire collection's intriguing Oriental influence.

Note how the brass-finished hardware, delicately poised on the doors and drawers, echoes its mandarin origins. Yet accentuates the contemporary wood finish.

Notice the exquisite glasswork–the beveled-edge treatment on doors and tabletop, the mirrored backs on cabinets, the adjustable glass shelves–all lending an air of glitter and class to Mystique.



To review the entire collection–60 pieces for living room, dining room, and bedroom–write for our full-color catalog. Send just $2.00 to Mystique, Thomasville Furniture, Dept. 15TBH, Thomasville, NC 27360.



That masterful Thomasville touch with the mystery and romance of the Far East.

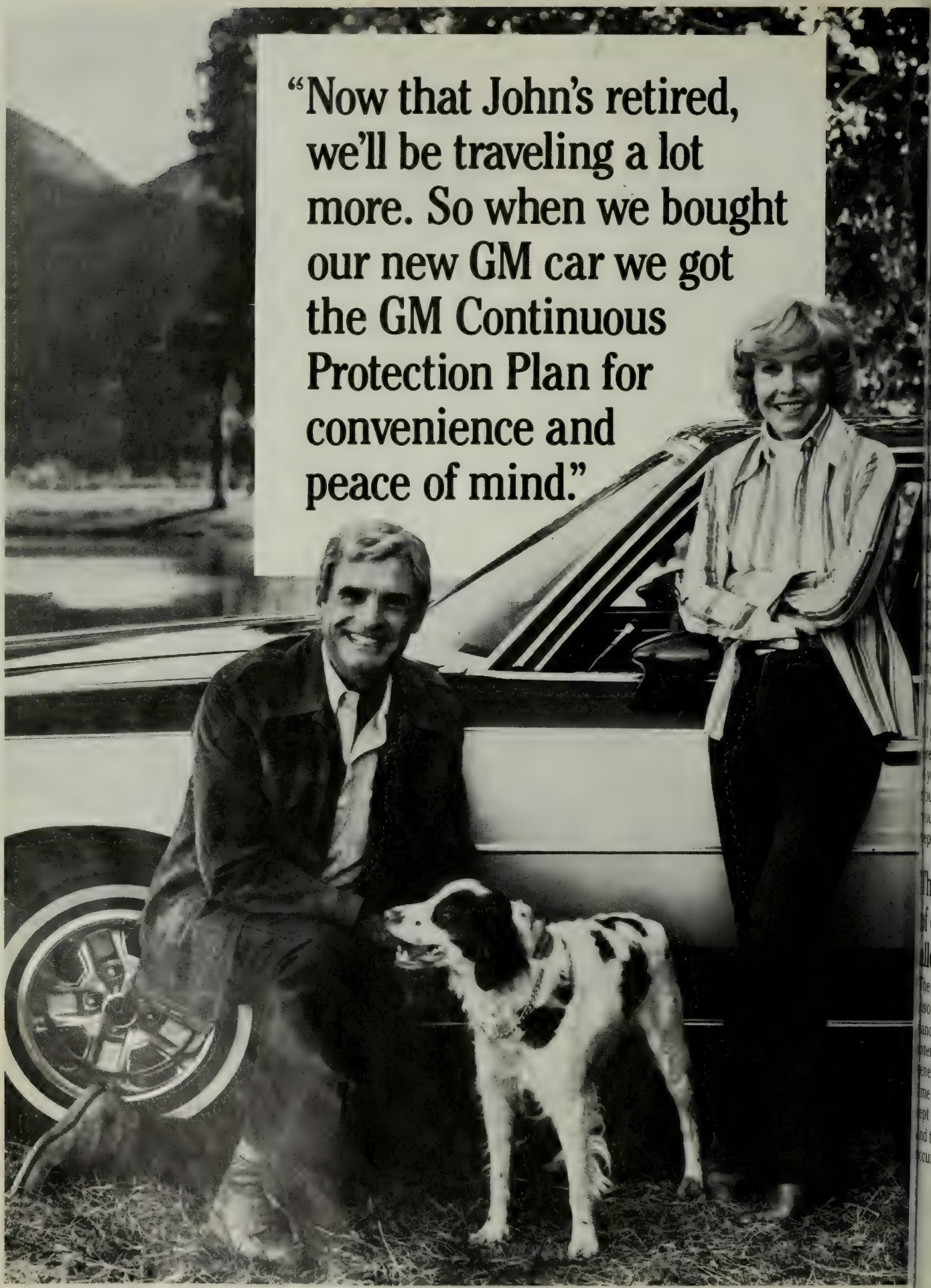
Mystique–available for bedrooms, dining rooms, living rooms–is just one of the memorable Thomasville looks.



For the name of the Mystique dealer nearest you, call toll-free, 1-800-447-4700. (In Illinois, call 1-800-322-4400.)

Thomasville®

FROM THE INDOOR WORLD® OF Armstrong


"Now that John's retired, we'll be traveling a lot more. So when we bought our new GM car we got the GM Continuous Protection Plan for convenience and peace of mind."

More and more people are buying GM's Continuous Protection Plan for cars, light trucks and vans. It offers low-cost protection against major repair bills for up to 4 years or 50,000 miles.

GM's Continuous Protection Plan is an inflation-fighting option that goes well beyond GM's new-vehicle limited warranty. Even beyond GM's 24-month/24,000-mile Power Protection plus warranty on 1981 vehicles.

Depending on the plan you choose at purchase time, protection on covered repairs can extend for as long as 6 years or 50,000 miles. And once your new-vehicle warranty expires, you pay only $25 per visit on covered repairs. GM pays the rest!

The built-in convenience of car rental and towing allowances.

The GM Continuous Protection Plan also offers bonus features that enhance your new-vehicle warranty and extend for the life of the Plan. Like generous car rental allowances anytime your vehicle is inoperative and kept overnight for covered repairs. And towing allowances up to $25 per occurrence.

Up to 10 major assemblies are covered, including engine, transmission and air conditioning.

Depending on the coverage you choose, GM covers up to 10 major assemblies: engine, transmission, front- and rear-wheel drives, cooling and fuel, steering, front suspension, brakes, electrical system and air conditioner. Of course, such things as tires, batteries or normal maintenance items are not covered. See your dealer for full coverage details.

Choose the coverage that's right for you.

You can get protection that lasts for 3 full years or 36,000 miles, whichever comes first, for less than 30¢ per day on the average car. Or extend your coverage to 4 years or 50,000 miles for just a few cents more per day. Any way you choose it, you have a long-term agreement directly with General Motors.

15,000 dealers to go to, and a toll-free hot line.

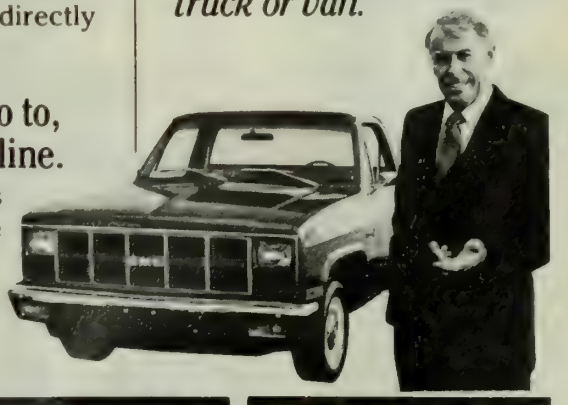
With GM's Continuous Protection Plan, there are approximately 15,000 dealers in the United States and Canada to serve you. And if you're out of town and need service, you have a personal identification card and toll-free "800" hot line telephone number to use.

It's transferable, too, for added value.

For a nominal $25 fee, you can transfer your Plan to a subsequent owner. This could be an added selling feature when you sell your GM vehicle, or you can cancel the Plan and receive a prorated cash refund.

So protect your new vehicle investment with the GM Continuous Protection Plan. Available only from General Motors.

"Keep the GM connection on your new Chevrolet, Pontiac, Oldsmobile, Buick, Cadillac, GMC or Chevrolet light-duty truck or van."



Continuous Protection Plan

GM


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Golden Lights.
You really know you're smoking.
Give up double digit tar. But don't give up the pleasure.
Golden Lights

CONTENTS

May 1981 Vol. 59, No. 5

Better Homes and Gardens®
THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

MONEY

Remodeling money: Where to get it and how to protect it 17
Joint property ownership: Is it right for you? 34

EDUCATION

Keeping kids fit: What parents and schools can do 20

GARDENING

SUMMERTIME SPECIAL: A YARDFUL OF OUTDOOR LIVING PROJECTS 41
Landscaping with ornamental grasses 106
Gardener's log 187

DECORATING

DECORATING WITH THE NEW NATURALS 46

Cover photograph: Fred Lyon

- *Woods and natural textures and colors are so eye-pleasing and easy to live with that they've become decorating classics.*

But even classics change. Now naturals include woods with a lighter look, colors from a brighter garden palette, and wear-resistant finishes that mean no-fuss durability.

With our easy-living rooms as inspiration, you can use today's naturals to create a new scheme or enliven an old one.



"Down home" dining spots 68
Tension rod tricks 88

CARS

Ride sharing: It makes more sense than ever 55

BUILDING

How to keep cool with fans 65
WHAT YOU CAN DO WITH A HOUSE LIKE THIS
Shaping up a standard one-story 99
Revolutionizing an ordinary ranch house 102
Painting pointers 189

CONTENTS CONTINUED ON PAGE 10

This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1981. All rights reserved. Printed in U.S.A.

Don't put things like this in your disposer...



unless it's a KitchenAid.

The ruggedly-built KitchenAid stainless steel disposer can handle things other disposers can't.

It has a powerful ½ hp motor, and strong start-up power to grind up tough bones, corn cobs, stringy vegetables, even things like pineapple tops.

And if something should ever jam it, that's no problem, thanks to the exclusive KitchenAid Wham Jam button. KitchenAid is the only disposer that unjams itself at the touch of a button.

KitchenAid stainless steel disposers are so well built, we offer a five year limited warranty.

Find out all the advantages KitchenAid has over other disposers by sending for our free point-by-point comparison.



KitchenAid.®
Because it's worth it.
Hobart Corporation, Troy, Ohio 45374



The side dish you don't have to peel, mash, bake or boil...

for a change.

A delicious change from potatoes or just plain boiled rice! Simply sauté and simmer, add the flavor packet, and—it's ready in minutes.

There's a flavor to brighten up every entrée. Rice-A-Roni—the side dish that steals the meals.

The San Francisco Treat!



Start with chicken or beef—then try the other eight flavors—for a big flavor change!

CONTENTS

continued

FEATURES

Good news 72
Idea notebook 92

HEALTH

New treatments for diabetes 79

KITCHENS

32 WAYS TO MAKE YOUR KITCHEN STORE MORE 108

TABLE SETTINGS

Springtime tableware 112

FOOD

MELT-IN-YOUR-MOUTH CREAM PUFFS 114



- *What a delicious way to celebrate spring! This baker's half-dozen of cream puff creations includes some savory surprises as well as your sweet-tooth favorites. And there are step-by-step instructions to help you get perfect results time after time.*

OFF-THE-SHELF COOKING:
NEW MAIN DISHES TO MAKE FROM WHAT'S ON HAND
Start with bologna, salami, summer sausage 116
Start with hamburger, ground turkey, ground pork 118
Start with canned tuna, chicken, corned beef 120
Off-the-shelf substitutes 122
Prize Tested Recipes 141
- *Sandwich ideas*
- *Microwave desserts*

Try triticale 154
Win money for your recipes 157

TRAVEL

LEAVE-YOUR-CAR-AT-HOME VACATIONS
Appalachia to the Mid-Atlantic Coast 161
The Old West 169



- *Besides saving on gas, vacationing without the family car can add a footloose-and-fancy-free flavor to your vacation. This month we explore two particularly good choices for carless vacationing: the Mid-Atlantic Coast and the Old West.*

PETS

Pet emergencies: How you can help 180

SHOPPING

Buying guide 158
Shopping editor's choice 190

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.

The fresher...the better!



And fresher dressings start with Best Foods®!

DIRECTIONS: Just mix Best Foods Real Mayonnaise with the ingredients listed below. Cover, chill ... and you've got about 1½ cups of creamy-delicious dressing. Try it tonight!

Pleasin' Cheese 'n Herb

- 1 cup BEST FOODS® Real Mayonnaise
- 1/2 cup chopped parsley
- 1/4 cup grated Parmesan cheese
- 2 Tbsp lemon juice
- 1 clove garlic, minced
- 1 tsp dried basil leaves

Crème de la French

- 1 cup BEST FOODS® Real Mayonnaise
- 2 Tbsp lemon juice
- 4 tsp sugar
- 1 Tbsp milk
- 1 tsp paprika
- 1/2 tsp dry mustard
- 1/4 tsp salt
- 1/8 tsp pepper

Dilly Cucumber

- 1 1/2 cups peeled, seeded, chopped cucumber
- 1 cup BEST FOODS® Real Mayonnaise
- 2 Tbsp finely chopped onion
- 1 Tbsp milk
- 1 Tbsp lemon juice
- 1/2 tsp dill weed (optional)
- 1/4 tsp salt

True Blue Cheese

- 1 cup BEST FOODS® Real Mayonnaise
- 4 oz blue cheese, crumbled
- 3 Tbsp milk
- 2 Tbsp lemon juice
- 1 Tbsp finely chopped onion
- 2 tsp sugar
- 1/4 tsp Worcestershire sauce
- 1/4 tsp dry mustard
- 1/4 tsp salt

Dreamy Italian

- 1 cup BEST FOODS® Real Mayonnaise
- 3 Tbsp milk
- 2 Tbsp cider vinegar
- 1 clove garlic, minced
- 1/2 tsp dried oregano leaves
- 1/2 tsp sugar
- 1/4 tsp salt
- 1/8 tsp pepper

Blushin' Russian

- 1 cup BEST FOODS® Real Mayonnaise
- 1/3 cup catsup or chili sauce
- 1/3 cup chopped pickles
- 2 tsp lemon juice
- 2 tsp sugar

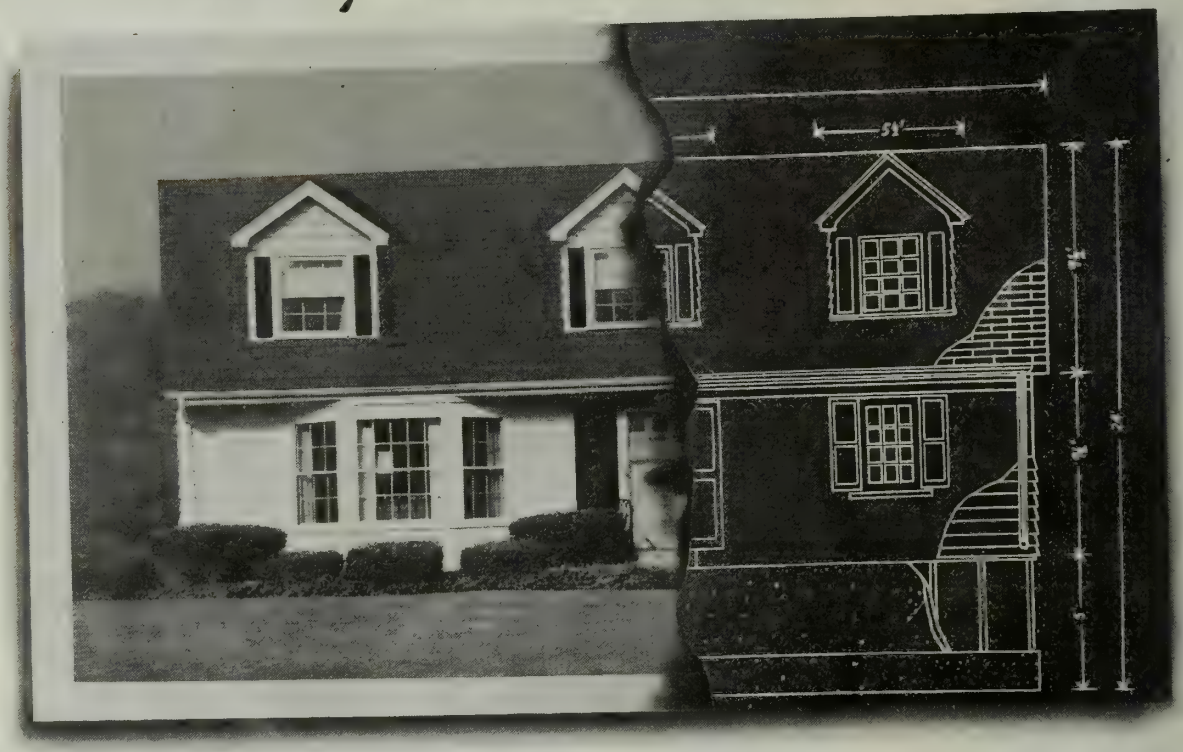


Best Foods makes it better!

© 1981 Best Foods CPC International Inc. Englewood Cliffs, N.J. 07632

Today 9 out of 10 homeowners have no guarantee their insurance will pay to fully rebuild their homes.

Are you one of them?



Ask about Allstate's brand-new Home Replacement Guarantee.

Today's building costs are going up constantly. In many cases, even faster than inflation. And until now, there's been almost no way to be sure your homeowner's insurance coverage would keep up. Even automatic inflation protection is no guarantee your home can be totally rebuilt.

Today there *is* a way to be sure. If your home is destroyed by fire or other insured hazards, Allstate's new Home Replacement Guarantee* can pay to rebuild it *just like it was*—no matter how high building costs rise. Even if it costs more than you're covered for! *Guaranteed in writing.*

Ask an Allstate agent how you can get Allstate's new Home Replacement Guarantee.

For ideas that make good sense today, you're in good hands with Allstate.

See Allstate for a free home value analysis.

Allstate®
You're in good hands.

*Optional in most states on Allstate Insurance Company's Standard and Deluxe Homeowner's policies. Allstate Insurance Company, Northbrook, Illinois 60062

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ROSEMARY HUTCHINSON ELIZABETH WOOLEVER
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY BONNIE LASATER
DIANA TRYON JULIA MARTINUSEN DIANE YANNEY

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH R. LA MONTE JENKINS JIM HARROLD

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor GEORGE S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Senior Crafts Editor—Books ANN LEVINE
Associate Editors COLEEN DEERY GARY BOLING
LAURA HOLTORF REBECCA JERDEE

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Senior Graphic Designer KRISTIN FRANTZ
Senior Graphic Designer (Covers) SHERYL VEENSCHOTEN
Graphic Designers MARISSA CONNER CHRIS GRECO JUDY HALL
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER DONNA RUSSELL

New York—Eastern Editor MARGARET McMAHON
Shopping Editor ANN LIVELY *Associate Editor* STACEY SMITH

Editor-in-Chief **NEIL KUEHNL**
Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER *Associate Art Director (Managing)* EVA PIETRZAK
Associate Art Director (Creative) RICK BEAULIEU *Assistant Art Director* DAVE WEBSTER
Graphic Designers RUDY EVANS KAREN HUBER JACK YOUNG JILL CAREY
Copy Chief ELIZABETH BROOKS *Senior Writer* RUSSELL O'HARA

Books: *Editor* GERALD KNOX *Art Director* ERNEST SHELTON
Associate Art Director (Managing) RANDALL YONTZ
Associate Art Director (Creative) NEOMA ALT WEST
Assistant Art Director HARIJS PREIKULIS *Senior Graphic Designer* FAITH BERVEN
Graphic Designers LINDA FORD TOM WEGNER ALISANN DIXON
LYNDA HAUPERT LYNE NEYMEYER
Production and Copy Editors DAVID KIRCHNER DAVID WALSH LAMONT OLSON

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
GREG ERICKSON MARJORIE GROVES
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY STEVE LUEDER

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents:
JAMES A. AUTRY General Manager, Magazines
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Controller
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS:
Chairman of the Board E. T. MEREDITH III
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Controller Wm. DEAN ANKRUM Secretary BETTY CAMPBELL MADDEN
Treasurer MICHAEL A. SELL





Ultraflor® Esteem® [illegible]
Daydreamer Sofa by Coliseum

Timeless Beauty.



Captured in vinyl flooring by

Beauty that lasts, with minimum care. That's the beauty of Congoleum floors, from the sculptured elegance of Ultraflor,® to Contempora®— so revolutionary, it lays down over your old vinyl floor without adhesives. See the whole dazzling collection at your Congoleum Studio Showcase of Floors™ retailer. Call toll-free 800-447-2882; in Illinois, 800-322-4400.

Congoleum

Floors of Timeless Beauty.

Polly Flinders knows that keeping a party dress clean...is no party.

That's why they trust washing the All-Temperature Cheer® way.

Little girls never seem to get tired of wearing their favorite dresses. And Polly Flinders makes their hand-smocked dresses with just that in mind. They use only durable permanent press fabrics. And they want them washed in the right water temperature. That's why Polly Flinders trusts washing the All-Temperature Cheer way.

Cheer does a great job of cleaning in all three temperatures—hot, warm, and cold. Cheer and hot to clean your whites. Warm for your permanent press. And Cheer is great in cold to clean bright colors. But Cheer does more. It even contains a special ingredient that helps reduce wrinkling.

In fact, Polly Flinders thinks washing right is so important, they're sewing a special care label inside every dress. It will approve the use of All-Temperature Cheer, and remind you to wash in the right temperature.

Cheer. It's three temperatures, one detergent. Because the kind of clean you get with All-Temperature Cheer can help your little girl to always look her Sunday best.



perature Cheer.
ght temperature
warm, or cold.

Cheer has shared with Polly Flinders to feature their garments in Cheer advertising.



Only VISA Gives You All These Ways To Pay. Worldwide.

If you want to pay in full each month—or in monthly installments—Visa gives you that choice. If you want cash, it's available to Visa cardholders at over 100,000 financial offices, worldwide.

If you want to pay with money from your checking or savings account—without the problems of using a personal check, there's a Visa card that works like a check. You can get cash, too—around town or in over 140 countries.

If you want a travelers cheque with a name and reputation that means acceptance worldwide, carry Visa Travelers Cheques. And, should you ever lose them, Visa Travelers Cheques are backed by a worldwide refund system.

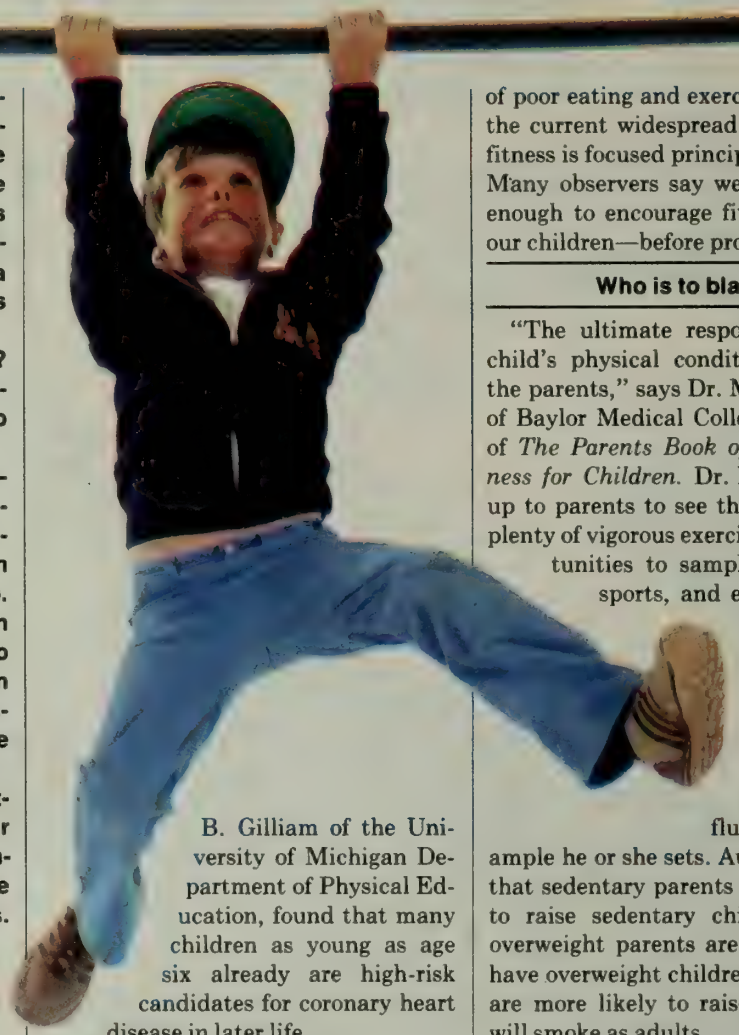
You can have it the way you want it with VISA.

Each Visa service available at the option of participating financial institutions.

Dan Kaercher

Keeping Kids Fit

What Parents and Schools Can Do



Evidence is mounting, say medical scientists: People who are physically fit perform better, enjoy life more, and may live longer than those who are out of shape. The millions of adults who have started to exercise regularly and have trimmed extra pounds seem to agree that fitness pays off.

But what about our youngsters? Has the fitness boom left them behind? Disturbingly, the answer to that question appears to be yes.

Fitness scores—which rose sharply in the early 1960s—have not improved in the past 15 years, according to the President's Council on Physical Fitness and Sports (PCPFS). The lack of progress doesn't mean that our children already are in top shape: Leading physical education and medical authorities unanimously agree that most of our kids are flunking fitness.

The culprits seem to be our oft-lamented sedentary life-style, poor eating habits, disinterested or unenlightened parents, and ineffective school physical education programs.

About 25 years ago, American youngsters' abysmally low scores on physical fitness tests shocked the nation into setting a new educational priority—getting our youth in shape. The drive intensified in the early 1960s, largely because of President John F. Kennedy's commitment to the movement. But since then, the momentum has faltered, with ominous consequences.

Fitness tests administered at typical American elementary and secondary schools reveal that the majority of children, while they look robust and healthy, actually are in poor physical shape. Many can't run around the block without stopping to rest, and lack the strength to "chin" themselves even once.

In recent studies of hundreds of Michigan school children, Dr. Thomas B. Gilliam of the University of Michigan Department of Physical Education, found that many children as young as age six already are high-risk candidates for coronary heart disease in later life.

"Children sit for long hours at a desk or watch television and consume lots of high-calorie junk," Dr. Gilliam says. "They are transported to and from school and even to sports activities, where, like adults, they are much more often spectators than participants."

The results can be serious. There's increasing evidence in youngsters of high cholesterol in the blood, high blood pressure, obesity, and other conditions that are associated with heart disease, stroke, and other disorders.

Ironically, Americans in general have never been more aware of the need to stay in shape. Millions are making a conscious effort to compensate for years of poor eating and exercise habits. But the current widespread concern about fitness is focused principally on adults. Many observers say we are not doing enough to encourage fitness habits in our children—before problems arise.

Who is to blame?

"The ultimate responsibility for a child's physical conditioning is with the parents," says Dr. Martin L. Lorin of Baylor Medical College and author of *The Parents Book of Physical Fitness for Children.* Dr. Lorin says it's up to parents to see that children get plenty of vigorous exercise, have opportunities to sample a variety of sports, and eat a nutritious diet, which is just as essential to fitness as exercise is.

Perhaps a parent's most persuasive influence is the example he or she sets. Authorities agree that sedentary parents are more likely to raise sedentary children—just as overweight parents are more likely to have overweight children, and smokers are more likely to raise children who will smoke as adults.

Parents have another major obligation: to find out what sort of physical education programs are offered in the schools, and to encourage changes if necessary. Sadly, too many parents—even those who leave responsibility for fitness training entirely to the schools—have no idea of the content or quality of school PE programs.

Are the schools doing their job?

In many ways, no, especially at the high school level, say the experts.

According to Glenn Swengros, director of federal and state relations for the PCPFS, "Schools must do more to in-

continued

"It's not just another everyday outfit. It's an outfit I want to wear every day."



"I have lots of everyday clothes. But just one outfit that's so comfortable and flattering I want to wear it every day. It's a Koret. And it's my favorite."

Koret designs clothes with the classic styling and perfect fit that make them favorites. And they design lots of them. So you can wear a favorite every day.

KORET

We don't just make clothes, we make favorites.



See the hole at the end of our cigarette?

It keeps your lips from touching the tar that builds up on the end of the filter.

Which is why Parliament Lights are so tastefully light.

And with this single stroke of genius, Parliament Lights has all those filter cigarettes aced out.

Available in Soft Pack, Box and 100's.



Only Parliament Lights has the famous recessed filter.

Soft Pack: 9 mg "tar," 0.7 mg nicotine—Box: 10 mg "tar," 0.7 mg nicotine—100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec.'79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Now, more than ever, paying by check makes sense.

And TeleCheck makes it easy.



Consider all the advantages of paying by check.

Checks are safer to carry around than cash.

They give you a permanent record of your expenditures.

And when you pay by check there are no interest charges on your purchases.

All good reasons why smart shoppers like you are turning increasingly to checks.

And, wherever you see a TeleCheck® sticker, you know that the merchant who displays it will take your check with no hassle...even when you're out of town.

TeleCheck service lets him verify it in seconds—so you don't have to wait, or suffer through long, embarrassing procedures. Only one ID is required, and you don't have to join anything; your good name is enough.

In short, the TeleCheck emblem is the sign of a merchant who really values your business.

Look for it when you shop.

TeleCheck®

continued

Keeping kids fit

volve all children in vigorous daily exercise programs and to teach them about all aspects of fitness—not just sports."

Yet instead of expanding PE programs, many school districts have backed off the mandatory high school PE requirement in order to trim costs or give students more course options.

According to Dr. Lorin, a laissez-faire philosophy just doesn't work when it comes to PE: "You wouldn't leave it up to a child to decide whether or not to study math, or English, or history, would you? Fitness is just as important." Dr. Lorin says the children who need PE most—children who are overweight and/or physically underdeveloped—are least likely to participate in optional programs, and research findings back him up. Even if such youngsters were to seek help, only a minority of schools offer special programs for underdeveloped children.

A further problem seems to be misplaced priorities. "There is a basic lack of understanding on the part of many school administrators and parents," says Richard Keelor, Ph.D., director of program development of the PCPFS. He explains, "When the football team or wrestling team has a winning season, everyone thinks the physical education program is doing its job. That isn't necessarily true."

In reality, only a minority of boys and an even smaller percentage of girls are involved in interscholastic athletic competition, although athletics usually have high priority in a school's total physical education program. The real job facing the schools is to see that all youngsters get some form of vigorous exercise on a regular basis.

How much planned exercise do children need? According to the PCPFS, children require vigorous exercise daily to develop strength and endurance. For the healthy child, that means 15 to 30 minutes of continuous activity that exercises muscles, raises the pulse rate, and stimulates deep breathing.

If you think most children get enough exercise on their own, you're wrong. "The mild, sporadic activity of most children's games and random play is insufficient to develop strength, endurance, and motor skills—the three foundations of physical fitness," Dr. Keelor says. (Some observers add a fourth element—flexibility.)

Even at school, many youngsters get only five or ten minutes of vigorous exercise during a 30- or 45-minute PE class when they should spend at least half of class time participating in strenuous exercise. Students often pass most of the period on the sidelines or waiting for a ball to be thrown to them.

Make no mistake, there are some exemplary school programs that focus on cardiovascular fitness. Project SuperHeart in Cortland, New York, and the Sunflower Project in Shawnee Mission, Kansas, are model programs sponsored by the State University of New York College of Cortland and the University of Kansas respectively. But innovative PE programs that focus on the health benefits of exercise are not typical.

continued on page 28



The Andersen® Perma-Shield® casement window takes on the weather so you don't have to take on the window.

There's no worrying about it chipping, cracking, peeling or blistering. No worrying about painting it every few years either.

For over its solid wood core lies a rigid vinyl sheath. It protects the wood inside from the blazing sun, bitter cold and driving rain outside.

The wood core is also treated with a water-repellent preservative to resist decay, warping, insects and all the headaches that go with them.

And the window sash is *completely* enclosed in vinyl. So it's stronger and more sturdy. Easier for your family to open, close—live with.

The Perma-Shield casement is available in white or the earth color, Terratone. Both are virtually maintenance-free. If the rain doesn't clean them a damp sponge will.

With free time so precious, can you afford any other window?

Look up your Andersen dealer in the Yellow Pages under "Windows."

To: Andersen Corp., Box 12
Bayport, MN 55003

Please send me more information on Andersen® windows and gliding doors. I plan to ☐ build ☐ remodel ☐ replace.

Name_____

002-0581

Address_____

City_____

State_____ Zip_____

The beautiful way to save fuel®

Andersen® Windowalls®

AW

78018 Copyright © Andersen Corp. Bayport, MN 1978

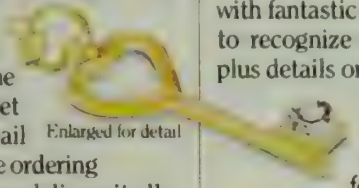
How To Make Money On Your Shopping



Send for your Aldens catalog and get spectacular discount prices on everything you want for yourself . . . your family . . . and your home. Guaranteed inflation fighting low prices . . . preset for months to come. It's true . . . in these inflationary times a dollar saved *is* $2.00 earned. Aldens 1981 Spring & Summer catalog shows you how to get more and spend less. That's just like suddenly making *more* money!

This is not just another catalog. IT'S ALDENS. **Our 92 years in business are proof of customer confidence.** And now we want *you* to share the savings experience our millions of customers rave about.

You avoid crowded stores . . . you save time and gas as well. You get the conveniences of mail order or toll-free phone ordering from your home. Aldens delivers it all.


Enlarged for detail

But Aldens does more! Besides presenting hundreds of exciting new first-quality, famous brand names like Adidas, GE, Playtex, Polaroid, Wrangler, Hoover, Lady Pepperell, Pioneer, Sasson and Samsonite . . . you get spectacular savings like these few examples:

■ Wrangler "No-Fault" jeans for kids. Cut 20%, low as $7.99 ■ Pantyhose. 100% nylon. 12/$5.99 . . . 50¢ each. ■ Family fishing outfit. 3 poles, plus reels and lures. $12.88 ■ Puritan Classic golf shirt for men. Cut 35%, now $10.95

Our experienced merchants search the world . . . see it all . . . and select the best for you. We offer you three ways to purchase . . . Aldens charge, cash or bank cards. ALDENS HAS IT ALL! What we don't have are stores with a fancy overhead that drive prices up.

Send $1.00 and we'll rush Aldens spectacular sale catalog to you. You'll be convinced. It's a quality color book with fantastic low prices you'll be quick to recognize as super savings . . . plus details on how you can become a Gold Key Club customer to qualify for additional savings . . . with *no cost* for membership.

As an Aldens Gold Key Club customer *you get:* this genuine diamond-studded 24K gold electroplated key and necklace. Find out how easy and exciting it is . . . and unlock the door to incredible savings all year long.

You get extra dollars off on ★STAR discount values. It's easy! All explained in your catalog.



You get a Key Club coupon pamphlet which offers 42 special bargains . . . with additional savings of *up to 50%!*

And everybody gets free gifts with special early orders.

"Our Promise . . . everything will be as good as you hoped it would, or your money back as stated in our catalog."

Patricia Aldens

Send $1.00 and we'll send you Aldens entire shopping mall. And you'll discover why new customers love Aldens. This catalog proves it. *Aldens* is *America's showplace of value.*

ALDENS

Mail this coupon today to:
Aldens, P.O. Box 7747, Chicago, Illinois 60680

Yes, I wish to become a NEW CUSTOMER of Aldens. Enclosed is my dollar. Please send my Aldens 1981 Spring & Summer Spectacular Sale catalog.

Name (please print)

Street address Apt. no.

City

State Zip code

Allow up to two weeks for delivery. Offer expires June 30, 1981.

$694



continued from page 23

Keeping kids fit

What is "the new PE" all about?

Many physical education programs today seek to enhance a child's emotional as well as physical development through a concept called the new PE.

Actually, this idea has been touted for years, but it's just beginning to replace the traditional physical education. According to its chief proponent, the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), the new PE is child centered rather than subject centered, and individualized rather than group oriented. One of its main objectives is to allow all PE students to feel they have succeeded in some way.

Essentially, the new PE consists of two phases: teaching basic body movement skills in the elementary grades, and at the secondary school level, teaching sport skills that students can continue to use as adults.

- *Primary school children* focus on basic motor skills like running, jumping, kicking, and skipping. The idea is to show youngsters how their bodies work and how to use them to best advantage in physical activity. Children are grouped according to their abilities, and all—the physically normal, gifted, and handicapped—get equal opportunity to participate.
- *Intermediate and high school students* are taught a wide range of sports and physical fitness activities in which they can engage long after their school years. Traditional team sports (baseball, football) are included in the program, but the large majority of kids who can't make a team or who are not interested in varsity sports are not neglected. Snorkeling, judo, and modern dance are among the many new PE options at some high schools.

The new PE is a laudable concept. But it is no panacea for the fitness problems of our children. Indeed, some observers fear that vigorous exercise may suffer if new PE programs overemphasize the nonphysical aspects of development. Further, no PE concept —new or old—can counteract the damage done when children are physically inactive outside the school.

What about girls' programs?

Since 1972, federal law has required that schools make mandatory PE courses coeducational and voluntary courses and athletics available on an equal-opportunity basis to both sexes.

The most positive impact on this legislation has been on girls' competitive athletics, which are just now coming into their own on many high school and college campuses. However, most girls still seem to be the underdogs in school physical fitness programs generally. "Less than 15 percent of girls are participating in team sports, and most girls still do not get enough physical fitness opportunities in the school," Dr. Keelor says.

The new emphasis on and acceptance of girls in sports may help erase inequalities in the future. "When today's active girls grow up and provide role models as adult women and mothers, the situation definitely will improve," Keelor says.

continued

ecome Your
er's Favorite Child.



n 1915, Shirley Myers aimed to show hi
y smoking at the county fair.

ved
if
can
bra

sister sent, she'll still be thinking fondly of you.

Because later on, the elegant frame container will hold a plant, a photograph, and you, dear to her heart.

The Picture Perfect Bouquet's available for giving or sending anywhere in the U.S. Through one of over 16,000 Teleflorists.



Check the Yellow Pages for the one nearest you, or call toll-free 800-854-2003 or 800-522-1500 in California. Both extension 9503. Be sure to order yours early. You never know what the other kids have in mind.

You've come a long way, baby.



ct Bouquet by Teleflora

continued

Keeping kids fit

the president of the National Association for Sport and Physical Education (see "For Further Information" at the end of this article). Here are some of Dr. Riley's suggestions:

- *Don't overemphasize winning.* Too much emphasis on being good in sports or on winning may lead your youngster to avoid activities that are hard to master. Help the youngster understand that winning and losing are of only temporary importance. What really matters is the effort that is made, not the outcome of a game or skill practice.
- *Take an interest.* Encourage youngsters to engage in school and community programs in which they can learn new skills and improve old ones. Find out if school physical education programs take into account differences in each child's ability and development.
- *Join in activities.* Plan to take instruction with your child in some type of sport—such as swimming or tennis, for example—and practice together. Sharing in recreational activity is fun, and it also can be a good way for you to get to know each other better. Choose an activity in which your child can succeed, and be quick to offer praise and encouragement.

How can parents encourage schools to improve PE programs?

The AAHPERD advises you to:

- Visit your child's school and talk to the physical education specialists about your child's fitness status and what specifically you can do at home.
- Learn the details of the school's physical education program. If it does not appear to be vigorous, progressive, and effective, lobby for changes.
- Work to make sure your community has adequate facilities (playgrounds, ball parks, swimming pools) for physical activities. Make sure team sports are well organized and supervised.
- Most important, get actively involved in developing a well-integrated total fitness program for your child—at school, at home, and in the community.

For further information

- The Administration for Children, Youth and Families of the U.S. Department of Health and Human Services has published a new guide for parents. For a free copy of *Children and Youth in Action: Physical Activities and Sports,* write the Library Statutory Distribution Service, Dept. 76-L, Washington, DC 20401. Refer to publication number HDS-81-30182.
- *The Parents Book of Physical Fitness for Children,* by Martin L. Lorin, M.D. (Atheneum, 1978), is one of the best books on this subject. Check your library or bookstore, or write Charles Scribner's Sons, 597 Fifth Avenue, New York, NY 10017 (price: $1.25).
- Publications on physical fitness are available, some free, some at a small charge, from the President's Council on Physical Fitness and Sports, 400 Sixth Street S.W., Washington, DC 20201; and the American Alliance for Health, Physical Education, Recreation and Dance, 1900 Association Drive, Reston, VA 22091.

—Produced with William Cole



All You Need is Bayer® Aspirin.



Bayer contains no unnecessary drugs. Just 100% of what doctors recommend most.

Did you know there are other pain relievers that contain drugs doctors do not recommend most for minor arthritis pain? Bayer is 100% pure aspirin. And aspirin is doctors' number one drug of choice for arthritis pain. And millions use Bayer again and again with no stomach upset. For hours of relief, all you need is Bayer® Aspirin.

Read and follow label directions

JEWELRY BY ESTHER GALLANT

Buy one get one FREE

More. For that extra measure of satisfaction.



All promotional costs paid by manufacturer.

A store coupon was scheduled to be attached next to this page, and if it is missing, we will investigate the matter. To assist our investigation, please send this page, your name, address and the location from which you obtained your magazine to Customer Services Department, Lane Services, Inc., P.O. Box 3000, Winston-Salem, NC 27102. Offer good only in U.S.A

21 mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.


Olivia? Elton? Neil? Barbra?
Choosing the beer was a lot easier
than this.
Michelob Light
Compare the taste to any beer you like.
ANHEUSER BUSCH, INC. • ST. LOUIS, M

CONSTRUCT MULTI-USE COUNTERS

When space is limited, work areas must be multifunctional. This 6x 2½-foot serving counter doubles as a potting bench. The tiled surface that runs up the back of the table makes cleanup easy and provides a heat-resistant surface for the hibachi. The open space beneath offers storage for potting materials, watering cans, and other equipment.

Photograph: Ernest Braun
Architect: Peter Golze
Field editor: Helen Heitkamp

ROUND OUT A PATIO

Cedar rounds set firmly in bark chips offer a handsome alternative to the usual concrete for a backyard patio. A cedar edging confines the narrow, easy-to-maintain planting bed of dahlias and petunias. Remove spent flowers, and the plants will keep blooming until a killing frost. Spring-flowering bulbs provide early color in garden beds like this one.

Photograph: William N. Hopkins
Field editor: Mary Anne Thompson



SUMMERTIME SPECIAL



ASSEMBLE A GAZEBO

This hexagonal gazebo measures four feet on each side. Six 8-foot 4x6 posts support the 2x4 roof beams. The ornamental cast aluminum trim, which looks like traditional wrought iron, is easily cut to the proper length with a hacksaw. **For more building details, see page 184.**

Photograph: de Gennaro
Designer: Robert Stermer
Field editor: Pauline Graves

ADD A SCREENED ROOM



This screened room lets Oswald and Lela Brownlee enjoy the outdoors without becoming the main course for hungry mosquitos. The simple construction uses 4-by-4-foot squares for the flooring of both the room and the deck. A bonus is an 8-foot-long pull-up shelf that the Brownlees can fold down out of the way when more seating room is needed inside.

Photograph: William N. Hopkins
Architects: Richard Brownlee & Paul Finsness
Field editor: Patricia Carpenter



HIDE AN UNSIGHTLY STRUCTURE

This atypical gazebo was tailored to mask the back of a neighboring garage. The homeowner, Dr. Charles Davidson, constructed the gazebo using "cheap pine stock, rudimentary carpenter skills, a jigsaw, and an electric drill."

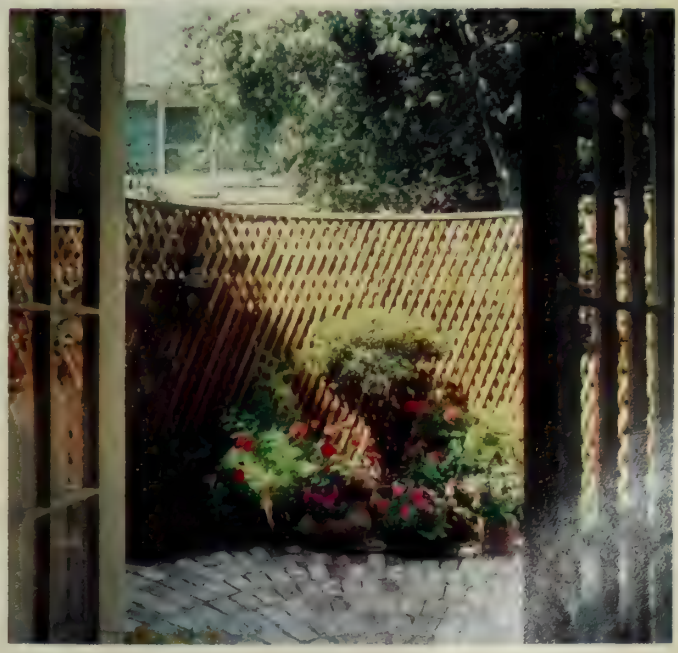
The back, sides, and roof of the structure are stock lathe. The pillars are pine 4x4s, embellished with added molding. The decorative top strip sports a flower pattern created by drilling four large, overlapping holes.

Photograph: Maris/Semel
Designer: Charles Davidson
Field editor: Estelle Bond Guralnick

GAIN A PRIVATE PATIO

Lattice fencing and bricks transform a narrow side yard into a charming, small garden patio. Potted plants and climbing vines provide changing color and soften the geometrical lines of the lattice. Curving the lattice fence gives a dimensional feeling of added space and heightens the privacy.

Photograph: Ernest Braun
Landscape architect: Jack W. Buktenica
Field editor: Barbara East Cathcart





Photograph: Fred Lyon. Field editor: Barbara Cathcart. Design: Jois Belfield

DECORATING WITH THE NEW NATURALS

By Shirley Van Zante and Denise L. Caringer





Photograph Jessie Walker Design Eileen Herman Eileen Herman Custom Interiors



Photograph Fred Lyon Field editor Barbara Cathcart Design Pamela Pennington, ASID

TEXTURE

Textures, woods, and colors that seem to have been plucked right out of nature have become decorating classics.

And with good reason. These natural materials—whether unpainted wicker, oiled wood, or a colorful cotton print fabric, for example—mix beautifully with each other and with any room setting from country to contemporary.

But even the classics change. Today, you'll find wood finishes that are clearer and lighter in color to let even more of the grain show through. Yesterday's warm "earth-tone" colors are giving way to pale desert tones and fresh-from-the-garden pastels.

And, thanks to some help from modern technology, natural materials have never been so durable and soil-resistant; we're free to choose just the furnishings we want—yes, even white upholstery! Wood finishes, cotton upholstery, and sisal rugs, for example, easily stand up to the daily onslaught of adults, kids, and family pets.

Take a look at these easy-living rooms. They'll show you how to create a new scheme or liven up an old one —*naturally*.

Opposite: The naturals have a knack for making a room look finished even when furniture is at a minimum. Somehow, these colors, textures, and materials from the outdoors seem to call for open spaces around them.

The stars of this setting are two twig settees. Made of willow (with the bark left on), these gnarled country pieces take on surprisingly sophisticated airs when they're set against a sleek contemporary background like this.

To contrast with the rustic wood frames and emphasize the lines of the furniture, other elements in the room are kept smooth and glossy: the upholstery covers are of tightly woven cotton, walls and woodwork are painted gleaming white, and the natural clay floor tiles are glazed to a high sheen.

Above left: If the naturals in your room also happen to be *neutrals*, count on texture—from satin smooth to rough and rugged—to keep things from becoming boringly bland.

Even though this room is devoid of intrusive colors and patterns, there's no lack of decorating interest. That's because these muted, new-natural hues are seasoned with a lively mix of textures. Woven wicker contrasts with the icy-smooth chrome-and-glass tables, while the fibrous sisal rug nicely complements the shiny lacquer lamp and sleek mini-slat blinds.

Above: This room is another example of elegant, stripped-down simplicity. Again, it's texture that keeps things from becoming *too* calm and quiet. Soft matte-finish paint covers the walls, while a rough, heavily textured rug anchors the seating group. The coffee table is a contrast of rustic and refined; a sleek glass top rests on three old jugs (once used by drinking water companies).

Buying information, page 158



Photograph: Fred Lyon. Field editor: Helen Heitkamp. Design: Bobbie Becker, Interior Spaces







Photograph: Ross Chapple. Field editor: Eileen Deymier



Photograph: Fred Lyon. Field editor: Helen Hertkamp. Design: Chrissi Leibenson

WOOD

Rich wood—in fine furniture, wall paneling, and polished floors—has always been a hallmark of good decorating. To blend with today's new naturals, wood surfaces are being sealed, bleached, stained, or even lightly washed with paint so the beauty of the wood grain shows through the finish.

Opposite: All too often, traditional rooms are synonymous with dark, dreary colors and heavy, patterned fabrics. This living room avoids the stereotype by combining the best of the past *and* the present. The charm of old-fashioned architecture and wood details has been maintained, while the injection of crisp, easy-care neutral fabrics and a bright white wall color gives the room a youthful, updated look. No attempt was made to disguise or minimize the old wood; instead, years of accumulated varnish were removed and the woodwork, fireplace, and floor were simply refinished and stained dark.

Near left: Wood tones and wicker are naturals for a mellow country setting like this one. Pecky pine walls have been whitewashed to provide a warm, easy-on-the-eye backdrop for the room's almost-antique furnishings.

The furnishings demonstrate that a mixed bag of woods and finishes can blend compatibly. Here, an antique honey-color wood chest serves as a coffee table, while an old pine hutch holds collections of bottles, tinware, and old English china. Seating pieces are 1900-vintage wicker, painted white.

Above: Pine, once sniffed at by furniture makers, has come into its own, with clear, mar-resistant finishes that reveal the varied grain, colors, and knotholes in the wood. The golden color and shiny-smooth texture of the pine pieces add a natural warmth to this attic bedroom. In one corner, the low platform bed piled with pillows doubles for comfortable lounging. To the left, a low matching pine table, complete with floor cushions, makes a good spot for a casual meal or morning coffee.

Buying information, page 158

DECORATING WITH
THE
NEW NATURALS



Photograph: Maris/Semel. Field editor: Estelle Bond Guralnick. Design: Kate Wharton. Now and Then







Photograph: Ross Chapple Field editor: Eileen Deymier. Design: Pamela Hughes & Co.



Photograph: Fred Lyon Field editor: Helen Helkamp. Design: Sandra Banks

DECORATING WITH THE NEW NATURALS

COLOR

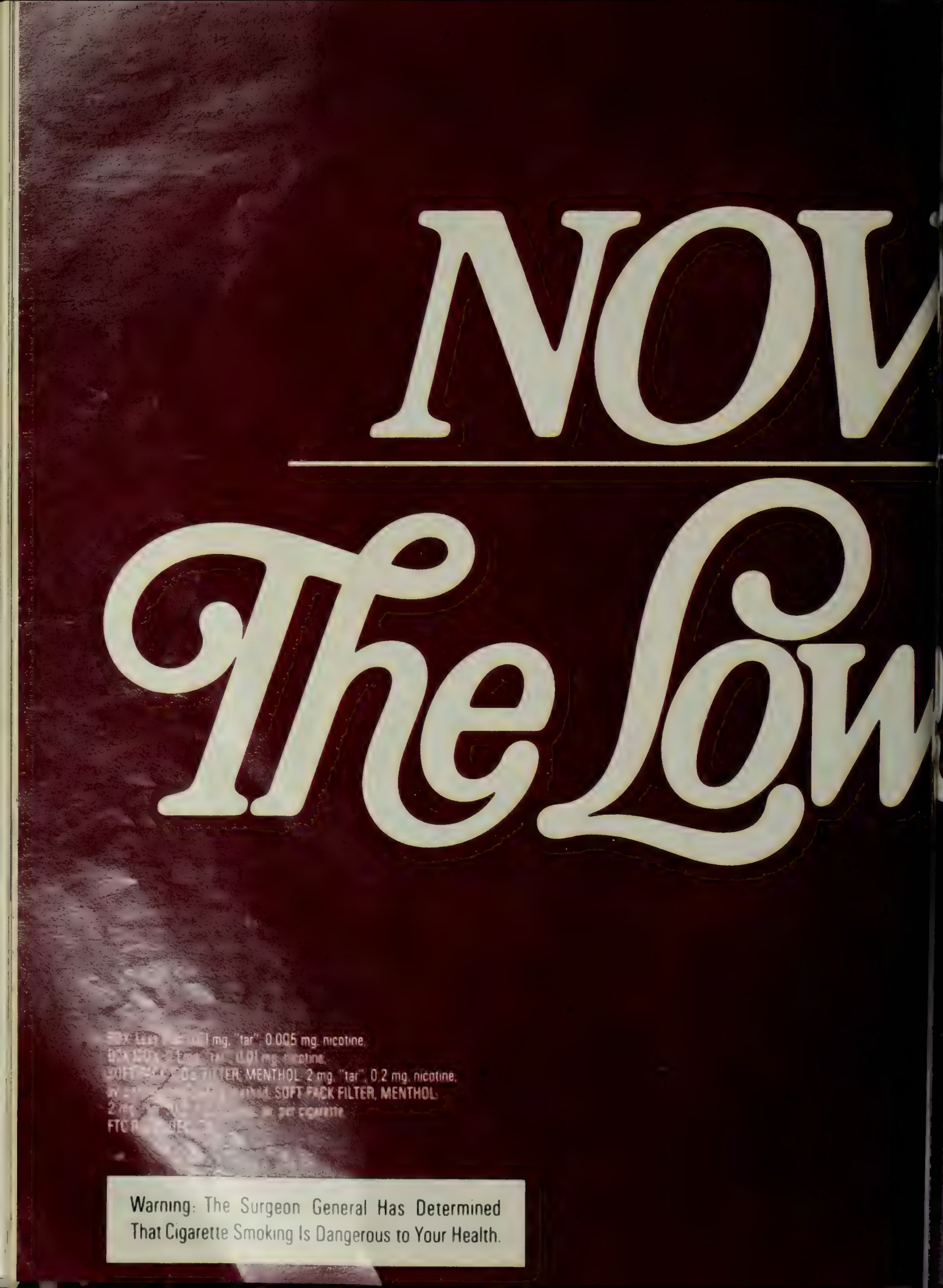
The naturals of a few years ago were mostly "earth tones"—beige, brown, rust, and gold. Today's new naturals come from a fresher, pastel palette—hues like forest green, marigold, peach, lilac, and cornflower blue. Unlike the pallid pastels of a generation ago, this new breed of colors is vibrant—even when "grayed down" to a mellow, dusty tint.

Opposite: A "natural" scheme doesn't *have* to be inspired by neutral colors or wood tones. This bedroom owes its delicate flower-garden scheme to the hues in the patterned sheets. The inexpensive fabric was not only used for bed linens, like the pillow shams and dust ruffle, but also to make the window shades and a tie-on chair cushion. What gives the room real impact is the unifying dusty pink wall color taken from the pattern.

Near left: One bold stroke of color borrowed from nature can inspire an entire color scheme. Sunny yellow was used decisively on the walls and sofa in this living room. Springtime colors like these work best when they're liberally laced with areas of soothing white, like the ceiling, carpet, and woodwork in this room.

Above: One of the nicest things about the naturals is that they're so easy to live with—and so easy to change. This gentle scheme takes its cue from the soft pussywillow gray found in the dhurrie rug by the fireplace. Later, all it will take to change the look of the room is a new wall color and colorful accessories.

Buying information, page 158


NOV
The Low
mg. "tar", 0.005 mg. nicotine.
SOFT PACK FILTER, MENTHOL 2 mg. "tar", 0.2 mg. nicotine.
SOFT PACK FILTER, MENTHOL
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



Box
Less than 0.01 mg tar

Box 100's
0.1 mg tar

Also available: Soft Pack 85's and 100's



Regular or Menthol

CHEVY IMPALA. America's lowest-priced full-size diesel wagon.*

Full-size room, comfort and ride are yours along with impressive fuel economy. The Impala Diesel Wagon holds over 87 cubic feet of cargo, or up to eight people when you order the available third seat model. For families on the go, it's an ideal way to get there. Chevrolet Impala and Caprice: America's favorite full-size wagons. No wonder.

33 HWY. EST. **21** EPA EST. MPG**

With available diesel engine.





CHEVY MALIBU. America's lowest-priced mid-size V6 wagon.*

Mid-size means right-size for many families today. You get room for up to six plus good mileage in a size that's easy to handle in traffic and parking. A peppy V6 engine, power steering, power brakes, radial tires all yours at no extra cost. Chevy Malibu: It's a lot of wagon for not a lot of money—a real value in the true tradition of Chevrolet.

28 HWY. EST. **20** EPA EST. MPG**

A pair of family wagons long on mileage, short on price.

Chevrolet

UP AHEAD

*Based on comparison of Manufacturers' Suggested Retail Prices. Level of standard equipment will vary. Destination charges may vary and affect price comparison. Diesel engine is optional equipment on Impala and Caprice models.

**Use estimated MPG for comparisons. Your mileage may differ depending on speed, distance, weather. Actual highway mileage lower. Impala highway estimate lower in California. Malibu higher. Chevrolets are equipped with GM-built engines produced by various divisions. See your dealer for details.

Kim Garretson

Ride Sharing

It Makes More Sense Than Ever

More and more people who once drove alone to work are learning firsthand about the advantages of ride sharing in car pools or van pools. Saving money is only the beginning of the benefits.

Ride sharing: the big picture

The people whose commuting routines we describe in the adjacent box are but a few who ride-share to work or school—and put their commuting money to better use. Some take buses, commuter trains, or subways; others ride in car pools; still others travel in 12- and 15-passenger vans, the most energy-saving way to go for long commutes according to a congressional budget office study.

But the increase in ride sharing is motivated by more than frugality. Many Americans have come to view the car, once a symbol of personal independence, as a symbol of national dependence. Their numbers are likely to grow, thanks to climbing energy costs and the capriciousness of oil-producing countries. Our dependence on imports could be lessened by 300,000 barrels of crude oil a day if we were to increase the average occupancy of cars from 1.3 to 2 persons, says the Department of Transportation. And, environmental quality goes up as the number of autos on the road goes down.

WHY GET INVOLVED?

- David E. Smith, a marketing communications director at Aetna in Hartford, pockets 75 percent of the money he'd spend if he drove the 44 miles to work alone. He carpools with fellow employees and drives his own car a quarter of the time. The trip alone takes 50 minutes; ride sharing, 60 to 70 minutes.
- Debbie Head, secretary at Hallmark in Kansas City, drives to and from work 32 miles a day and pays nothing for gas. Two fellow employees who ride with her pay for the gas plus a few other car costs.
- Beth Brown, an attorney at Allstate near Chicago, would pay $2,000 in gas and tolls if she drove the 35 miles to work alone all year. Instead, she rides in one of the 99 company-sponsored vans for $807 a year plus tolls, or roughly $1,200. Now she wouldn't go back to solo driving; her reading time en route is too precious.
- Ron Finney, a maintenance person for Hallmark's fleet, pays nothing for his 35-mile trip to work. In exchange for driving his fellow employees in one of Hallmark's 50 vans, he rides for free and gets to use the van at night and on weekends.

Weighing the pros and cons

Consider these points when you're trying to decide if pooling is for you:

PROS. If you drive, say, ten miles one-way to work in a standard-sized car, you'd save at least $500 a year by rotating the driving in a car pool with one other person or at least $800 by riding in a 12-passenger van, based on current gasoline prices.

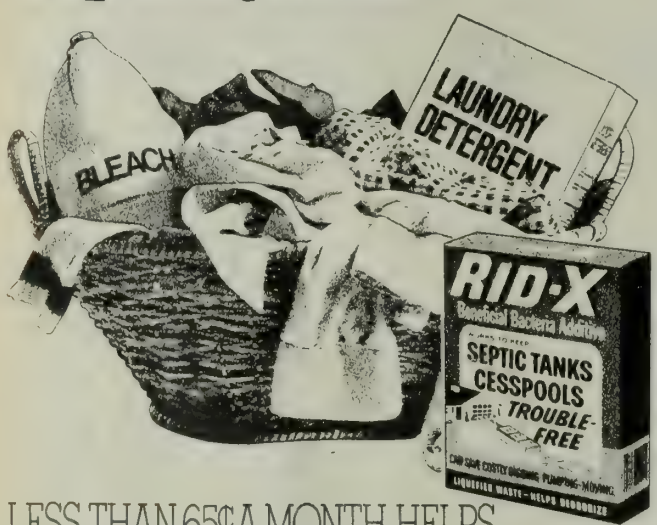
- Your auto insurance premium could drop from 10 to 25 percent if you carpool. Requirements for getting a car pooler's discount vary, but you usually must either drive to work or school on a rotating basis with a certain number of other people or limit your driving (say, to two or less days out of the week or two weeks out of a five-week period). If your company provides no special discounts to car poolers, you still may be able to lower insurance costs by driving fewer miles each year, and thus lowering your driving classification.
- Sometimes you can get to work faster in a car pool than you would by driving alone. At least 81 sections of highway in 35 cities are set aside as express lanes during rush hours for ride sharers. And some companies allot preferential parking to poolers—a saving of more time.
- Ride sharing saves on car use and maintenance. At best, you may be able

continued



Illustration: Andrea Eberbach

If you use detergent, bleach or soap in your house, use RID-X in your septic system.



LESS THAN 65¢ A MONTH HELPS KEEP SEPTIC TANKS AND CESSPOOLS FROM BACKING UP AND BREAKING DOWN.

Every time you do a wash, your detergent, soap and bleach wash away some of the bacteria your septic tank or cesspool needs to work. That can mean back up and break down. And costly repairs. Rid-X helps prevent all of that by putting back the bacteria. Rid-X and one extra flush of your toilet a month may be the only attention your septic system needs.

RID-X KEEPS YOUR SEPTIC SYSTEM IN ITS PLACE.

25¢ **25 CENTS OFF** 25¢



Save 25¢ as you help save your septic tank or cesspool from back up and break down. Just redeem this coupon at your local supermarket or hardware store for 25¢ off on a box of Rid-X.

Mr. Dealer: This coupon will be redeemed by the d-Con Company for its face value plus 7¢ handling provided you have complied with the terms of the offer. Invoices showing your purchase of sufficient stocks of d-Con products to cover all coupons submitted for redemption must be shown upon request. This coupon is valid only toward purchase of products specified. Any other use constitutes fraud. Coupon is void where taxed, restricted or prohibited by law. Cash value of 1/20 of 1¢. Coupons may not be transferred or assigned to a third party. Mail all coupons to: RESCO, P.O. Box 1500, White Plains, N.Y. 10602. This coupon expires September 30, 1981. Customers must pay sales tax. Limit one coupon per box.

25¢ BH5 STORE COUPON 25¢

continued

Ride sharing

to forgo a second car. Hertz Corporation calculates that you could save $2,855 a year by selling the second car and riding in a van pool if you're one of the 7.5 million people who drive alone to work an average of 53 miles round trip each day. At the least, you'd lengthen the life of your family car by putting less wear on it.

- Convenience is a big factor for many poolers. When you're not driving, you're free to read, sleep, or just relax instead of having to cope with rush-hour traffic and inclement weather. And some poolers say the security of traveling in a group, especially when there is door-to-door pickup, is just as important as convenience.
- Interestingly, what makes many people resist car pooling in the first place is what keeps them in later. Initially, they fear losing their privacy, but later they find the companionship is what they enjoy most about ride sharing.

CONS. If you need a car for work, you have a big—but not impassable—roadblock to ride sharing. Some people get around it by being the only driver in a pool and charging others to ride. You also may have difficulty working out a ride-sharing arrangement if you must travel often in your job.

- You lose your freedom to come and go as you please and to run errands on the way home. Selecting poolers with similar work habits helps, but that loss of freedom still takes some getting used to.
- Pooling takes more time than driving alone if you can't use car-pooling express lanes. And unless you can keep the joint commuting time down to 1.5 times the time of driving alone, you probably won't stick with pooling, say ride-sharing coordinators.
- Though you save on auto insurance premiums by car pooling, savings may be offset slightly if you need additional bodily injury liability coverage because of the additional passengers. Fewer and fewer states have "guest statutes," laws that relieve the driver of responsibility for their passengers' injuries except in cases of extreme negligence. Since state laws vary, it's best to get your local insurance agent's recommendations on coverage.
- You sacrifice some comfort—especially in van pools. Backseat passengers get the brunt of the bumps, unless, of course, the van is outfitted with luxury option seats, as more and more ride-sharing vans are.

Getting into a car pool

Formation: Most pools get together informally; a few friends, co-workers, or neighbors simply decide to drive together. If you can't set up a pool from your network of friends, place a notice on your company's bulletin board or in its newsletter, or run an ad in a community shopper. Decide on the number of people in your pool by considering the size of the cars included (small cars may hold no more than four comfortably) and the time you're willing to spend picking up and dropping off members.

Some personnel and safety/traffic departments in large corporations help potential poolers get together. With a little prodding, your company may be willing to do likewise.

continued

POWDER TO THE PEOPLE WITH DIRTY CARPETS.



Powder to the people with pet stains, powder to the people
n hallways that look like highways.

Plush Powder.

Plush™ is the heavy duty rug cleaning powder with the
ver of borax.

Simply sprinkle, damp mop and vacuum in fifteen minutes.
sh penetrates deeply with less rubbing, to remove even stub-
n pet stains and odors. It leaves no rings or residue.

In fact, Plush can clean up on any other way of cleaning
ur carpet; aerosols, liquids, even steam
chines.

And anybody who says different is all wet.

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE



PLUSH

HEAVY DUTY RUG CLEANING POWDER WITH BORAX.



There's the fresh, more natural taste of the fruit itself.

Lightly, delicately sweetened with an extra light syrup (and no artificial sweeteners, ever) so they taste terrific.

More like fruits, less like sweets. More like fresh peaches, pears, apricots, fruit chunks and fruit cocktail.

Great taste is what makes new DEL MONTE Lite Fruits so good for your family.

The fact that there's less sugar (50% less added sugar than regular canned fruits) is something they need never know.

A more natural taste of fruit.

For a free Lite Fruit recipe booklet, send 1 DEL MONTE Lite Fruit label to: Lite Fruit Recipes, P.O. Box 8456-M, Clinton, Iowa 52736.

Product is available in limited areas ©1980 Del Monte Corporation

continued

Ride sharing

Municipal planning organizations also help in some cities. Usually the coordinator of a ride-sharing program either provides lists of potential ride sharers or actually matches people.

Many pooling efforts are defeated before they start because people are hesitant to approach strangers, according to studies. Coordinators have found that more than half of the interested persons who receive phone numbers of potential poolers never make one phone call. If all of the pool members are strangers, coordinators suggest that the group first get together—perhaps over coffee or lunch.

Driving and money arrangements: The simplest setup (and the most advantageous, insurance-wise) is for all pool members to share equally in the driving. A weekly rotation helps avoid confusion about whose turn it is to drive; but with daily rotation, there's a car at home for other family members during part of each week. Usually no money is exchanged.

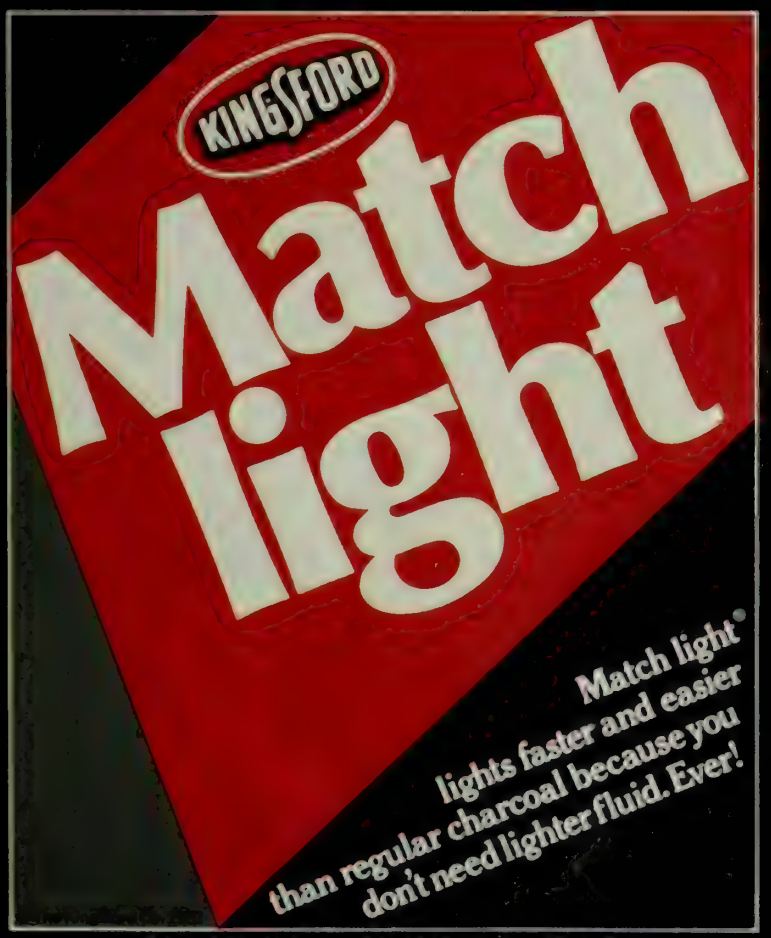
If you choose to be the only driver and charge others for riding, there are a number of ways to set the payments. Some drivers charge riders for all the gas, but pick up expenses for maintenance, licenses, insurance, and depreciation; others figure all costs, then divide them among all pool members; others charge the price of a bus fare. If some members have significantly longer or shorter rides than others, it's best to prorate the costs by miles traveled.

Don't shortchange yourself in figuring costs. In 1980, Hertz estimated that if a new car is driven 10,000 miles a year for three years, the costs of driving a subcompact would be 38.1 cents per mile; a compact, 39.8 cents; an intermediate, 44 cents; and a full-sized car, 48.1 cents. (These estimates represented a 25-percent increase over the 1979 estimates. You can assume 1981 costs will again be markedly higher.) Geography has a lot to do with how your actual costs will compare to these national averages. For example, Hertz found that a compact car cost 53.8 cents a mile in Los Angeles, 50.6 cents

continued on page 62



The pour... and light charcoal.



No lighter fluid needed.

He has quality GM parts for my GM car.



GM QUALITY SERVICE PARTS

GENERAL MOTORS PARTS DIVISION



That's why it's good to know Mr. Goodwrench.

I don't have to settle for something other than genuine GM parts. I expect them. From Mr. Goodwrench. He always seems to have a good supply of the parts I need.

Mr. Goodwrench has the right tools and he has General Motors training available. He understands my GM car. He's equipped to fix it right. Fact is, I'd say he's about all I need to know about fixing my GM car.

He puts his name on the line. I get a written estimate from Mr. Goodwrench without even asking. So I know just about how much I'm spending before I've spent it. I like that. And Mr. Goodwrench is committed to reasonable prices that are competitive with those of other places around here where I could go for service. So when my car needs work, I watch for a Mr. Goodwrench sign. It's at more than 5,000 GM dealers. Across America.



wrench

KEEP THAT GREAT GM FEELING WITH GENUINE GM PARTS.

AT PARTICIPATING INDEPENDENT MR. GOODWRENCH DEALERS SELLING CHEVROLETS, PONTIACS, OLDSMOBILES, BUICKS, CADILLACS, GMC AND CHEVY TRUCKS.

X-O® RUST puts a finish to rust.

Illustration shows a cutaway view of rusted metal before and after X-O Rust application.

X-O Rust red metal primer penetrates rust, forms a tough bond to metal.

Stop old rust in its tracks, stop new rust before it starts. Simply brush away dirt and loose scale before you paint. Tru-Test® X-O Rust red metal primer, with processed fish oil, penetrates right down to solid metal...seals out air and moisture to prevent further rusting...restores rusty grillwork, toys, lawn furniture, tools and machinery for many more years of use. X-O Rust is available in most popular colors.

Tru-Test and X-O Rust are sold exclusively by True Value Hardware Stores and Home Centers who own their own paint factories. Look under Paint—Tru-Test in the Yellow Pages.



True Value HARDWARE STORES®

continued from page 58

Ride sharing

in New York, 38.1 cents in Atlanta, and 37.2 cents in Detroit. Hertz will send you a copy of their estimates for various cities at no charge, but can not provide calculations for your driving costs. Write: Hertz Corporation, Public Affairs Department, 660 Madison Ave., New York, NY 10021.

If you want to calculate your costs, three booklets can help. *How to figure your driving costs* can be picked up at your local American Automobile Association office. Another booklet, *Cost of owning and operating automobiles and vans,* is available from the Highway Statistics Division, Federal Highway Administration, Washington, DC 20590. The third booklet, *Rideshare and save: A cost comparison,* is published by the U.S. DOT Office of Public Affairs; to get a copy, write to the Department of Transportation, Room 9421, Washington, DC 20590.

Getting into a van pool

The number of van pools has doubled every year for the past five years and now amounts to over 12,000. The majority of these pools, however, aren't open to the general public as yet.

Most van pools are set up by corporations—more than 300 have pools for their employees. Arrangements differ, but most often employers purchase or lease the vans, administer the programs, and charge employees on a break-even basis. (This "benefit" is not considered taxable income to the employee.) In exchange for driving, an employee gets to ride free and use the van at night and on weekends. In most programs, the company handles the finances directly or asks the van driver to turn in a certain amount each year. But it's up to each pool to work out arrangements democratically.

In some cases, the van pool is operated by a third party, which is either a private company or a government organization. Since administrative costs aren't absorbed by the employers, this type of van pool is more expensive than employer-operated pools. In other cases, an individual operates his or her own van for profit or

True Value HARDWARE STORES®

Turn the page for more great buys! Special prices expire June 6.

SPRING AND SUMMER VALUES

At more than 5,000 hardware stores and home centers, True Value is more than a name... it's a way of doing business. To bring you famous-quality brands at money-saving prices *everyday*, plus neighborly service in a locally-owned store. For the True Value Hardware Store or Home Center near you, look under "Hardware" in the Yellow Pages.



Bag A Bargain!

Heavy-duty trash and leaf bags now at big savings. Choose the 50-pak 44-qt. or 15-pak 7-bushel size. 715/445, each box only .. **3.99**
60-pak 26-gal. or 40-pak 33-gal. 196/330 **5.99**



The Roughnecks™

When others buckle under, these thick-wall heavy-duty plastics will still be going strong. Won't rust or dent. Choose 12-qt. bucket or 24-qt. scrub tub. 2964/3601 Each **2.99**



Formby's Furniture Care Kit

Learn the secrets to lasting beauty for fine woods and antiques. Includes 32-oz. Furniture Refinisher, 8-oz. gloss Tung Oil, 3 refinishing pads, instructions. 0032 .... **7.77**



New Haven Decor Mirrors

Distortion-free plate glass mirrors in unique designer frames add a nice touch to entry or any room. "Veranda", 8158 ..... **18.88**
28½" oval "Owls" design, 9354 ..... **19.99**



Casablanca® Fan

52" fan, brown or white, CF2052/W .. **149.99**
Optional light kit accessory, CF-LK-1AB **19.99**
Swag chain kit for wall plug, CF-SK-5 . **15.99**
Variable solid state control, SW81 ... **14.99**



CONTICO Curbside Mail Box

This charming weathered barn is actually 1-pc. molded polyethylene with magnetic closure to protect mail from the weather. 9½ x 9¾ x 18" inside dimensions. MB101.. 24.88

TEAR OUT AND SAVE THIS 8-PAGE SHOPPER. True Value HARDWARE STORES®



WESTCLOX® Alarms

Dunmar Dialite electric. White case, face. Lighted dial, black numerals, gold trim, 22118 **5.99**
Tourino Travel Alarm. Durable case, 3" high, 44500 ..... **4.99**



Spartus Clocks

Wicker plate quartz clock. With floral design, 28-6977-125 ... **9.99**
Invicta contemporary style in dark walnut, cane-look inset. Electric, 31-6454-135 ..... **9.99**



Thermo-Serv Fresh Ideas

Double-wall design holds heat or cold without condensation. 55-oz. pitcher, 15A015 ..... **9.99**
12-oz. tumblers, 34D015 or 10-oz. mugs, 53D015 Each 4-pak .. **5.99**



Serving, Storing Sets

Jeanette® 7-pc. crystal set for salads, dessert, 2682-7C ... **6.99**
Kromex® 4-pc. canister set. Aluminum with porcelain-like finish, snug lids, 197-55 .. **14.99**

True Value HARDWARE STORES®

HOMEMAKER

Shop a complete selection of famous brand name housewares. Just say "charge it" at



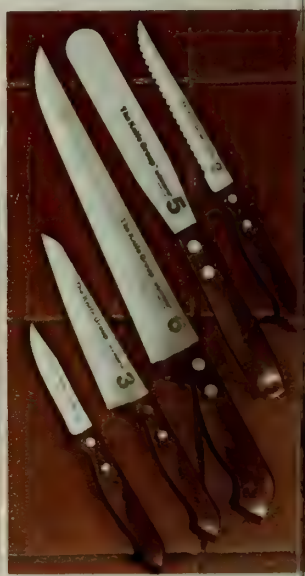
Farberware Cooking Values

A Convection Turbo Oven® uses power-driven hot air to roast, bake, and broil food to perfection, faster. Uses half the energy of regular electric oven. Plug-in portability, timer, temperature control. 460/5. ..... **159.99**
B 5-pc. aluminum-clad stainless steel: 2-qt. pan, 4-qt. pot, 8½" frypan. Interchangeable lids. 5006. .... **39.99**



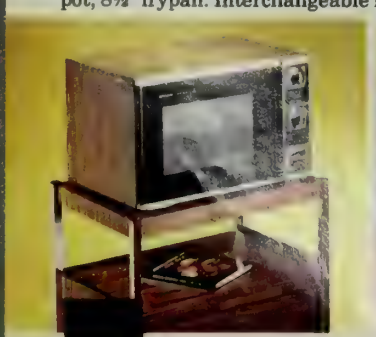
Anchor Hocking Bakewares, Dinner Sets

C Set a party-perfect table everyday with ironstone dishes, choice of handsome patterns. Oven and dishwasher-safe. 20-pc. service for 4. C4009/28/6001 ... **19.99**
D Microware® is safe in microwave, freezer, dishwasher. Choose 1-qt. covered pan, bacon rack, muffin pan, or baking sheet. PM481/469/447/444. ..... Each **3.99**



Imperial Knives

Stainless steel. Betty Crocker. Paring, BC1 **1.79**
Slice, chop, BC3 ..... **2.89**
Carving knife, BC6 .. **3.99**
Flat spreader, BC5 .. **2.49**
Cutting, coring, BC2 . **1.99**



SHARP Carousel

Dual controls for convection and microwave cooking. Rotates food. 1.5 cu. ft. cap. R8310 . **599.95**
Gusdorf oven cart with shelf, cabinet. Casters lock, 3460 **69.95**



Imperial Stainless

Solid stainless steel crafted for carefree, lasting beauty. Four 6-pc. settings plus serving spoon. Choose Misty Morn or Fleurette pattern, 25MM/FL **9.99**



Cookware Set

Thick, even-heating aluminum. Snug-fit covers cut moisture loss. 7-pc. B1577-53. ..... **27.88**
4-qt. Pressure Pan cooks, cans food. Audible signal. M0594 **24.99**



Copper-Clad

Stainless steel, copper bottom sauce pans. 1-qt. 1401 . **10.99**
2-qt. 1402 **14.99** 3-qt. 1403 . **16.99**
Matching 2-1/3-qt. whistling teakettle. 2701 ..... **12.99**





Turn the page for more great buys!

SPRING AND SUMMER VALUES

Special Prices Expire June 6!

Hostess Helpers

Libbey® 8-pc. 12-oz. glass sets, 393-23516 159-23520. Choice . **6.99**
Nelson McCoy® 3-pc. microwave bowl set, 0125-1200 ..... **9.99**
10" mixing bowl, 0110-1200 . **6.99**

Utility Space Savers

Quaker® 4-shelf steel unit 58" ht., 16" deep, SD69A23 .... **16.88**
Tucker® stackable see-thru storage. Lg. Sweater, 278 . **3.49**
Small, 277 **3.69** Shoe, 176 **1.39**

SAVINGS

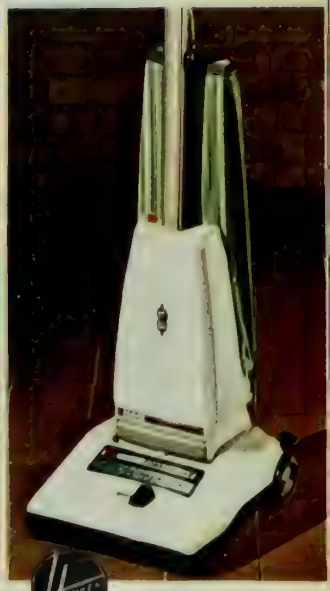
VISA

True Value HARDWARE STORES®

participating True Value Hardware Stores or Home Centers.







WEST BEND Where Craftsmen Still Care®

E FlavoDrip® 10-cup coffeemaker. 5977 ..... **19.99**
F Slo-Cooker Plus®. 6-qt. no-stick pot. 5276 .... **39.99**
G 12" electric skillet, no-stick SilverStone® 1440 . **34.99**
H 8-pc. aluminum set. Porcelain outside, SilverStone® inside. 4 pans, roast rack. 3 lids fit all. 16-97 .... **39.99**
I Matching 2½-qt. tea kettle, trigger spout. 2644 . **8.99**

CORNING WARE Kitchen Conveniences

J Counter-Savers protect tops from cuts, heat. Easy-clean white. 10 x 14", P1014 . **9.99** 14 x 20", P1420 . **16.99**
K 3-pc. mix, freeze, bake, serve set. 470-49 ..... **9.99**
L Freeze, cook, serve in Menu-ette® Set. 1 and 1½-pt. saucepans, 6½" skillet, lids. Cornflower. P100 ... **14.99** Wildflower™ or Spice O'Life® design, P100-7/8 .... **16.99**

Vacuum

Self-propelled for easy cleaning of all carpets and floors. Features extra edge cleaning power, 2 speeds, 16-qt. bag, 5-pc. tool set. U3105 .... **219.95**



Club 8-pc. Cookware

Heavy cast aluminum, oven-proof handles, knobs. 1 and 2-qt. saucepans w/covers, 10" frypan, 4½-qt. Dutch Oven share cover. Roasting rack. 49TV-A/R/S . **54.88**



SPACE BUILDER® Shelves

Vinyl-coated steel units double closet space, let air circulate. 72 x 18" DoorWall unit, 8043-2 **29.99**
Single shelves, 2' 1020 ..... **4.99**
3' 1030...**7.99** 4' 1040...**9.99**



FISKARS Gift Set

8" sewing scissor for all fabrics plus 5" embroidery scissor for delicate work. Both have surgical stainless steel blades and custom molded handles. 665181 ... **12.88**



WISS Shear Quality

Comfort contoured handles, keen edges. Pinking, 8PS .. **8.99**
8" Dressmaker Shears, 3328 **6.99**
8" Utility Shears, 3308 .... **6.99**
Quick-Snips Scissors, 3373 . **2.99**



Amerock Bathware

The Charter Collection™ bath set organizes your shower area. It features: Towel bar, C8058 **18.99**
Wall soap dish, C8052 ..... **6.88**
Garment hook, C8054 ..... **5.88**



NuTone Antique Brass

Double wall hook, 1682 .... **3.99**
Towel ring, 1686 ..... **7.49**
18"towelbar,1694. **9.95**. 24". **10.95**
Paper dispenser, 1670 ..... **9.95**
Toothbrush holder, 1630 ... **4.99**



Seals Water-Tight

Flexible caulk stops leak in tub, tile, drain. Won't crack, shrink. White and clear sealant. 2.8 -oz. tube, GE372/361 ..... **2.22**
10.3-oz. cartridge, 2567 .... **4.44**



Water Seal®

Waterproofs wood, masonry, fabric, leather, anything porous. Bars moisture but lets surface breathe. Ideal primer. 12-oz. spray 101-0A **2.99** Qt. 101-04 **3.66**

True Value HARDWARE STORES® SPRING FIX-UP

There are over 5,000 True Value Hardware Stores and Home Centers in 50 states. Look



Werner Ladders

5-way combination ladder. Use it as a 6' step or 10' extension. Converts quickly and easily. Alum. 386 **69.99**
Aluminum stepladders 5', 365...**28.99** 6', 366...**33.99**



Wagner Spray Tech Sprayer

Airless electric sprays 7½ ozs. per minute without fog or overspray. Qt. capacity sprayer, W190 ..... **66.66**
Power painter, W280 **88.88**
Professional, W350 . **112.22**



Weldwood For Wood

Contact Cement bonds wood paneling, flooring and similar materials instantly, permanently. Easy to use. 1 pt. 0271 **2.55**
1 qt. 0272 ..... **3.55**



Tru-Test Smooth It, Paint It

Pads designed for fast, easy outdoor work.
7x4" paint pad, 604-7x4-09 ..... **2.88**
Surface preparation pad, 604-SPP-09 .... **2.99**
4" and 1½" brush set, P415-TV-09 ..... **3.22**



Tru-Test Orel® Brushes

DuPont® polyester filament outwears hog bristles 3 times. keep their shape even in water base paint, not affected by heat or paint solvents. See our complete line.



Duro Repairs It

Naval Jelly, pt. NJ-1 ..... **1.44**
5-minute syringe-mix E-Pox-E® glue sets up fast. QM-5 ..... **1.11**
Super Glue is super fast, super strong. 3-gram tube, SUP-1 .. **77¢**



Deft Wood Finish

Seals, finishes and dries to a clear semi-gloss in 30 minutes. For furniture and cabinetry. Pt. **3.66** Qt. **4.88** Gal. **14.44**
13-oz. aerosol spray can .. **2.88**



Minwax Finishers

Wood Finish penetrates, seals and finishes wood in 1 step. ½ pt **2.70** Pt. **4.15** Qt. **6.15**
Oil Finish gives hand-rubbed lustre. Pt. ..**4.70** Qt. ..**7.05**



sunnyside Wood Seal

Penta Preservative protects outdoor wood products from moisture, decay, mold, mildew and insects. Use alone or as a primer for paint, 1-gal. ... **6.99**



Repairs Concrete

Latex Concrete Resurfacer makes fast, long-lasting patches. It's self-curing and so easy to apply. Handy 5-lb. box, 36005 . . **1.66** 10-lb. 36010 . . **3.22**



Epoxy Finish

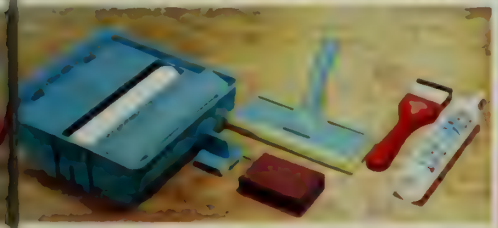
Klenk's epoxy puts a tough finish on tub, tile, etc. Outlasts ordinary enamel 5 times. Non-toxic, white. 1 pt. 8151 . . . . . **5.99** Economical qt. size, 8152 . . **9.33**



SPECIALS

under "Hardware" in the Yellow Pages.

True Value
HARDWARE STORES ®



Red Devil Painting Tools

9" flat pad paint kit with tray, 3973 . . . **6.66**
Fine and coarse sanding blocks, 3300/1 . . **88¢**
1½" wood scraper, 3040 . **1.77** 2½", 3050 **1.99**
Lifetime caulk, white or clear, 0856/66 . **1.99**



3M Sanding 'n Stripping

Press'n Sand Kit for disc sander includes assorted self-adhesive sandpapers. 9176 . . **3.33** Clean'n Strip brush attaches to drill and removes paint from wood or metal. 7771 . **3.55**



DAP Caulk

6-oz. Kwik-seal stops tub, tile and window leaks **1.49** Vinyl spackle instantly patches cracks in walls, ceilings. Seals tight. ½-pt . . . . **99¢** Qt. **1.99**



ELMER'S Wood Glue

Professional formula grabs fast, dries quick, reduces clamping time. It resists water, lacquer and varnish. Sandable, paintable. 16-oz. squeeze bottle, E702 . . **2.22**



Zyd Co One-Stroke®

1-step wood refinishing! Base, grain and sealer go down in 1 coat. For any paintable surface indoors or out. Covers 60 sq. ft. Wide color choice . . . **4.99**



SAVOGRAN Removers

Semi-paste Strypeeze® penetrates old paint or varnish. Pt. **1.66** Qt. **2.55** Gal. **7.77** Kwikeeze® cleans and restores used brushes. Pt. **1.55** Qt. **2.44**



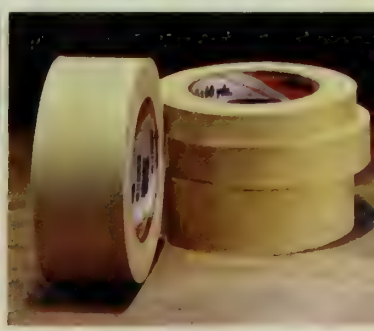
BON AMI Cleaners

Contain no detergent or bleach. Just soap and gentle feldspar to polish metal, defog glass, retard rust. 12-oz. powder, 04030 . . . **69¢** 8-oz. cleaning cake, 08200 . . . **88¢**



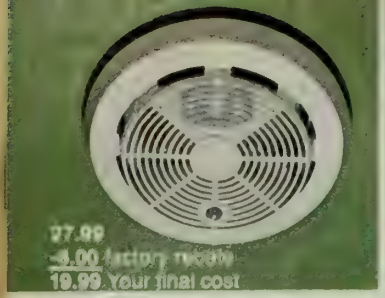
AUBERT Easy Mask

Combination dropcloth, masking tape speeds all your painting. Just press in place on any surface; lifts off clean. 2" x 180', 706040 **1.99** 3¾" x 75', 683140 **1.44**

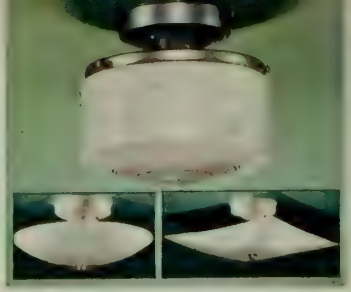


TuckTape Masking

Now's the time to stock up on masking tape for dozens of home, hobby uses. 60-yd. rolls, ¾", C1221 . . . **49¢** 1", C1222 . . . **69¢** 1½", C1223 . . **99¢** 2", C1224 . . **1.39**









First Alert Smoke Alarm
Protects lives and property. Sounds 85-decibel alarm and lights your way at first sign of smoke. Now only **27.99** less $8 factory rebate, SA120.

NIGHT SENTRY Control
Light timer for up to 48 automatic operations daily to give "lived-in" look. Installs like a light switch, WT-341 ..... **19.88**
3-way timer, WT-343 ..... **22.88**

THOMAS INDUSTRIES Lighting
Your choice of handsome ceiling fixtures with energy efficient white glass diffusers. Drum uses 75W bulb, others use 2 60W. WSL468/154/138. Ea. ... **6.99**

Master Padlocks
Combination lock with 6' vinyl-coated flexible steel cable, self-coiling. 1565 ..... **6.88**
1¾" wide laminated steel; case hardened steel shackle, 1D **4.88**

True Value HARDWARE STORES

VALUES INDOORS

Participating True Value Hardware Stores help make your home safe,









Samsonite Foldable Furniture
A Baked enamel on steel frames, with stain-resistant vinyl. 34" table, 8818..... **24.99** Chair, 3518 .... **13.99**

COMFORTLINE Special Seating
B 30" vinyl cushion utility stool, 9107BR **19.99**
C Folding hi-chair. King tray; vinyl, 225KS ... **22.99**

Cosco Baby Seats
Umbrella Strollabout™ has dual wheels, safety brake, washable seat, T-strap belt, 01-017 **22.88**
Padded carrier, 06-500 **6.99**
Booster seat, 09-134 . **7.99**

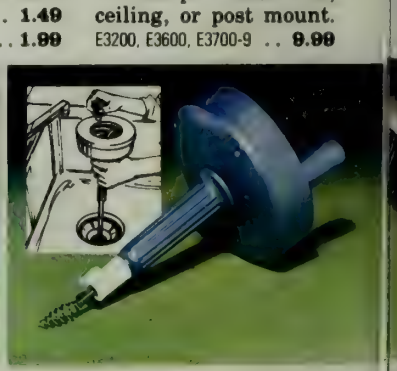
Shelving
Simulated pecan-finish shelves can turn empty space into a showplace.
1957P... Priced from **3.99**
Brackets, 176BRP ... **1.49**
Standards, 768RP. ... **1.99**

Edison Lanterns
Economy outdoor lighting. Weatherproof finish, shatterproof panels open to relamp. Choose wall, ceiling, or post mount.
E3200, E3600, E3700-9 .. **9.99**







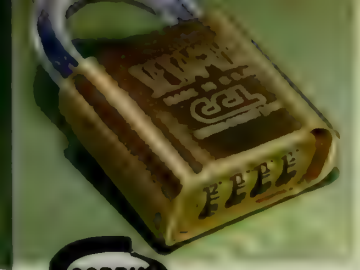


Mayfair Soft Seat
Both toilet seat and cover lid are deep-cushioned and upholstered in soft, smooth vinyl. Easy-to-clean, hidden hinges. Choice of fashionable colors. 13TT .. . 8.99

Touch CONTROL. Faucets
Single-handle faucet with "temperature memory". No washer, easy to install. Fits 4" centers. 84501 ..... **33.95**
With drain, 84521 ..... **38.95**

Fulflo® Water Filter
Better water instantly. Carbon filter removes odors, traps sand, rust and algae. Installs under sink. WT-6 ..... **36.95**
Replacement filter, RWT-3 .. **6.49**

MELARD Drain Auger
Full ¼" high-tensile spring steel wire, .072 gauge, threads effortlessly through drains and traps. Self-storing in handsome blue canister. 15-ft.1761 . **5.49**







Sesamee®

Opens with your own secret combination, may be reset anytime. 1¾" 4-digit padlock with brass finish. K436 . . . . . **14.88**
3-digit, chrome, KCR-410 . . . . **7.88**

Protection

Jimmyproof single-cylinder deadlock. Interlocking bolts give twice the protection. Keyed outside only. 530-53-35 . . . . . **6.99**
Double-cylinder, 535-53-35 . . **9.99**

AND OUT

secure, comfortable. Just say "charge it".

True Value HARDWARE STORES®









SNAP-I-CAL Home Helpers

A Met-l-scan™, 48540 . **4.99**
B Automatic security Sensor-Lite™, 48560 . . . . . **3.99**
C Night Guard, 49612 **5.49**
D Power Alarm signals a power failure, 48630 . . **11.88**

kwikset Locks

Entry lockset. Keyed outside. Only with dead latch, 400TKSP-3 . . . . **9.88**
Keyed deadlocks: single cyl. 660KSP-3-KA2 . . . **11.88**
Dbl. 665KSP-3-KA2 . . **17.88**

Keep a Kidde

All-purpose Home™ fire extinguisher uses nontoxic dry chemical to snuff out all types of household fires. UL: IA:10BC:C H110 . . . **9.99**

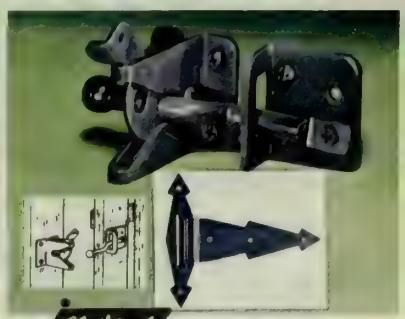
SHARP Electronic Calculators

10-digit calculator features plain-paper print-out plus electronic display, measures 1½ x 4½ x 8". 4-key memory, %, discounts. AC adapter & batteries, EL1185 **59.99**
8-digit slim wallet style offers basic calculations plus % and √, four-key memory, automatic power-off, LCD display. With case and batteries, EL309 . **9.99**









EMPIRE Cleans Up

B-B-Q grill brush with scraper and stiff bristles, 04-2775 . . . **1.44**
18" outdoor broom with tough Palmyra fibre bristles sweeps wet, dry surfaces. 60-4247 . . **5.49**

Steel City Organize Tools

Tools stay out of the way and easy to find when you use this 4-ft. metal track with 6 adjustable metal tool holders. Ideal for workroom. HT-1 . . . . . **3.89**

GENIE You Install

Screw-drive garage door opener has Cryptar® II control. 1 push opens, 2 closes. GS850 . . . . **179.99**
Chain-drive for single or double-size doors GS200SRD **119.99**

National Secure Gate

Adjust-O-Matic® has floating cross-bar that catches even if the gate sags. V21A **2.69**
6" T-hinge features decorative square-head screws. V849 . . **6.98**



MAGNAVOX Audio System

FM/AM/FM stereo radio plus 8-track and cassette tape players, record changer, full-range speakers. 1735... **349.95** Gusdorf® stand, 0955 ..... **34.95**



MAGNAVOX FM/AM Radio

Deluxe portable has electronic touch-tuning, pre-set 3 FM stations for instant location. Runs on battery or AC, has LED indicators and more. AL399 ... **49.95**



Panasonic Clock Radio

FM/AM radio with digital clock has 24-hour timer, wakes you to music or buzzer without daily setting. Automatic off lets you sleep to music. RC6015... **29.99**

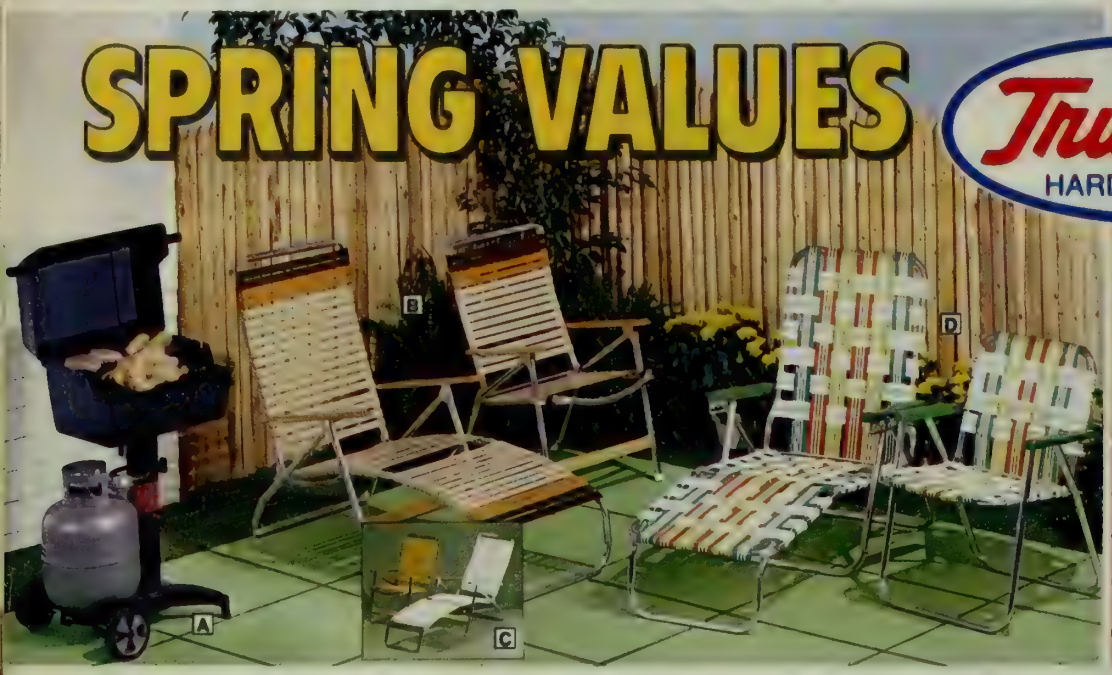


SANYO Porta-Play

FM/AM cassette recorder records from radio or live, with built-in condenser mike. Runs on battery or AC, has earphone jack, auto. off. M2402-3... **48.88**

SPRING VALUES

True Value HARDWARE STORES®





STRUCTO Gas Grill

A 20-lb. LP tank on rolling base for easy portability. 2 burners have separate Instalite™ controls. 245 sq. in. cooking grid, 80 sq. in. warmer. 9385 .... **149.99**

TELESCOPE Relaxers

B Vinyl straps on heavy-duty aluminum frames. Chair, 957 **34.99** Chaise, 959 **64.99** C Air-cushioned tubing. Chair, 971 **27.99** Chaise, 991 **47.99**

KELLER Mardi Gras

D Fade-resistant webbing on heavy-duty tubular aluminum frames keeps you cool and comfortable. Chair, J18 ..... **8.88** 72" adjustable chaise, J14 . **18.88**

WEBER Bar-B-Q Sets

Portable tabletop grill perfect for picnic or camping. 121001 . **39.99** Kettle grill accessories: charcoal rails, roast rack, grill and tool holders, 10 drip pans. 8801 **14.99**



Charmglow Gas Grill

Die-cast aluminum with extra-high hood, twin stainless steel burners, 387 sq. in. cooking area, with 20-lb. tank. 623A... **179.99** 600 sq. in., 624A **229.99**



Unarco Kettle Grill

Heavy-gauge porcelain-coated steel body and ash catcher assure long wear and good looks. Steel legs, grate, cooking grid. 18½", HCS1831... **38.99** 22½", 2231 **44.88**



METEOR Fast Starts

Electronic gas lighter emits sparks for instant lighting of gas grill or stove. 129 ..... **7.99** Electric charcoal lighter has 3-wire cord, UL listed. 200 . **8.99**



Lustro-ware Stash Trash

Rustproof, weatherproof, easy to keep clean and odor-free. Flip-top wastebasket, C144C .... **5.49** 24-gal. hi-dome can, C124D **11.88** 32-gal. trash can, CP132C .. **14.88**

There are over 5,000 True Value Hardware Stores in 50 states. Look under "Hardware" in the Yellow Pages.

COTTER & COMPANY General Office, Chicago, IL 60614. 100% Member-Owned warehouse distributor serving over 5,000 True Value Hardware Stores who own their own stores, set their prices and reserve the right to limit quantities. Because participating True Value Hardware Stores vary in size and merchandising policies, some may not stock all items shown. Prices may vary and are subject to change without notice. Prices expire June 6, 1981.

8-PAGE TEAR-OUT

on a break-even basis in order to get a "free" ride to work.

If you'd like more information, write the National Association of Van Pool Operators, Inc., 12209 W. Kingsgate Drive, Knoxville, TN 37922; or call 615/966-4507. You also can call the National Ride-sharing Information Center toll free at 800/424-9184 for van-pooling information.

Sticking with ride sharing

Ride sharers stress that the social aspects of pooling must be worked out satisfactorily if the pool is to last. Minor irritations—that could turn into major ones—are less likely to occur if ground rules, based on mutual courtesy, are set up before you begin the daily trek.

- When should payments be made? Daily payments take too much time, so most poolers pay on a certain day each week or month or on payday.
- Do you pay when you don't ride? Most members of car pools say no and most van pool members, yes. Van pool charges usually are based on every person's riding every day, to keep prices as low as possible and still allow the pool to break even.
- How long will the pool wait for those who are late? When promptness is crucial, the members of the pool generally set a time limit (typically from two to ten minutes). If flexibility is paramount, as it often is with salaried people who may have to stay late from time to time, the pool usually waits.
- What's the backup plan if the driver can't make it? Most van pools have backup drivers. Many car pools have a preset rotation system: If driver number one can't go, driver number two takes over, etc.
- Do you meet at central points or have doorstep service? Those pools with long hauls and/or with members who live at spread-out locations meet at central points. Those pools with short trips and/or whose members live close together have doorstep service.
- Is it OK for members to smoke, eat, or drink in the vehicle? Should the radio be played and on what type of station? Such questions may appear trivial but they should be resolved. Otherwise, irritation and resentment can result—especially at seven o'clock in the morning.

—Emily Freeman

Prairie Flowers



Dauphin Manitoba

Mosaic of many cultures. Ethnic costumes and hand crafted ceramics. French-Canadian pea soup. Czech knedlek. Onion bulbed domes on Ukrainian churches. Come on up.

Canada

SO MUCH TO GO FOR

For information call 204-944-3777



This clock has three songs to sing: Whittington, St. Michael and Westminster.

And with its handsome porcelain dial and rare olive ash burl accents, the Chesterton pleases the eye as well as the ear. An interesting 22k gold-fired decorative design on the glass door complements the brass pendulum inside. The triple chime movement can be seen through glass panels from three sides. For a closer look, visit your Howard Miller dealer. And listen for its songs. Or, send $2.00 for the Howard Miller Traditional catalogue.

Howard Miller

Dept. 203, Zeeland, MI 40464

Phone toll-free 800-447-4700 for the name of your nearest dealer. In Illinois 800-322-[illegible]. No calls from Alaska & Hawaii. Distributed in Canada by Apsco Products.

AMERICA'S BEST-SELLING WAGON.*



That's quite a claim, isn't it? Especially when you consider the sizes, shapes and numbers wagons come in these days. So if you're going to be the best seller in a market that's as competitive as the wagon market, you'd better have a lot going for you. Rest assured, Fairmont does.

Just look at these mileage figures. Pretty impressive for a wagon. These numbers are for 34 EPA EST. HWY. 23 EPA EST. MPG. comparison. Your mileage may differ depending on speed, distance and weather. Actual highway mileage and California ratings will be lower.

Of course, room is what a wagon's all about. And Fairmont offers [illegible] cubic feet of it. In fact, according to the EPA Interior Volume Index and manufacturer's suggested retail price, Fairmont offers more room for the money than any other wagon in America.

And here's the bottom line. Fairmont handles all this great mileage and room for a base sticker price that'll make it easy for you to handle a Fairmont.

When you add it all up, it's little wonder Fairmont's the best-selling wagon in America . . . and very likely to remain so.

FORD FAIRMONT

FORD DIVISION Ford

*Based on 1980 calendar year retail deliveries.

How to Keep Cool With Fans

With high temperatures and high energy prices in prospect for summer, you're probably looking for a way to cut back on air conditioning. An electric fan, even one of the smallest, can be a surprisingly effective means of keeping cool. And a household fan, even one of the largest, will cost far less to operate than an air conditioner.

Here's a roundup of fans from the ones that are big enough to cool your whole house to those small enough to set on your desk at the office.

Whole-house fans

These fans are designed to draw cool air in through the windows and push hot air out through attic vents. Such fans used to be called attic fans because they're commonly installed in attics (although they can be located elsewhere). But since the fans really cool a whole house, the new name is more appropriate.

The most effective way to install a whole-house fan is to cut a hole in the floor of your attic and position the fan to draw air up through the hole. (You can cover the opening into the living area with special louvers that open and close automatically as the fan is turned on and off.) The fan will draw air through open windows, cooling your skin and everything else in the house, and push hot air out of the attic. Attic cooling is important, since the temperature inside an attic on a hot summer day can easily exceed 100 degrees, and this heat can eventually radiate downward into the rest of the house.

Whole-house fans are available in blade diameters of 24, 30, 36, and 42 inches. The cooling capacity of each is measured in cubic feet per minute (cfm). For optimal cooling, the fan should be able to replace all the air in your house about once a minute. A 1,500-square-foot house with eight-foot ceilings has a total volume of 12,000 cubic feet and therefore needs a fan rated at 12,000 cfm or higher.

continued

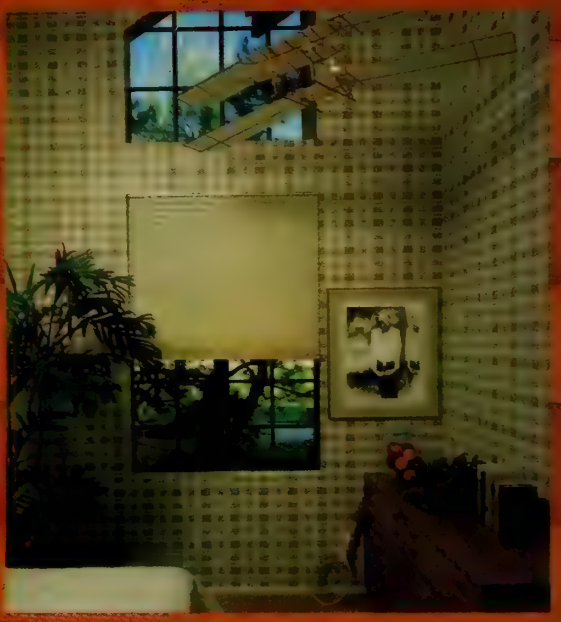


Travel Alberta, Dept 009, Box 2500, Edmonton, Alta. T5J 0H4



INTRODUCING
SOFTLIGHT SHADES™









THE MOST BEAUTIFUL WINDOW TREATMENTS EVER TO COME TO LIGHT

Easy horizontal [illegible] pleats create the look of 1" blinds, yet do it with a softer touch in fabrics that [illegible] to completely opaque, from versatile neutrals to the good earth tones. **Softlight [illegible] the daylight out of glare, energy-loss and fading** with solarized fabrics that cut heat and [illegible] non-solarized shades, a stylish alternative to ordinary sheers. **For an illuminating [illegible]** the newest classic in window wear, pick up YOUR FREE COPY of "Designing [illegible]" wherever you buy window coverings.

del mar
softlight shades

continued

How to keep cool with fans

To make sure the air pushed around by the fan's blades can get out of your attic freely, provide one square foot of vent area for each 750 cfm delivered by the fan.

When pricing a whole-house fan, remember that the quoted price usually covers only the blades, motor, drive belt, and frame. Shutters, switches, thermostats, and other hardware—as well as installation—are extra.

Attic ventilating fans

This type of fan does one of the two jobs of a whole-house fan: It pushes hot air out of the attic. (An attic ventilating fan also can be used to bring air into your living spaces if the entrance to the attic is kept open, but your best choice for this is a whole-house unit.)

An attic fan, like a whole-house fan, won't operate efficiently if you don't provide adequate vents through which air can be pulled into and pushed out of the attic.

Window fans

This type of fan is made to be mounted in a window frame. Many models of window fans have motors that can be operated both clockwise and counterclockwise, allowing the fan to push hot air out of the house or, with the flip of a switch, draw cool air in from outside. When the fan is used to push air out of the house, windows can be opened in other rooms so all of the rooms are cooled by the incoming air. When used to draw air in through the window in which it is mounted, the fan creates a localized breeze in that room.

Generally, window fans come equipped with slide-out panels at either side so the fans can be mounted snugly inside window frames of various dimensions. Screws fasten the accordion-like panels securely to the window frame.

Ceiling fans

A ceiling fan can be used both summer and winter. In hot weather you can set the motor that drives the large, paddle-type fan blades at high speed to create a cooling breeze. In cold weather the motor can be set at a slower speed so the blades will push hot air away from the ceiling without creating a chilling wind. Many types of ceiling fans have variable-pitch blades that adjust with the flick of a switch to reverse the direction of the airflow.

Box fans

A box fan (which has a boxlike frame surrounding the motor and blade assembly) can be positioned on a table near a window to operate much like a window fan. Unlike window fans, however, box fans offer the advantage of portability; they can be set anywhere in the house to create a breeze where it's needed. This type of fan, like a window fan, can be used to either circulate air through one room or pull cool air into that room and others through windows elsewhere in the house.

Small portable fans

All of the fans that are small enough to be set on a tabletop or desk, as well as hassock-type fans that are meant to be set on the floor, are designed primarily to circulate the air within a single room. They can be used very near the room's occupants for immediate cooling or farther away to circulate the air more gradually. Also, these fans can be positioned near a window air conditioner to help blow the refrigerated air around the room.

Fan features to look for

Fans equipped with timers or thermostats are convenient, especially if the fans are used both day and night. A window fan that has no temperature or time control might bring too much cool air into the house at night and have you shivering by morning.

A speed control also makes a fan versatile. The speed of operation affects both the cooling power of a fan and its noise level.

Fans don't do anything about humidity, so if summers in your locale are very humid, you may still have to rely at least partially on air conditioning to keep you cool and dry. But chances are you'll find many opportunities to save money by substituting ventilation for refrigeration.



"Down Home" Dining Spots

Although country-style furnishings have their roots in the past, their simple, functional styling suits today's casual life-styles as well. Here country-look pieces add warmth and charm to three dining areas.

To give this dining room *(right)* rural flavor, rustic antiques were combined with dark red walls and old-fashioned print fabric. Four Windsor chairs provide comfortable seating around a sturdy harvest table, and a simple sideboard doubles as a buffet and a stashing place for table linens.

The tailored Roman shades and matching tie-on seat cushions are made of a small-scale calico print fabric. The shades are bordered with sew-on trim. Fabric remnants glued to pint-size lamp shades customize the chandelier.

An old metal tub filled with flowering plants and placed on the sideboard adds authenticity to the country-style setting. An antique weathervane provides a whimsical touch.



Photograph: Ross Chapple. Design: Gayle Jolluck, Inc. Field editor: Ruth L. Reiter



Photograph: Harry Hartman. Design: Carol Antonsson
Field editor: Estelle Bond Guralnick

Country classics, like rush-seated ladder-back chairs and a long wood plank table, give this dining room *(above)* ageless charm. Simple wood window shutters underscore the homespun look and provide optimum light and air control. Old-time touches include an old kerosene lamp and collectibles displayed in the windows and along the chair rail. A contemporary—and surprisingly compatible—fabric wall hanging adds crisp color and bold pattern to the setting.



Photograph: Jessie Walker. Design: Nick Barba Design

Old furnishings recycled for new uses *(above)* are the key to this dining room's country-style decor. A double-door pie safe now provides storage space for table linens. Beneath the window, a French pine hutch is used as a display case for a plate collection and potted greenery. And a pretty quilt is taken out of its usual bedroom context to dress up the table. Oak plank flooring and cedar ceiling beams and wall paneling complement the furnishings.

FROM IRELAND...

A CLASSIC DINNERWARE EVENT

SAVE IMPORTANTLY DURING MAY*



Shown: Limerick



Shown: Killee

*at participating dealers.

See all the beautiful Noritake Ireland China and Keltcraft casual dinnerw patterns. Send 50¢ for full color brochure to Noritake, Dept. IM81, 1538 Merchandise Mart, Chicago, Illinois 60654.

Candle-Making Safety Rules

Candle making is a great at-home craft activity, provided you take precautions. By observing the following safety tips, you can help make your hobby as hazard-free as it is fun.

Setting up shop

Before you begin, designate a specific work area and make sure you keep the area clean and clutter-free. Gather all of your materials and utensils together and keep them close at hand. Read all instructions carefully before you begin working and make sure you have all the necessary equipment.

Locate your work space a few feet away from the stove; you shouldn't be able to feel direct heat from the stove. Then when you cover the area with paper (for protection against wax spills), there's no chance of the paper's igniting.

Melting pointers

Always melt wax over boiling water (as in a double boiler). Since water does not rise above 212 degrees Fahrenheit, there's no danger of its igniting the wax.

Never melt wax directly over a burner; it won't melt the wax evenly, and the temperature will rise too quickly.

Watching the temperature

Keep a candy thermometer handy when melting wax so you always know the exact temperature. Remove the wax from the heat when the temperature reaches 200 degrees Fahrenheit.

Although wax does not bubble or



boil, it *does* get extremely hot, so it's wise to use kitchen hot pads when handling wax-filled containers.

Never leave melting wax unattended; if you leave the room, turn the burner off or remove the containers from the stove.

More wax facts

Don't melt candle wax when you're in a rush. The temperature of the wax rises at a very fast rate, so it's important to take the time to let the wax melt gradually.

If wax hardens in a container and needs to be reheated, remember that wax melts from the bottom up. To relieve the pressure of the top layer, make a cut across the top so the melted wax in the bottom of the pan doesn't explode through the top layer.

In case of fire

If wax spills onto the burner and ignites, sprinkle baking soda on the flame. Never use water to put out a wax fire; water only splatters the wax.

If wax ignites in your heating container, turn off the burner and cover the container with a lid.

If candle making is a frequent activity in your home, it's a good idea to buy a household fire extinguisher.

Proper ventilation

Make sure that air flows freely through your work area at all times. If the wax should become overheated, a toxic end product (acrolein), may be released into the air. Inhaling the vapor can have harmful effects on the brain unless the vapor is mixed with clean air. If you do a lot of candle making, use a fan to circulate the air in the work area.

Burn treatment

Don't attempt to wipe melted wax off your skin or hands; instead, run cold water on the wax until it hardens and can be easily lifted off the skin.

Also, don't treat a burned area yourself. Instead, tie a loose, clean cloth over the injured area and see a doctor promptly.

Make this light 'n fruity pie in just 8 minutes with fresh fruit, COOL WHIP® Topping, and any flavor JELL-O® Gelatin. Delicious. Refreshing. Easy.

1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Blend in Cool Whip® non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish, if desired.

Light 'n Fruity Pie

1 pkg. (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin, or any other flavor
⅔ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 cup fresh sliced strawberries (or sliced peaches, bananas or whole raspberries or blueberries)*
1 packaged graham cracker crust

*Optional

1 can (8¾ oz.) apricots, sliced peaches, drained and diced, or fruit cocktail, drained
1 can (8¼ oz.) crushed pineapple, drained



© 1981 General Foods Corporation

®Birds Eye, Cool Whip, and Jell-O are registered trademarks of General Foods Corporation.

Kim Garretson

Good News

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

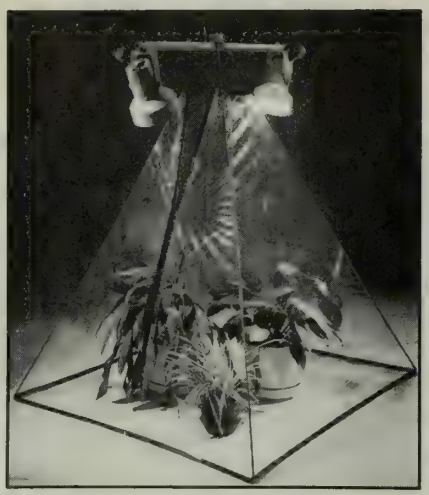
Compact fitness machine



With this one machine, your family can perform almost all of the exercises you would do on the variety of machines at a fitness center. And this device is only five feet long and five feet high, and weighs just 50 pounds. An adjustable weight-resistance system eliminates the need for weights, pulleys, wires, and hydraulic cylinders. You just dial in a resistance setting for any weight up to 180 pounds. The resistance is applied to the swinging arm of the machine in both directions, so different muscle groups are exercised on the upswing and downswing. A complete range of conventional exercises can be performed on the machine, including leg and hip extensions/flexions, curls, rowing, bench press, military press, and inclined and straight bench sit-ups. The unit quickly disassembles for storage. A booklet to help you devise your personal conditioning program is included.

Step 1 Home Fitness Center, about $[illegible]; company's discount coupon available on request. Reneau, Relyea and Associates, 8222 James Dr., #C-131, Austin, TX 78758.

Indoor greenhouse



You can precisely control the temperature, humidity, and light for indoor plants with this portable greenhouse. Options include the two-fixture light bar pictured here and a carbon dioxide spray that enriches the atmosphere in the greenhouse to promote plant growth.

Hortisphere, about $45. Light bar, about $30. Carbon Dioxide Spray, about $3. The Hortecs Co., Dept. B, P.O. Box 416, Lake Forest, IL 60045.

Tough glasses



The lightweight polycarbonate lenses of these sun and sport glasses are guaranteed for life against breaking with normal use. A model with clear lenses is available for indoor court sports.

[illegible]les, about $48. Pro-tec, Inc., 11108 [illegible]Way, Bellevue, WA 98004.

Cost-cutting tools



These three tools cost less than you'd expect because they get their power from your chain saw. You replace your saw's bar and chain with a simple adapter, then attach any of the tools in seconds. The tools are part of a nine-product line that includes the six-gallon-per-minute water pump, gear-drive brush cutter, and small outboard motor shown here. Also available are a 500-watt portable generator, 80-gallon-per-minute water pump, hedge trimmer, light-weight reciprocating saw, and ½-inch drill and wood auger. All of the tools are made of die-cast aluminum for durability and light weight. The chain saw pictured here has a 3.3-cubic-inch displacement to cut larger logs and operate for longer periods than most consumer models. Other features include automatic oiling, an anti-kickback device, and a safety hand guard.

Versatool, universal adapter, about $29; brush cutter, about $80; six-gallon pump, about $40; outboard motor, about $100. Versatool, Inc., 7420 San Fernando Rd., Sun Valley, CA 91352. Homelite 330, about $320. Homelite Marketing Services, 14401 Carowinds Blvd., Charlotte, NC 28217.

continued

New Maxwell House® Master Blend®. Delicious ground coffee that can save you money!

With new Maxwell House® Master Blend® Coffee you enjoy delicious ground coffee. And you can save money, too.

New Maxwell House Master Blend tastes delicious.

Master Blend is 100% pure ground coffee that's specially roasted and ground, not concentrated or flaked.

You can save money, too.

Because we make it a special way, 13 ounces of Master Blend goes as far as 16 ounces of ordinary coffee. And you make it the same way you usually do.

Use the same number of scoops. That's how Master Blend can save you money.

New Maxwell House Master Blend Coffee comes in three grinds: *Regular, Electra-Perk,®* and *Automatic Drip Blend.* It's the delicious ground coffee that's always..."Good to the Last Drop,®" and it can save you money, too.



Mmm... smell that rich aroma! It's 100% ground coffee.



Use the same number of scoops you use with ordinary coffee.



The flavor is always ..."Good to the Last Drop!"



© 1981 General Foods Corporation

1. Chefweight aluminum—4½ centimeters thick. For even heating, no hot spots, better results.

2. Each piece precision shaped to do its job. All 14 pieces—saute pan to stock pot to skillets.

3. SilverStone® surface. For stick free cooking, slick and easy clean up.

DU PONT APPROVED SilverStone® PREMIUM NON-STICK SURFACE

4. Lids fit snugly, no rattles. They're deep seated, burnished aluminum.





5. Nickel-plated handles are riveted for life. Handle with confidence, hang with pride.

6 Mirro® reasons why Creative Cookware™ is the serious cook's joy.

You're cooking more creatively than ever. And your cookware should contribute all it can. That's why Mirro builds everything we know into Creative Cookware. And, best of all, Mirro builds more cookware than anyone else. That makes reason six.

MIRRO®

America's most cooked in cookware™

1980, Mirro Corp

continued

Good News

Unique family tent



The reason this tent can outperform many of its counterparts is that it's made of Evolution 3, a three-layer polypropylene laminate. The material was developed by Kimberly-Clark for bedding, apparel, and upholstery. Now Evolution 3 is proving to be an ideal tent material because it's one-third lighter than canvas, fire retardant, and soil resistant, and it won't rot or mildew. The material also is cooler than nylon because it breathes, allowing water vapor to escape instead of condensing on the inside of the tent during chilly nights. Another advantage is the material's opaqueness, which provides privacy for occupants. The tent has a striking curvilinear design with sweeping arcs and arches. The two curved poles are easily assembled with shock-corded aluminum sections. There's almost 80 square feet of floor space, with five-foot headroom at the sleeping end and 7½-foot at the door. Five or more persons can sleep comfortably in the tent. The built-in awning measures nearly 60 square feet.

Coleman Genesis Tent, about $300. The Coleman Company, Inc., 250 N. St. Francis, Wichita, KS 67201.



K mart really cuts it—
the grass and the price.

Groom your grass and save your green with a gutsy Topflight power mower by MTD, on sale now. These deluxe units combine outstanding features and rugged construction, making short work of your summer lawn chores for years to come. Mow down the cost of keeping up your lawn at more than 1,800 K mart stores throughout the U.S.A.

Both mowers include:
- Reliable recoil starter
- Convenient rear bagging
- Generous 20-inch swath
- Powerful 3½-hp Briggs and Stratton engine
- Handy wheel height adjusters
- Practical fold-down handle for easy storage

PUSH MODEL
$169.88

SELF-PROPELLED MODEL
$218.88

ON SALE MAY 18
THROUGH MAY 30

Quality at a K mart price. Nice.

Kmart
The Saving Place℠

©1981 B&W T Co.

The pleasure is back.



BARCLAY

99% tar free.™

Also available in 100's and Box

Kings and Box, 1 mg. "tar", 0.2 mg. nicotine;
100's, 3 mg. "tar", 0.4 mg. nicotine
av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



The Sealy Posturepedic morning. Feeling so good it shows.



You'll wake up feeling good if your back feels good.

That's why Sealy Posturepedic® is designed in cooperation with leading orthopedic surgeons, for no morning backache from sleeping on a too-soft mattress.

Posturepedic has special offset coils for firmness, plus five separate layers of cushioning for resilient comfort. And Sealy's patented torsion bar foundation works in unison with the mattress for better all-around support.

Sealy Posturepedic. It promises you a good night. And a good day.



Sealy. **Sealy Posturepedic**

©1981 Sealy Inc.

Dan Kaercher

NEW TREATMENTS FOR Diabetes

"Not since the discovery of insulin over half a century ago has the outlook for advances in the treatment and the ultimate prevention and cure of diabetes been as promising as today." This encouraging statement from the National Diabetes Advisory Board represents the opinions of more than 200 national and international experts in the field. Why the optimism?

Treatment of diabetes mellitus (the complete medical term) took a major step forward with the discovery of insulin in 1922. From that time until recently, research efforts advanced slowly. However, in just the past several years, medical science has made enormous strides in combating diabetes and its serious complications. Here's a report on some of these exciting new developments.

Today, doctors look at diabetes as a range of disorders. Not everyone with diabetes needs daily shots of insulin.

Diabetes is not, as once was thought, a single disorder in which the body fails to produce any or enough insulin. Today, it is recognized that there are two main types of diabetes and almost 30 other related conditions characterized by faulty handling of glucose.

Glucose, often referred to as "blood sugar," is the body's fuel. It is produced when certain foods—primarily sugars and starches—are digested.

Insulin, a hormone produced by the pancreas gland, helps the body burn this fuel. Glucose is used as needed, and some of the excess is stored in the liver for future use. The release of stored glucose requires another hormone, *glucagon*. With too little insulin, or with too much glucagon, sugar builds up in the blood and may overflow into the urine.

The old tags "juvenile" and "adult-onset" diabetes have been largely discarded because it is now known that both forms can occur at any age. Today, doctors can be much more precise in identifying glucose disorders.

- The most serious of these disorders is *insulin-dependent diabetes mellitus*, or juvenile diabetes, which usually develops in persons under age 20. About one or two in ten diabetics have insulin-dependent diabetes. It begins abruptly with such symptoms as frequent urination, excessive thirst, and rapid weight loss. With this type of diabetes, the pancreas makes little or no insulin, so daily insulin shots are absolutely essential.
- Next in severity is *non-insulin-dependent diabetes mellitus*, or adult-onset diabetes. It occurs most often in persons who are over age 40 and are overweight. Here the pancreas may produce enough insulin, sometimes too much. But other defects in metabolism may keep the insulin from working properly.
- *Glucose intolerance* also can accompany diseases other than diabetes. The use of certain drugs, such as diuretics, and pregnancy can result in glucose intolerance, too.
- *"Previous" and "potential" glucose abnormalities* now are being detected by alert doctors. They look for "previous abnormalities" in diabetics who have normalized their blood sugar by reducing; and they look for "potential abnormalities" in persons with a family history of diabetes, in mothers of babies weighing more than nine pounds at birth, and in the obese.

With diet and exercise, most non-insulin-dependent diabetics can live relatively healthy, normal lives without medication.

The medical advice most diabetics today are getting is "Lose weight!" Recent studies have revealed that a startling 90 percent of non-insulin-dependent diabetics are obese. Half of them are seriously obese.

Excess weight decreases the ability

continued

Vivarin® keeps you going



when the going gets rough.

Working overtime? Beginning to feel the strain? Take a Vivarin Stimulant Tablet.

Vivarin's active ingredient is caffeine. It's like having two cups of coffee squeezed into one little tablet.

Whether you're studying, driving, or working late, you'll stay alert for hours.



Read label for directions

continued

Diabetes

of insulin to stimulate the body's utilization of glucose. In most cases, diabetics can control the disease simply by following the proper diet. Exercise and a high-fiber diet also have been found to be helpful.

Much recent research has focused on the best diet for the two main types of diabetes. As a result, the diabetic is getting new guidelines about what he or she should and should not eat.

Contrary to popular belief, concentrated sugar (found in candy, cookies, soft drinks, etc.) isn't always taboo for diabetics. But physicians still are advising them to limit their intake of concentrated sugar because it can make blood sugar rise rapidly, resulting in fatigue and drowsiness.

More complex carbohydrates and fewer fats are recommended for diabetics today by the American Diabetes Association. The ADA now advocates a diet in which 50 to 60 percent of the calories come from complex carbohydrates (such as rice and grains); 12 to 20 percent from protein; and the remainder from fat, with less than 10 percent of the calories from saturated (animal) fats and up to 10 percent from polyunsaturated (vegetable) fats.

A system of exchange lists developed by the ADA makes it easy for the diabetic to plan a varied, nutritionally sound diet. The diabetic needn't subsist on so-called "dietetic" foods alone, according to the ADA.

Insulin truly is lifesaving for many diabetics. But injections still can't duplicate the body's own way of controlling glucose.

The body's need for insulin changes in response to rest, activity, food, and stress, so diabetics who are dependent on insulin must learn to monitor their needs regularly. Most diabetics prefer to take only a single insulin shot a day, but multiple injections daily control the condition best.

All insulin products, which are derived from the pancreases of hogs and cattle, have been made purer over the past several years. Beyond this, very highly purified insulin products have just been introduced. They cost more than standard insulin, and the added expense is unnecessary for most insulin-dependent diabetics. However, "purified" insulin is a boon for diabetics

DIABETES:
The scope of the problem

It's estimated that there are about ten million diabetics in the U.S. today. About 20 percent of these people are unaware that they have diabetes.

The number of female diabetics is twice that of male diabetics, and cases double every 15 years. One of the reasons for that increase may be the growing emphasis on detection. Also, the average Amercan lives longer these days, which increases the odds of getting diabetes.

Besides posing a health risk in its own right, diabetes often leads to serious medical complications including blindness, kidney disease, and heart problems.

continued



Mrs. Eleanor May, Headache Sufferer.

"I had this throbbing right on the top of my head. Then I took Anacin."

After taking Anacin pain reliever, Mrs. May's throbbing headache was gone.

Anacin® has more pain reliever. Two tablets of regular strength aspirin or non aspirin products contain only 650 milligrams of pain reliever. But Anacin gives you more. 800 milligrams in a special formula. Mrs. May got rid of her headache fast. Next time you get a headache, get the Anacin difference. Tablets or capsules. Use only as directed.

Get the Anacin difference.





©1981 Upjohn Co.

It's all we need for Itches and Rashes.

Instead of a medicine cabinet full of skin care products, all you need for the temporary relief of itches and rashes is Cortaid.®

Cortaid contains one of the most effective anti-itch, anti-rash medicines available today without a prescription. Pharmacists recommend Cortaid most.*

For mild poison ivy, oak and sumac, insect bites, dermatitis, eczema, detergent and jewelry rash, ask your physician or pharmacist about soothing, odorless Cortaid.

Cortaid is recommended for children down to the age of two, (under two use only under a doctor's supervision).



*As reported in September 1 edition of American Druggist. Available in cream, ointment and lotion. Read and Follow Label Directions

Cortaid. All you need for itches and rashes.

continued

Diabetes

who react to conventional insulin.

A further insulin breakthrough may be forthcoming: biosynthetic human insulin produced by recombinant DNA technology. Because it's identical to insulin made naturally by the body, the still-experimental synthetic insulin can benefit those who are allergic to regular insulin and may be better tolerated by all diabetics.

Many diabetics must monitor glucose levels at home. For years, urine tests were standard. Now, diabetics can use highly accurate blood tests.

A blood test shows the exact glucose level at the time of testing, whereas a urine test may not indicate positive results until several hours after blood glucose levels rise. Blood tests also show both high and low levels, unlike urine tests that do not tell if the level is dangerously low.

For diabetics whose blood sugar levels or daily eating habits and activities vary, the blood tests have a considerable advantage over urine tests (done with treated sticks or reactive tablets). The blood tests require a single drop of blood from the finger to be placed on a chemically treated strip that reacts with the blood. With some home blood-monitoring systems the strips must be placed in special meters; with others, the strips only need to be visually inspected.

Another new blood test is used by physicians to monitor the effectiveness of diabetes therapy. The HbA1c, or "hemoglobin A-one-see" gives an average of all the blood sugar levels in roughly the previous four months. Unlike other blood tests, this one is unaffected by recent swings in blood sugar levels.

Most diabetes experts believe better control of blood glucose will minimize long-term complications. This has led to the new "artificial pancreas" that continuously delivers insulin to the body.

Two general types of experimental devices popularly known as artificial pancreases have been developed. One includes a sensor to continuously monitor blood sugar levels, a minicomputer to interpret the sensor's findings, and a pump to provide insulin as needed.

Until recently, this type of device was in limited use because it was too large to be easily portable. But last year, physicians at the University of Minnesota successfully implanted a miniaturized version, about the size of a hockey puck, in a 56-year-old diabetic man. The implanted device is simply refilled at 12-day intervals with a predetermined amount of insulin based on the patient's anticipated needs.

Another type of device is basically a portable pump. Relatively compact in size, the pump can be worn attached to a belt and is "plugged in" to a catheter implanted in the patient's abdominal wall. The device delivers a constant flow of insulin in a predetermined pattern, although the amount can be varied to accommodate varying food intake or activity.

Although such systems hold great promise and have been used on several

continued



Tucks® Pads provide prompt added relief of hemorrhoidal irritation and other rectal discomforts.

They temporarily relieve itching, burning and soreness with a special soothing, cooling solution that creams and ointments don't provide.

In a recent survey among colon and rectal surgeons, 95% recommended using Tucks pre-moistened pads in conjunction with other hemorrhoid preparations.

And because of their cleansing action, Tucks can often stop irritation before it starts. Tucks Pads come in jars of 40 and 100. And individually wrapped Take-Alongs.® Use as directed.

If you want all the relief you can get from your present hemorrhoid preparation, add Tucks to your treatment routine. You'll feel much better.

PARKE-DAVIS
Div of Warner-Lambert Co
Morris Plains, NJ 07950 USA

PD-85-JA-0262-C-1 (1-81)

©1981 Warner-Lambert Company

Do you know what your body knows about vitamin C?

Cut your arm. Burn your hand. Break a leg.

None of these will heal properly without adequate vitamin C along with other essential nutrients. Nor will severe bruises or wounds heal properly.

Sore throat. Earache. High fever.

All can begin with an infection that overwhelms your body's natural defenses. Vitamin C, along with other essential nutrients,optimizes your body's natural capacity to resist illness and helps keep your tissues healthy.

Up tight or up in smoke.

With both acute stress and heavy cigarette smoking, the plasma levels of vitamin C in your blood may be lowered. So, you could be robbing your body of this essential vitamin without even knowing it.

Up your iron.

Vitamin C increases your body's ability to absorb iron from food when they are taken together. Iron is the most common deficiency in the diet, and may be related to a loss of energy.

There are many reasons why your body needs an adequate intake of vitamin C. Yet your body doesn't make it. Vitamin C must come from food or vitamin supplements. So, eat a balanced diet. You can also look for fortified foods when you shop or take a supplement containing vitamin C every day just to be sure.

Vitamin Communications, Hoffmann-La Roche Inc., Nutley, N.J. 07110

Vitamins. Something you can do for your health.

RCD 3276

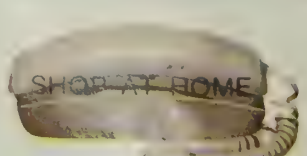
25% off
custom draperies
with energy-saving
Roc-lon®
Thermal Suede® lining.



This is custom decorating
the JCPenney way.

Our Decorating Consultant will help you choose the style and fabric you want from a special collection of selected fabrics: cotton prints, open-weaves, antique rayon satins, more. Then we'll make your draperies with the added plus of Roc-lon® Thermal Suede® linings that insulate against summer heat and winter cold. Protect against sun-fading, too. We'll even have our professionals install them for you. All at 25% savings. Top treatments not included.

Sale prices effective through Saturday, May 16th.



THERMAL SUEDE Roc-lon INSULATED LINING

Home Energy Savers

Call the JCPenney Custom Decorating Department for an appointment in your home. For draperies, carpeting, shutters, shades, blinds, bed ensembles; other decorative home furnishings.

Of course you can charge it

JCPenney

©1981, J. C. Penney Company, Inc.

continued

Diabetes

hundred patients worldwide, authorities stress that the devices are still considered experimental.

Vision problems are one of the most severe and tragic complications of diabetes. Happily, new treatments now are available.

Diabetic retinopathy—the leading cause of new blindness among persons under age 50 in the U.S.—is the term used to describe several problems: leaking from blood vessels; bleeding into the vitreous gel that fills the center of the eye; and formation of scar tissue that unseats the retina from its supporting base. (The retina is the tissue at the back of the eye that transmits visual images to the brain.)

Fortunately, improved treatment for the most serious complications now is at hand. In many cases, severe visual loss can be prevented by *photocoagulation.* In this treatment, laser beams painlessly sear, seal, and destroy leaky blood vessels and diseased tissue. The efficacy of photocoagulation has been proven in a ten-year study conducted at 16 universities nationwide, supported by the National Eye Institute.

For some persons who already are blind because blood has leaked into the vitreous, a surgical procedure called *vitrectomy* may restore sight. It involves simultaneously "vacuuming" out the cloudy vitreous and replacing it with a clear fluid to maintain the shape of the eye. The National Eye Institute reports that many persons who have had vitrectomy now can see well enough to move around unaided—a few can even read again.

In the past, pregnancy was dangerous for both the insulin-dependent woman and her child. Now the odds are vastly improved.

The death rate for children of diabetic mothers has been halved in recent years, and it now approaches the rate for children of nondiabetic mothers. In major medical centers, with highly trained staffs and special facilities, the odds are getting even better.

Birth defects, including heart and lung disorders, are another threat. Since such defects occur in the first eight weeks of pregnancy, a diabetic woman ideally should consult a specialist in diabetic pregnancies before she attempts to conceive. Strictly controlling the mother's glucose from the very start of pregnancy can reduce the possibility of problems. Such precautions also make the mother less likely to experience such complications as high blood pressure and worsening of retinopathy.

Two or three injections of insulin per day often are advised for the pregnant diabetic along with home blood glucose monitoring. Physicians at the Joslin Clinic in Boston are teaching pregnant diabetic women to use portable insulin pumps throughout pregnancy to maintain tight control. The new approach also emphasizes outpatient care; in the past, diabetic women often had several hospitalizations during their pregnancies.

Infants born to diabetic mothers often weigh nine pounds

continued

WHY NO-WAX FLOORS NEED HELP.

Understanding how the shine on your no-wax floor works is the first step towards understanding why it needs the special care of Brite.

So here's that straight talk.

HOW YOUR NO-WAX FLOOR SHINES

Many no-wax floors are covered with lots and lots of little dimples.



And these dimples are covered with a tough polyurethane finish. Which causes them to act like tiny mirrors, reflecting light from different angles, to give your floor its sparkling shine.

NOW MEET THE CULPRITS



Little by little feet tramp in dirt, and wear away the shine from even the toughest polyurethane finish.

STRAIGHT TALK FROM BRITE ABOUT THE SHINE ON YOUR NO-WAX FLOOR.

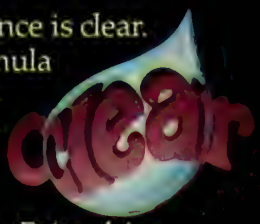
Cleaners can be culprits too. Especially since many of them can leave a dulling residue.

HERE'S THE BRITE IDEA!

The floor care experts at Johnson Wax spent years studying no-wax floors.

And, out of all their knowledge and laboratory testing came Brite.

The difference is clear. Brite's clear formula is designed to clean and shine no-wax floors without wax.



Brite cleans. Brite shines. Brite protects.

In fact, Brite may be the only product you'll need to keep your no-wax floor looking beautiful.

Just squirt it on and damp mop. In minutes, you'll discover why we can honestly say, "For a beautiful no-wax shine... Nothing Shines Brighter than Brite."

ANY QUESTIONS?

Need more help caring for your no-wax floor? Just write our floor care expert, Carol Hansen, c/o S.C. Johnson & Son, Inc., Racine, WI 53403





©1981 S.C. Johnson & Son, Inc.

Next time you pick up the kids, pick up a new room, too.



© 1981 Champion International Corporation

Introducing Champion's new Cypress paneling.

Wall paneling wins hands down over wallpaper or paint when it comes to decorating a room.

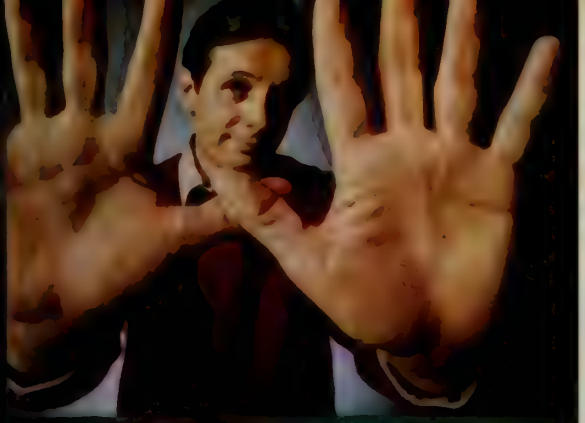
And Champion's new Cypress paneling, available in four attractive colors, is the newest among scores of Champion panels designed to add warmth and beauty to any room.

And it's so easy to install you can do it yourself. Just look for the Champion Headquarter Dealer nearest you.

Then pick up your paneling the next time you pick up the kids.

Champion

Champion International Corporation
Building Products Division





DRY, ROUGH SKIN. IT COULD INVADE YOUR FAMILY.

INTRODUCING ALL-FAMILY ROSE MILK® WITH EXTRA MOISTURIZERS.

Now there's a new line of defense for the skin. All-Family Rose Milk.

This all-new skin care lotion has extra moisturizers to smooth and soften the roughest skin.

Greaseless, stainless, All-Family Rose Milk absorbs fast and has a fresh outdoor fragrance everyone can enjoy.



continued

Diabetes

or more partially because the mother's excessive sugar crosses the placenta and makes the baby produce excess insulin. These infants, whose size sometimes necessitates a cesarean delivery, also require special attention because they often develop low blood sugar immediately after delivery. Ultrasound, "stress" tests, and hormone studies now are successfully being used to keep tabs on the baby's development in the mother's womb.

As many as one woman in 50 who has normal blood sugar before pregnancy develops high blood sugar during its course. This condition is known as *gestational diabetes.* Most women who experience it can be treated by diet alone; only a few will require insulin. Because the risks of such pregnancies also are higher, and include miscarriages and birth defects, all women who become pregnant should have their blood sugar checked.

Other promising diabetes research developments include studies on heredity, viruses, and transplants.

- *The familial nature of diabetes* has been known for centuries, but the exact pattern of transmission has remained elusive (diet and environment as well as heredity could be factors). Studies of twins have established that heredity is involved in non-insulin-dependent diabetes and also is implicated in insulin-dependent diabetes.
- *The suspected relationship between some common viruses and insulin-dependent diabetes* is being probed by researchers. Relatively few of the millions of persons who are infected with these viruses, which include mumps and measles, develop diabetes. Recently, researchers isolated a virus known as Coxsackie B4 from a boy who died after developing insulin-dependent diabetes and an infection; the virus produced diabetes in mice. Scientists are trying to find a way to identify and immunize susceptible persons.
- *Transplantation of the pancreas* or its insulin-producing islet cells is being studied in view of the growing success of transplantation of other organs. In fact, researchers at Washington University in St. Louis have shown that transplanted islet cells can reverse diabetes in mice. Eventually it may be possible to transplant islet cells from animals to humans (not enough human islets are available to meet the demand for transplants). If this proves feasible, you may someday hear people who now are dependent on insulin say "I *used to* have diabetes."

For more information

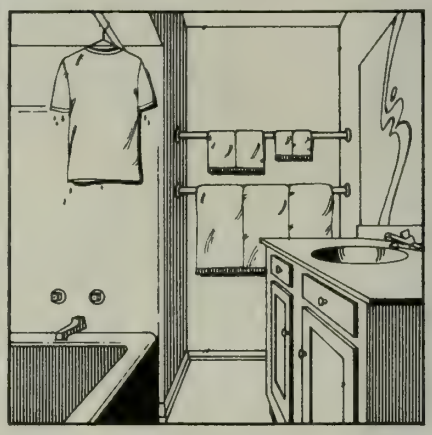
Each of the following organizations will provide you with free-of-charge materials on diabetes and the latest treatment approaches. Write to:

- The American Diabetes Association, 2 Park Avenue, New York, NY 10016.
- The Juvenile Diabetes Foundation, 23 East 26th St., Suite 1014, New York, NY 10010.
- The National Diabetes Information Clearinghouse, NIH, Westwood 603, Bethesda, MD 20205.

—Lynne Lamberg

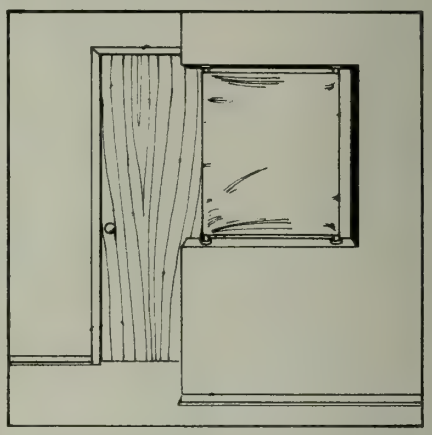
Tension Rod Tricks

Tension rods can be used for much more than just hanging curtains. Here they're holding drip-dry clothes in a bathroom, adding decorative color to an entryway, and creating a canopy in a bedroom. And the rods are as economical as they are versatile.



◀ For instant towel racks, install tension rods between two walls in a bathroom. Choose heavy-duty rods that will withstand the weight of wet towels, as well as an occasional tugging.

And for drying clothes, you might also tuck a tension rod above the tub or in a shower enclosure. When not in use, the rod is easy to remove and can be stored in a minimum of space.



▲ Here's a fast way to add color to an entry pass-through: stretch double-faced or woven fabric between two tension rods placed vertically in the opening. Simply turn the fabric edges under on each side and stitch to form pockets. Slide tension rods into the pockets, place the rods in the pass-through, and adjust the fabric.



Drawings: Picard Didier Inc.

▲ Tension rods also can help you convert a closet or window alcove into an attractive over-the-bed canopy. First, cover the alcove's back wall with fabric shirred between two rods—one secured near the ceiling, the other near the floor. To create the top of the canopy, shirr tapered swags or a valance onto a rod installed between the side walls of the alcove.



Now...Exterior Wood Finish and Wood Preservative by Minwax

For years, Wood Finishes by Minwax have enhanced the beauty of wood *inside* fine homes. Now you can apply the rich color and protection of a Minwax Finish *outside* as well.

Oil base Exterior Wood Finishes by Minwax color wood without hiding texture. They penetrate deep into wood fibers, sealing out moisture to guard against mildew and fungus.

Get your home ready for the wilds of weather and wear...with colorful Wood Finish or Clear Wood Preservative by Minwax.

Free Booklet! Send us the coupon below for a FREE 16-page booklet, *Tips on Wood Finishing.* Also, color card and name of nearest dealer.

MINWAX®

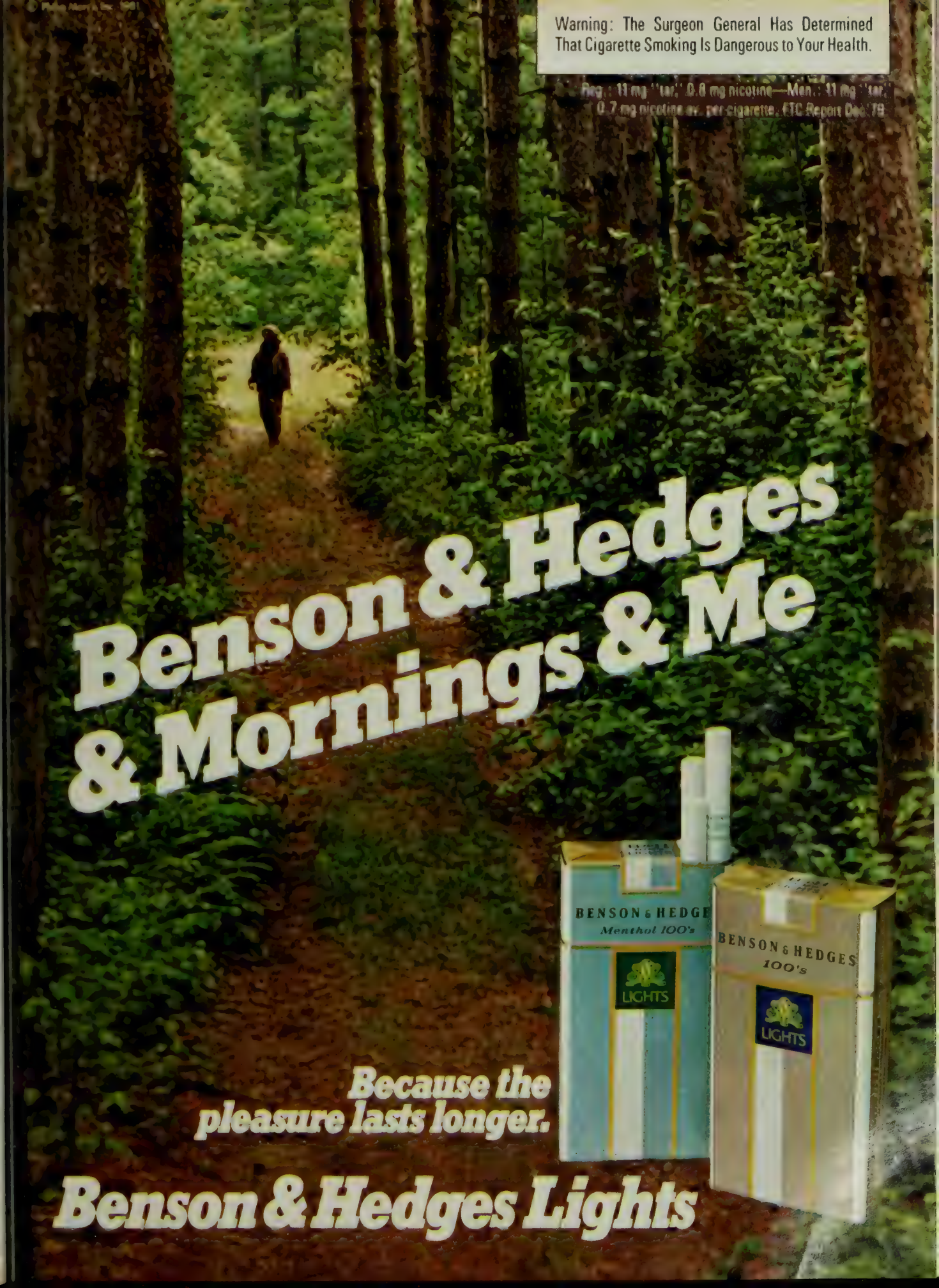
Minwax Company, Inc., Dept. **BH-51**
Box 995, Clifton, NJ 07014

Name

Address

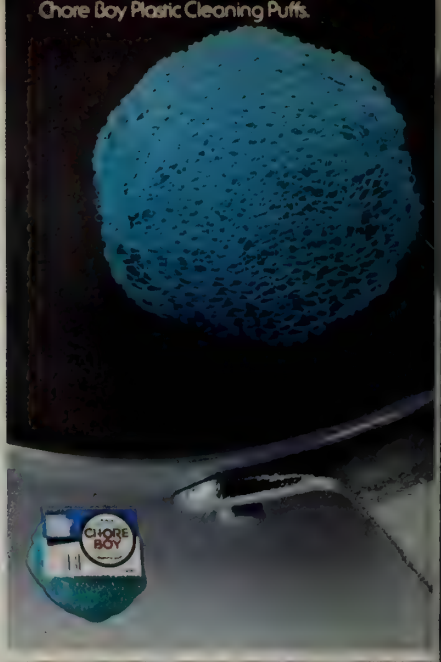
City State Zip

® Minwax is a registered trademark


Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Reg.: 11 mg "tar," 0.8 mg nicotine—Men.: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Dec. '79
Benson & Hedges & Mornings & Me
BENSON & HEDGES Menthol 100's
LIGHTS
BENSON & HEDGES 100's
LIGHTS
Because the pleasure lasts longer.
Benson & Hedges Lights



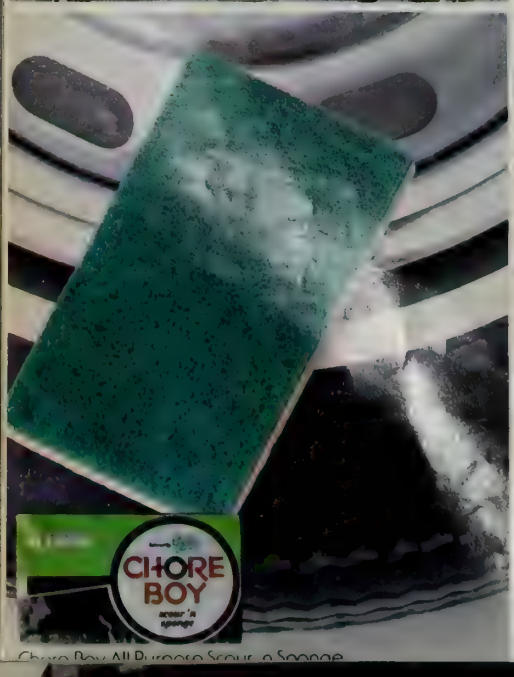
















Chore Boy All Purpose Scour 'n Sponge

Chore Boy Copper Scouring Puffs

Chore Boy Nylon Scouring Pad

MORE SCOUR TO YOU.

The age of specialization has finally come to scouring.

Introducing the complete line of Chore Boy™ scouring products.

With something for every chore.

So you don't have to huff and puff because you're using the wrong puff. Or pad. Or sponge. Nor do you have to use a stainless steel puff on something like Teflon.® Or a sponge on a greasy pan.

For there are heavy duty puffs designed for heavy duty jobs, light duty puffs for light duty jobs and inbetween puffs for inbetween jobs. There are metal puffs, plastic puffs, sponges and scouring pads for every scouring need in your pad.

For everything from soup to nuts, from kitchen to bathroom, even to garage, from Teflon to cast iron to Formica.®

Because scouring is like anything else. It's a lot easier, safer and more efficient when you use the right product.

What's more, because Chore Boy products last so long you can clean for less. In fact, now you can clean up on Chore Boy with the coupons below.

So next time you have a chore to do, ask for a specialist in the field. Chore Boy.

CHORE BOY

THERE'S A CHORE BOY TO EASE EVERY CHORE.



Margaret McMahon

idea NOTEBOOK



Collector's teapot

Probably the most varied and extensive museum collections in the country can be found in our national treasure-house, the Smithsonian Institution. Another American institution, Lenox China, Lawrenceville, NJ 08648, has been authorized to reproduce a number of the ceramic art objects from the Smithsonian's vast resources. One of these replicas, the Liverpool Teapot, is a charming little pot (six inches high) depicting a sailor's farewell to his lady friend. The mid-18th-century original was made in Liverpool specifically for export to America. You can acquire the replica for about $135. The other items in the Lenox/Smithsonian group are: the Tucker Pitcher, the Saxony Vase, and the Ch'ing Dynasty Bowl.

High fashion for the table



A new tableware collection from Corning Designs, a subsidiary of Corning Glass Works, proves again that good design and function are not incompatible. The 31-piece coordinated group includes stove-top and oven-safe cookware as well as items in wood and fabric. "LeClaire" is an amber-tinted glass cookware line. "Brimstone," a ceramic cookware group, is also suitable for serving. The wood server—are available in black and natural finishes. Two of the bowls have wood lids, and three have Pyrex inserts. The trivet/server with a "Brimstone" insert doubles as a cutting board. Finally, there are three textile accessories: a place mat, a napkin, and a trivet. The trivet, which fits the steak platter, is lined with heat-resistant fiber glass so you can set a pretty table and still serve a hot steak. Items are

Save 30% on all Sears custom blinds

In versatile vertical and horizontal styles

Sears SALE April 26 – May 23, 1981

Choose any of hundreds of color and texture combinations. Use them alone or with draperies. Mix vertical with horizontal. Each blind is custom made to fit any window and add beauty and privacy to your home.

Save 30% on all Sears 1-inch horizontal blinds. These slim blinds are available in more than 150 decorative finishes and colors, including new woods and wood looks.

Save 30% on all Sears vertical blinds. These practical, high-fashion blinds rotate to let in just the right amount of light. Or, close them completely for a smooth, solid appearance. You can even draw these blinds to the side as conveniently as a drapery. So they're perfect for any size window or glass sliding door. Choose from 95 different colors in metal or fabric.

Free Home Visit

Stop by Sears Custom Shop in our drapery department or call for a free home visit from a Sears Decorator Consultant. You'll receive a copy of Sears *Decorating Ideas* book with the visit—at no charge or obligation.

And remember, you can use your Sears Credit Card.

Dates may vary in Alaska and Hawaii.
Available in most larger Sears retail stores.

You can count on Sears

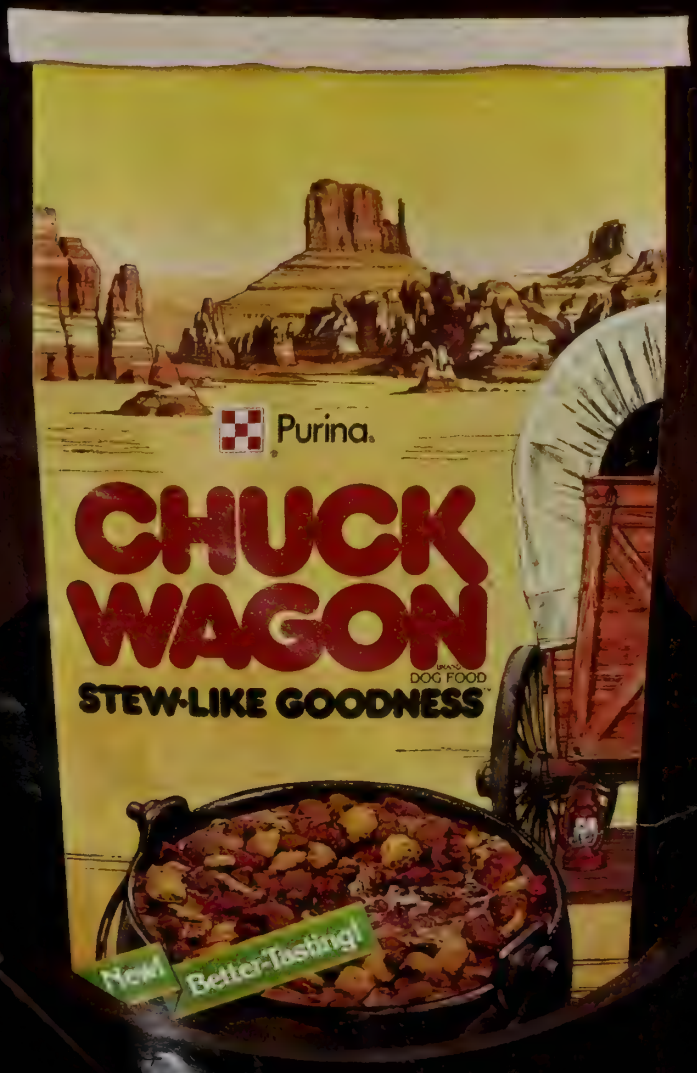
© Sears, Roebuck and Co. 1981



Beautify your home with Sears vertical and horizontal blinds.

IT'S NEW! WITH THE TASTE OF STEW.

New Chuck Wagon® dog food is made to be like a stew for dogs. With hearty beef, chicken and vegetable flavors in a savory broth when you add water. New Chuck Wagon. Better than before, because it has the taste of stew.



For your pet's health... see your veterinarian regularly.

©R.P.Co. 1981

idea NOTEBOOK

Kitchen color coordinates

Matching your kitchen counter tile and sink colors is a cinch with the introduction of "Ceramica Coordinates" by Eljer Plumbingware and American Olean Tile Company. Four colors from American Olean's "Encore" tile group —sand, seal, wheat, and blue—have been carefully matched by Eljer in an enameled cast-iron double-compartment sink that is 32 inches by 21 inches by 16 inches. Eljer's hand-laid finish is warranted to retain its gloss, color, and cleanability for ten years after installation. Matching tiles, with the same wear-resistant qualities as floor tiles, are offered in three sizes: eight by eight inches, eight by four inches, and four by four inches. A six-page full-color brochure is available for 50 cents from Eljer Plumbingware, Three Gateway Center, Pittsburgh, PA 15222.

Carpet deodorizer

When James Church won the patent for his Arm & Hammer trademark in 1878, he would have been surprised to know his product would become a general deodorizer as well as a cooking staple. We've all used this household standby in our refrigerators and cat boxes for years, but few of us realize that baking soda is also an excellent carpet deodorizer. A natural deodorizer with no masking perfumes, baking soda absorbs and neutralizes most carpet odors caused by food, pets, cigarette smoke, and dampness. In addition, since baking soda is listed as a generally safe food additive, you can use it with confidence around pets and children. Here's Arm & Hammer's recipe for sweet-smelling carpets: Sprinkle baking soda over the entire carpet; wait 15 minutes, or overnight for problem odors; then vacuum. Be sure to test the carpet for colorfastness and do not use baking soda on a wet carpet.

Why Bill Dobson is sold on Gibson:



Sold on all the energy-saving, easy living features of the 1981 Gibson Air Conditioner.

Bill Dobson is energy-conscious. Intent on getting his money's worth.

That's why he's glad his Gibson has economical advantages like our Energy Saver Switch and Save Setting that help him conserve costly electrical power. And Hydro-Coil, a special feature that pre-cools the refrigerant for greater energy savings.

But there are other, more comfortable reasons why Bill enjoys his new Gibson. Like our exclusive Air Sweep® system that spreads the air flow more evenly for unsurpassed draft-free comfort. And a 3-speed fan control for hot days, milder days and quiet nighttime cooling.

Now what does Bill's wife think about their brand new Gibson? She loves the beautiful way it complements the panelling in the family room.

To see what a Gibson air conditioner can do for your home, visit your Gibson dealer today. He's one heck of a Gibson Guy himself.



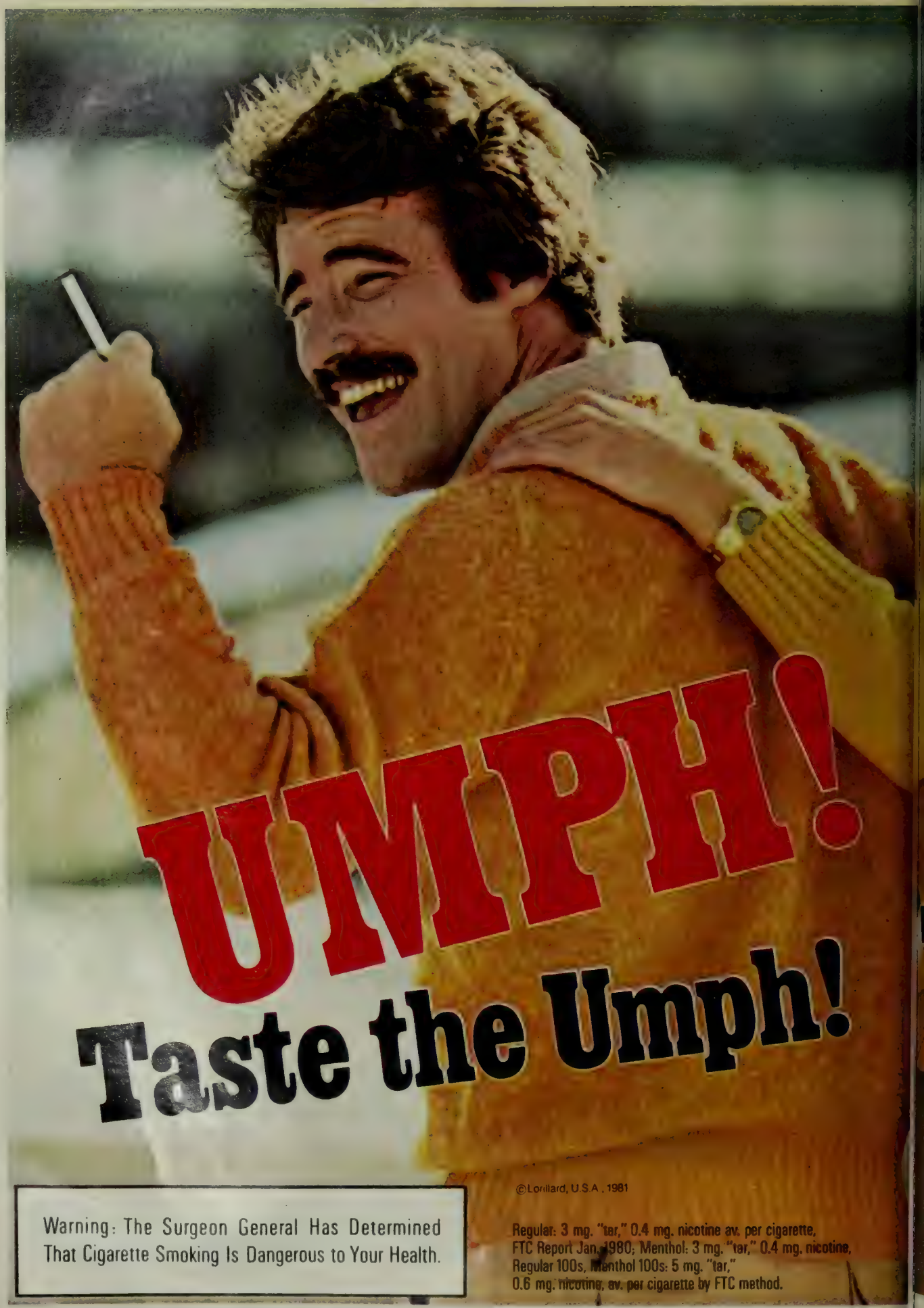
Model AK13C6 shown.

Gibson®
Appliances

Made to be beautiful, made to last.

Gibson Quality Appliances: Refrigerators, Food Freezers, Room Air Conditioners, Gas, Electric and Microwave Ranges, Wall Ovens, Dishwashers, Washers, Dryers, Humidifiers, and Dehumidifiers.

Gibson Appliance Company *One of the White Consolidated Industries*


UMPH!
Taste the Umph!
©Lorillard, U.S.A., 1981
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
Regular: 3 mg. "tar," 0.4 mg. nicotine av. per cigarette, FTC Report Jan. 1980; Menthol: 3 mg. "tar," 0.4 mg. nicotine, Regular 100s, Menthol 100s: 5 mg. "tar," 0.6 mg. nicotine, av. per cigarette by FTC method.


TRIUMPH® 100's
NEW
only 5mg tar
ALSO IN KING SIZE 3MG TAR
TRIUMPH 100s
Filter
TRIUMPH 100s
Menthol



THE BOLD LOOK
OF **KOHLER**

At the edge of your imagination, a journey down life's highway takes a surprising turn. The San Raphael Water-Guard, a gracefully designed one-piece toilet. Features a patented water-saving flush system. Available in Swiss Chocolate and a variety of other unforgettable colors. For a complete, full-color catalog of imaginative Kohler concepts for kitchen, bath, and powder room, contact your Kohler dealer listed in the Yellow Pages or send one dollar to: Kohler Company, Dept. AA5, Kohler, Wisconsin 53044.

SHAPING UP A STANDARD ONE-STORY



By CarolAnn Shindelar

In recent years, one of the most popular features in *Better Homes and Gardens* has been the "What you can do with a house like this" series. Each article has explained in words and pictures how homeowners transformed an ordinary house with an overall remodeling. This month, we're happy to bring you two owner-engineered redos: a San Francisco one-story and an Atlanta brick ranch.

In these days of soaring interest rates and inflated construction costs, the cheapest way to get the "new" house you want is to improve the house you have. By doing some of the work yourself, you'll save on labor charges, too.

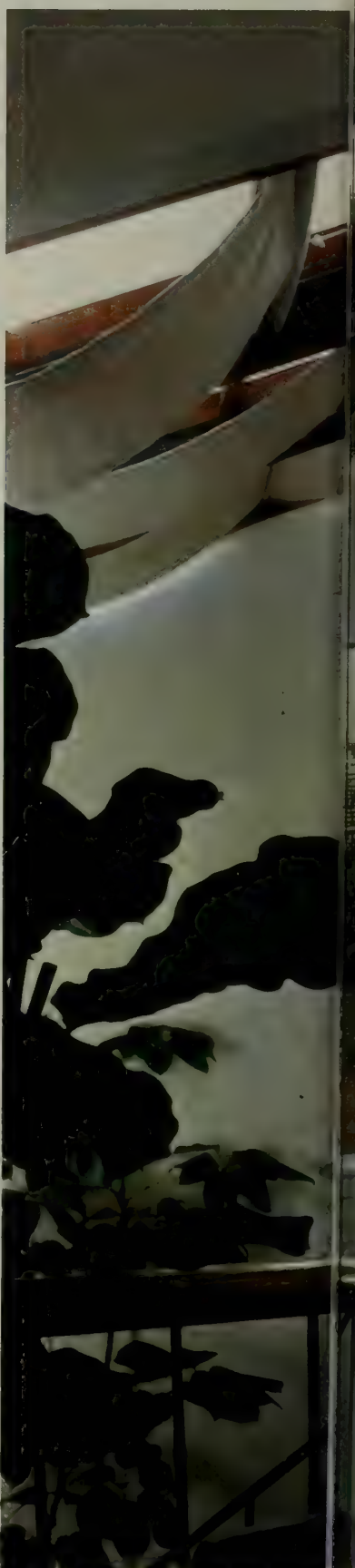
That's how Finn and Veronica Jorgenson of San Francisco accomplished their whole-house redo. Finn did all the work on the 1,200-square-foot house himself, which saved thousands of dollars. The biggest part of the project was adding a glass-topped entry. You can see that the new entrance level *(right)* is midway between the main floor and the basement, which gives the one-story house the look of a stylish split-level.



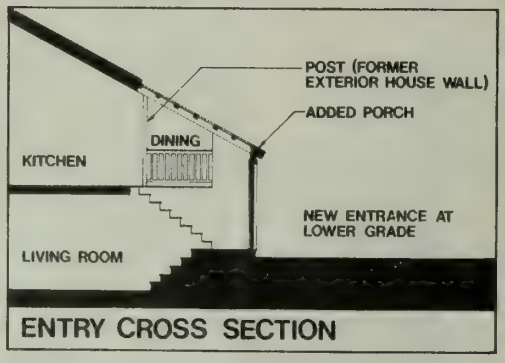
Photographs: Ernest Braun. Designer: Finn Jorgenson, James Wintersteen. Field editor: Helen Heitkamp

ONE-STORY









ENTRY CROSS SECTION

To capitalize on the sunlight admitted by the new entry, the Jorgensons tore out the walls separating it from the rest of the house. An iron railing outlines the area where the old walls stood *(right)*. Now the kitchen, dining area, and entry function as one space and share light and warmth from the sun.

Finn believes that an east-facing sunspace makes a lot of sense in temperate California. "The first sun in the morning quickly warms the house," he says, "and in the afternoon the sun drops behind the house and is prevented from shining through the glass." That way the house doesn't overheat during warm spring and fall afternoons. In summer, canvas shades mounted on pulleys are pulled across the glass to keep the sun out of the house all day long.

The new porch is 11x12 feet in size, but most of that space is taken up with a staircase leading to the main floor *(top)*. The floors in the porch, kitchen, and dining areas have been covered with tile to unify the rooms and provide modest heat storage for incoming sun.

The white 4x4 post at the top of the entry stairs points out the spot where the house used to end. The dining room was formerly the living room, but now a 12x14-foot living space has been carved out of the unfinished basement *(above left)*. Because the level of the new entry is midway between the first floor and basement, the living room is just a few steps from the front door.



WHAT YOU CAN DO WITH A HOUSE LIKE THIS

REVOLUTIONIZING AN ORDINARY RANCH HOUSE







Photographs: Maris/Semel. Designer: Jean-Jacques Courtemanche. Contractor: Al Perry. Field editor: Ruth Reiter.

For almost 30 years, this home looked like every other ranch house on the block. And that's still the case—on the outside. But inside, the modest little house has been transformed into a dramatic new living space. Only the skylights peeking through the roof give you a clue that changes have taken place indoors.

And there are changes aplenty! Most folks do a double-take when they walk through John Schneider's front door—they can hardly believe they're in the same little green house they saw from the street. The walls in the main living areas are wrapped with a continuous "architectural cornice" that give the whole interior an exciting new feeling.

The cornice is constructed of four layers of drywall overlapped in clapboard-siding fashion. Standard 2x4 framing supports each layer of drywall, which has been painstakingly finished for a sleek, smooth look.

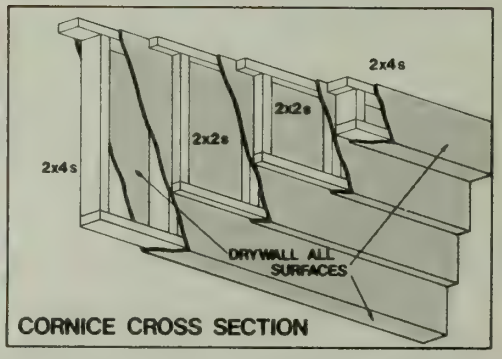
Strip lights controlled by dimmer switches are tucked below the ceiling to highlight the new architectural details. To surround the cornice with a fittingly dramatic setting, the old eight-foot ceilings were removed, as were the walls that divided the space into living, dining, and music rooms. The ceiling beam marks the spot where a wall once stood.



WHAT YOU CAN DO WITH A HOUSE LIKE THIS
RANCH HOUSE







CORNICE CROSS SECTION

New vistas opened up overhead after the ceiling was removed, and John reclaimed some of the space for a loft *(right)*. Originally, the attic was used for storage and could only be reached by pulldown stairs. The roof has a very low pitch, so the new loft doesn't have much headroom *(above left)*, but it doesn't seem closed-in because a large dormer window and sun-scooping skylight provide an expansive view of the sky. (This is the same skylight that was visible in the exterior photo of the house on the previous page.) Strategically placed track lights illuminate the loft and the rest of the house when the sun goes down.

The front entry is hidden behind the rounded five-foot-high wall in back of the sofa. Originally the wall was ceiling height and ran all the way to the edge of the loft. Now it serves as a divider separating the entry from the living room and funneling traffic around the sofa. The hallway behind the sofa leads to the bedroom wing of the house.

The kitchen also benefited from the remodeling, but John is planning a major redo of this room at a later date. The kitchen doorway is to the right of the stairway to the loft. Viewed from the kitchen *(top)*, the doorway is to the left of the refrigerator. Part of the kitchen ceiling was removed and a skylight was added at the roof line to continue the open feeling of the living area; the portion of the ceiling that remains serves as the floor to the loft.







Photographs: Ross Chapple. Landscape architects: Oehme and Van Sweden. Field editor: Eileen Deymier







Photograph: Ernest Braun. Landscape architect: Marty Stoelzel.
Field editor: Helen Heitkamp





LANDSCAPING WITH ORNAMENTAL GRASSES

By Marjorie P. Groves

Rippling, swaying ornamental grasses can give any landscape a delightful country air. They provide textures, colors, and shapes that "garden variety" flowers, shrubs, and lawn can't match.

And there's a very practical reason for planting clumps and stretches of gracefully bending grass: They require minimum tending so you can take a break from pruning, weeding, and insect and disease control.

Here are some easy-to-grow selections for you to try.

1. Roof-high *Miscanthus floridulus* provides tall framing for windows and other features. *Calamagrostis accutiflora* and *Pennisetum alopecuroides* fill in below.

2. *Miscanthus sinensis 'gracillimus'* provides a wispy foil for bright flowers. Fancy varieties change color with the seasons: foliage is light green in spring, and blooms add variety in summer. Grass then turns red or yellow in autumn and beige for winter.

3. Soft blue-gray mondo grass, *Ophiopogon japonicus,* grouped with moraea, or fortnight lily, contrasts with pink impatiens. Mondo grass is an informal alternative to shrubs as an entry accent.

4. Three clumps of *Pennisetum alopecuroides* rustle softly in the breeze. It's also called fountain grass, a name used for several similar grasses, too.

5. Four varieties of ornamental grasses border a meandering flow of black-eyed susans. This slope treatment eliminates the need for mowing and controls erosion.

6. When first planted, grassy areas may look sparse, but they soon fill out. This planting of *Calamagrostis accutiflora 'stricta'* is two years old.

PERENNIAL GRASSES

In general, ornamental grasses prefer a sunny spot. Add compost or humus when you plant and keep seedlings well watered until they're established. A balanced fertilizer each spring helps but isn't essential. In the North, perennial grasses will die down in the fall. Mulch them well. Cut down old growth in spring before new growth starts.

Perennials are usually sold as small plants in pots rather than as seeds.

**Cortaderia selloana,* or pampas grass, averages ten feet tall and has large silvery plumes. Set the plants five feet apart in a sheltered area.

**Miscanthus floridulus* can reach six feet tall. It's a wide-leaved grass, ideal for backing up lower grasses or flowers.

**Miscanthus sinensis 'gracillimus,'* eulalia or maiden grass, four feet tall, is the most delicate ornamental grass. Its spray of foliage is topped by beige plumes in fall.

**Ophiopogon japonicus,* mondo grass, stands a foot tall. Plant divisions a foot apart in any sunny or shady spot that's moist but well drained.

**Pennisetum alopecuroides* (still found as *Pennisetum japonicum*) has feathery, bushy plumes. It's a good mid-height plant at two to three feet tall and has slender leaves.

ANNUAL GRASSES

Annual grass seeds can be started indoors in late winter or sown directly in the soil as soon as the weather warms up. They grow quickly.

**Agrostis nebulosa,* or cloud grass, does well in dry sunny spots. It reaches 18 inches tall and has white, soft branchlets.

**Briza maxima,* or quaking grass, forms a bushy plant about two feet tall and has cone-shaped seed heads that quiver in the breeze.

**Rhynchelytrum repens* (sometimes listed as *Tricholanea rosea*), or ruby grass, is rushlike. It averages three feet high. The rosy brown plumes turn silver in fall.

**Coix lacryma-jobi,* Job's tears, has gray seeds on 30-inch plants.

Buying information, page 158

32 WAYS TO MAKE YOUR KITCHEN STORE MORE

By Linda Joan Smith

If you're short on storage space in your kitchen, take a good hard look around you before you embark on an expensive remodeling. Your kitchen may not need the major work you think it does. Instead, poor organization may be the space-gobbling culprit in your work area.

To cure your kitchen of the "plenty of cupboards but no room for the soup pot" syndrome, make sure you put every inch of cabinet and wall space to good use. With a little imagination, a screwdriver, and an assortment of purchased and homemade "extras," you can make even the plainest builder kitchen hold as much as one that's custom-built and costly. The simple ideas we show here will help you pack the utmost into your kitchen—and become more organized and efficient in the bargain.





Projects 1-6, see photo left.

1. Widely spaced kitchen shelves are prime space wasters. Build simple half shelves for storing cups and small bowls; you'll fit twice as many dishes in the same space. **2.** Dream up alternative uses for store-bought storage aids. Here, we've used a paper bag holder to corral cloth napkins. **3.** Drawers aren't the only place to store flatware. Mount this inexpensive flatware holder on the back of a cupboard door that's handy to the rest of your table-setting supplies. **4.** A bare backsplash is just begging to be put to work. Stick up a row of adhesive-backed plastic hooks to keep utensils close at hand. Or, mount undercabinet shelves



Photographs: William N. Hopkins. Design: Linda Joan Smith

5. for storing spices or coffee mugs. **6.** No place to lay your place mats flat? The addition of two cup hooks and a pair of wire clips will transform a cabinet door into vertical place mat storage.

Projects 7-10, see photo above.

7. Put the center of your kitchen to work with an easy-to-build worktable. This sturdy unit provides extra counter space as well as a wide shelf for storing bulky pots and pans that take up more than their share of cabinet space. Place the table along a bare wall or position it as we've shown here to create a step-saving island. The table's supports are made of galvanized pipe and are bolted to the floor for extra stability. The shelf and the top of the table are pine. Clamp the boards to the supports with U-shaped brackets. **8.** Put bare kitchen walls to work with one of the many available hanging grid systems. The grids come with their own hooks—you can hang almost anything on them. **9.** To utilize the ends of cabinets, build simple wooden racks for displaying food magazines or storing the day's newspaper. We've added an easy-to-build unit at the end of the base cabinets. **10.** Plastic bins provide instant storage for everything from soup cans to acorn squash. The bins come in a wide variety of shapes, colors, and sizes. Some stacking bins have casters, so you can roll the bins to where they're needed.

continued

32 WAYS TO MAKE YOUR KITCHEN STORE MORE



Projects 11-14, see photo right.

11. Mount a pipe or a length of closet pole over your kitchen sink, then hang lightweight pans or favorite plants with metal S hooks. **12.** Even the narrowest cupboard doors have storage potential. Build a small shelf unit for half-pint cans that get lost on pantry shelves. **13.** Need a way to keep measuring spoons in good order? Screw cup hooks into a narrow board and mount it close to where you do most of your food preparation. Keep measuring cups handy with a second utensil hanger. **14.** Another double-use item: This rolling pin holder began life as an ironing board caddy.

Projects 15-19, see photo below.

Cut undersink clutter to a minimum with inexpensive but sturdy store-bought items. **15.** A small wastebasket made especially for mounting on the back of a cabinet door is great for collecting vegetable scraps if you don't have a disposal. **16.** Store your cleaning supplies in a carrying caddy so you can tote them around the house on cleaning day. **17.** Pullout trays are a blessing in any cupboard. Here, a tray slides the wastebasket out to where you need it. **18.** This wastebasket is specifically designed for tight undersink spaces. The cutout along one side of the basket lets it snuggle up to undersink plumbing. **19.** Another door-mounted unit keeps dish detergent, scouring powder, and sponges right within reach when you're scrubbing pots and pans.



Projects 20-27, see photo opposite above.

20. Add extra shelves to your cupboards so you can store jars of staples on their sides. The jars take up a minimal amount of space, and their contents can be identified at a glance. **21.** Here's a microwave oven that saves space instead of cluttering your kitchen counter. The oven takes the place of a conventional range hood and has a built-in cooktop light and a two-speed exhaust fan. **22.** You needn't buy an expensive wine rack to store your collection. Instead, simply remove one of your cupboard doors and space the shelves 3½ inches apart. Dividers in between the bottles aren't necessary. **23.** Add simple T-shaped tracks to the bottom of a conventional shelf so you can hang wineglasses right where the wine is. **24.** Additional space-savers that tuck under cabinets include a modular peg-and-

Buying information, page 158

block utensil rack (the blocks slide into a metal track and can be rearranged as needed) and **25.** a wire basket that keeps fruit out in the open air. **26.** A skinny adhesive-backed towel holder is a real convenience—you can put it up almost anywhere. **27.** If you're contemplating buying new cookware, think in terms of maximum use. These glass-ceramic pots and pans have aluminum-clad bottoms and work equally well atop the stove or in the oven.

Projects 28-32, see photo right.

28. Cupboards aren't the only area that will benefit from reorganization. Locating a magnetic knife rack inside a drawer is somewhat unconventional but keeps knives out of harm's way. **29.** Give your cutting board its own hiding place by using waste space at the top of a drawer. The board slides back and forth on wooden supports to allow access to items stored below, and it can be lifted out for counter top use. **30.** Invent dividers for your kitchen drawers; even the simplest unit will help you get and stay organized. This drawer divider keeps an array of spices and small utensils at your fingertips. **31.** Extra shelves can ease the space crunch in lower cabinets, too. Just one additional shelf will keep baking pans and casseroles from piling up. **32.** Create your own root cellar from small, open-front bins. They can be stacked two or three high or used side by side, as shown.



Springtime TABLEWARE

BY MARGARET McMAHON AND STACEY SMITH

Green grass, lawn furniture, and fresh berries are all harbingers of spring—and so is the urge to spice our everyday lives with a little variety. One way to do just that is to acquire some pretty new tableware. To give you an idea of what's available, we've gathered a sampling of recent patterns that are sure to lift your spirits. The styles range from a dainty French floral motif to a formal border design. At least one of these patterns should mix beautifully with whatever tableware you have.

To showcase the patterns and colors in the table setting *below*, we chose a serene country setting. The fresh-as-spring centerpiece couldn't be simpler: we popped some posies into a basket of fruit and wrapped it all with two sunny yellow napkins.



Oh the exotic nutty things you can do with Diamond® Walnuts.



Add some foreign flavor to your table.

California Tossed Salad

½ cup large pieces Diamond Walnuts
⅓ cup salad oil
1 tsp. seasoned salt
3 Tbsp. lemon juice
1 tsp. granulated sugar
¼ tsp. marjoram, crumbled
¼ tsp. dill weed
1½ quarts torn mixed salad greens
6 oz. cooked shrimp or prawns*
1 large tomato, cut in wedges
¼ cup radish slices
¼ cup ripe olive slices
2 Tbsp. chopped chives or green onion
¼ cup cheese cubes

Toast walnuts lightly in small skillet over low heat with 1 tsp. oil, stirring frequently, about 5 min. Remove from heat; sprinkle with ¼ tsp. seasoned salt. Cool. Beat together remaining oil, salt, lemon juice, sugar, marjoram and dill weed. In large bowl, combine greens, shrimp, tomato, radish, olives and chives. Stir dressing; pour over salad. Toss until evenly coated. Add walnuts; toss again. Sprinkle with cheese. Serve at once. Makes 2 qts. salad, 4 large servings.
*Or, 1 can (5 oz.), drained.



Oh the lovely nutty things you can do with Diamond Walnuts.

Walnut Chicken, Chinese Style

3 half breasts of chicken (about 1¼ lbs.)
2½ Tbsp. soy sauce
¾ cup condensed chicken broth
2 tsp. cornstarch
3 Tbsp. oil
1½ cups snow peas
1½ cups sliced fresh mushrooms
1 cup ¼-in. slices celery
1 medium onion, cut in wedges (1 cup)
¼ cup green pepper strips
½ cup large pieces Diamond Walnuts

Remove skin and bones from chicken; cut meat into strips. Toss with 1½ tsp. soy sauce; set aside while preparing vegetables. Combine broth with cornstarch and remaining soy sauce; mix well. Heat 1 Tbsp. oil in large skillet or wok, add chicken strips and cook, stirring frequently, until browned and cooked through. Remove chicken from skillet. Add remaining oil to skillet. Add vegetables; stir-fry over medium heat 5 min. Add broth mixture; bring to a boil, stirring. Return chicken to skillet, add walnuts, and heat a minute. Serve at once. Makes 4 servings.



New Nestlé Slice & Bake Recipe.

Now you can have Toll House® Cookies whenever you want.



Mix dough and use half now.

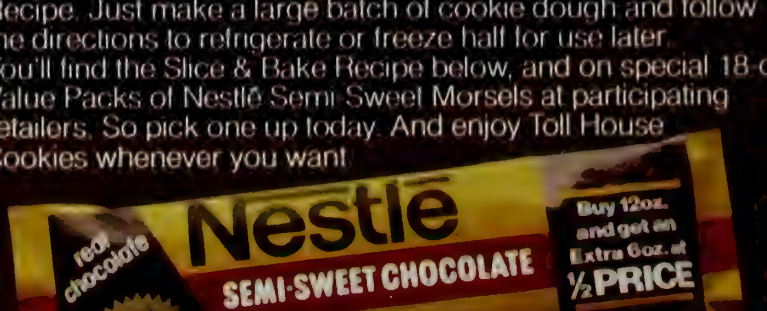


Prepare remaining half for refrigerator or freezer.



Then, whenever you're ready, just Slice & Bake!

Now it's even easier than before to enjoy real Toll House® Cookies whenever you want them. With Nestlé's new Slice & Bake Recipe. Just make a large batch of cookie dough and follow the directions to refrigerate or freeze half for use later. You'll find the Slice & Bake Recipe below, and on special 18-oz. Value Packs of Nestlé Semi-Sweet Morsels at participating retailers. So pick one up today. And enjoy Toll House Cookies whenever you want.



While supplies last, buy 12 oz., and get an extra 6 oz. at half price.

SLICE & BAKE COOKIE RECIPE

Now you can enjoy the delicious taste of Toll House Cookies anytime of the day. . . *without* having to prepare a dough! This specially designed Slice & Bake recipe lets you make 6 dozen cookies now and refrigerate or freeze the remaining dough for use later. All you have to do is . . . Slice & Bake!

- 3 cups plus 6 measuring tablespoons unsifted flour
- 1½ measuring teaspoons baking soda
- 1½ measuring teaspoons salt
- 1½ cups butter, softened
- 1 cup plus 2 measuring tablespoons sugar
- 1 cup plus 2 measuring tablespoons firmly packed brown sugar
- 1½ measuring teaspoons vanilla extract
- 3 eggs
- One 18-oz. pkg. (3 cups) Nestlé Semi-Sweet Real Chocolate Morsels
- 1½ cups chopped nuts

Preheat oven to 375° F. In small bowl, combine flour, baking soda and salt; set aside. In large bowl, combine butter, sugar, brown sugar and vanilla extract; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in Nestlé Semi-Sweet Real Chocolate Morsels and nuts. Divide dough into halves. Drop one of these halves (for 6 dozen cookies) by rounded teaspoonfuls onto ungreased cookie sheets.

BAKE at: 375° F.
TIME: 8-10 minutes.

Wrap remaining dough in waxed paper. Chill one hour until firm. Divide the dough into halves. On waxed paper, shape each dough half into a 9" roll. Roll in waxed paper; refrigerate up to 1 week or freeze up to 8 weeks. To bake, preheat oven to 375° F. Cut each chilled roll into nine 1" slices. Cut each slice into 4 quarters. Place on ungreased cookie sheets

BAKE at: 375° F.
TIME: 8-10 minutes
Total recipe makes 12 dozen cookies

©1981 The Nestlé Co., Inc.

Nestlé

Introducing

Rainbow in a Cloud

You get fruitiness and creaminess in a heavenly tasting dessert.

That's two delicious tastes in every spoonful. Mmmmm!

Your family will love Rainbow in a Cloud. They'll love the fruity taste of Jell-O® Brand Gelatin surrounded by the fresh, creamy taste of Cool Whip® Non-Dairy Whipped Topping.

It's so luscious you'll want to try it in all the Jell-O® Gelatin flavors of the rainbow.

© 1981 General Foods Corporation. Birds Eye, Cool Whip and Jell-O are registered trademarks of General Foods Corporation.

Rainbow in a Cloud



Swirl in the Cool Whip®



Spoon in the Jell-O® Gelatin.

1 package (3 oz.) JELL-O® Gelatin, any flavor
1 cup boiling water
½ cup cold water
1½ cups thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping

Dissolve gelatin in boiling water. Add cold water and pour into 8-inch square pan. Chill until firm, at least 3 hours. Cut into cubes, using sharp knife that has been dipped in hot water. Quickly dip pan in warm water. Remove cubes with spatula. Spoon about ½ cup of the whipped topping into each of 4 dessert glasses. Using back of spoon, make depression in center and spread topping up sides of glasses. Spoon gelatin cubes into glasses. Chill. Makes 4 servings.





GENERAL FOODS

begins on page 116

Off-the-shelf cooking

Cold Cut Recipes

Note: Microwave recipes were tested in counter-top microwave ovens. Timings are approximate since ovens vary by the manufacturer.

HOT REUBEN SANDWICH LOAF

Packaged biscuit mix simplifies preparing the bread dough—

Meat options: bologna, Lebanon bologna, honey loaf, olive loaf, chopped ham, boiled ham, pepperoni, pastrami, salami, summer sausage, packaged sliced cooked chicken, *or* packaged sliced cooked turkey

- **2 cups packaged biscuit mix**
- **½ cup cold water**
- **8 ounces desired cold cuts, cut up (see options above)**
- **1½ cups shredded cheese, such as American, cheddar, Monterey Jack, mozzarella, *or* Swiss (6 ounces)**
- **1 8-ounce can (1 cup) sauerkraut, rinsed and well drained**
- **¼ cup creamy salad dressing, such as Thousand Island, French, *or* creamy Italian**
- **1 egg**
- **1 tablespoon water**
- **Caraway *or* poppy seed**
- **Parsley sprigs (optional)**
- **Pickled peppers (optional)**

Stir together biscuit mix and cold water. Beat vigorously for 20 strokes. Form dough into ball. On lightly floured surface knead for 5 strokes. Roll to a 14x11-inch rectangle. Transfer to a greased cookie sheet. Layer desired cold cut pieces lengthwise down center of rectangle.

In bowl toss together cheese, sauerkraut, and desired dressing. Spoon mixture atop cold cuts. With kitchen shears or a sharp knife, make 3-inch cuts at 1-inch intervals on long sides of dough. Fold strips over filling, alternating sides (see photo, *top right*).

Beat together egg and water; brush over dough. Sprinkle with caraway or poppy seed. Bake in 400° oven for 25 to 30 minutes or till light brown. Using



two wide metal spatulas, carefully transfer to serving platter. If desired, garnish with parsley and pickled peppers. Makes 6 servings.

FRIED PASTA PIE

Meat options: bologna, Lebanon bologna, honey loaf, olive loaf, chopped ham, boiled ham, pepperoni, pastrami, salami, summer sausage, packaged sliced cooked chicken, *or* packaged sliced cooked turkey

- **8 ounces pasta, such as spaghetti, linguine, vermicelli, *or* narrow noodles**
- **2 beaten eggs**
- **½ cup grated Parmesan *or* Romano cheese**
- **Dash pepper**
- **¼ cup butter *or* margarine**
- **1 16-ounce can tomatoes, cut up, *or* one 16-ounce can stewed tomatoes**
- **½ cup water**
- **4 teaspoons cornstarch**
- **1 2-ounce can sliced mushrooms, drained**
- **1 teaspoon sugar**
- **1 teaspoon dried oregano, crushed**
- **6 ounces desired cold cuts, cut in julienne strips (see options above)**

Cook pasta according to package directions; drain. Meanwhile, beat together eggs, Parmesan cheese, and pepper. Pour over pasta; toss till well coated. Melt butter or margarine in 8- or 10-inch skillet. Add pasta mixture, spreading evenly over entire pan. Cook, without stirring, over medium heat for 10 to 15 minutes or till bottom is light golden brown.

Meanwhile, prepare sauce: In medium saucepan stir together *undrained* tomatoes, water, and cornstarch. Add mushrooms, sugar, and oregano. Cook and stir till thickened and bubbly. Reduce heat; simmer, covered, for 5 minutes. Stir in desired cold cuts. Heat through. To serve, loosen pasta mixture from skillet and invert onto serving plate. Spoon some of the sauce over pasta; pass remainder. Makes 6 servings.

CURRIED MEAT AND FRUIT TOSS

For a real East Indian touch, sprinkle this salad with curry condiments such as raisins, peanuts, and coconut—

Meat options: bologna, Lebanon bologna, honey loaf, olive loaf, chopped ham, boiled ham, pepperoni, pastrami, salami, summer sausage, packaged sliced cooked chicken, *or* packaged sliced cooked turkey

- **4 cups torn mixed greens**
- **1 16-ounce can fruits for salad, pear slices, peach slices, *or* pineapple chunks, drained, *or* 1½ cups fresh fruit (such as sliced apples, bananas, pears, peeled peaches, pineapple chunks, *or* orange sections)**
- **8 ounces desired cold cuts, cubed (see options above)**
- **1 cup carrot, celery, *and/or* green pepper cut in julienne strips**
- **3 tablespoons lemon juice *or* vinegar**
- **4 teaspoons honey *or* sugar**
- **½ to 1 teaspoon curry powder**
- **¼ cup salad oil**

In large salad bowl combine greens, desired fruit, desired cold cuts, and desired vegetables; toss lightly. In blender container or food processor bowl combine lemon juice or vinegar, honey or sugar, and curry powder. With blender or food processor running, gradually add oil through opening in lid or with lid ajar. Process till thickened. Pour over mixture in salad bowl; toss lightly. Makes 4 servings.

Ground Meat Recipes

To thaw 1 pound frozen ground meat, place the unwrapped meat in a plastic bag; fasten it with a metal twist tie. Set the meat in a sink or a

continued



THE GE TIMEMAKER™ RANGE:
25 MINUTES.



THE REGULAR RANGE:
1 HOUR, 15 MINUTES.

DON'T LET A GOOD LOOKING CHICKEN KEEP YOU WAITING.



THE TIMEMAKER™ RANGE FROM GE GIVES YOU THE SAME GOOD COOKING IN LESS TIME. Why wait for your regular range to cook a chicken golden brown, when the TimeMaker range from General Electric can give you the same beautiful results in a fraction of the time.

The TimeMaker range uses a combination of regular heat for golden brown results and microwaves for fast cooking. So now the beautiful bird that used to take an hour and 15 minutes is ready to serve in only 25 minutes.

And because man does not live by chicken alone, General Electric includes a special cookbook with hundreds of fast and delicious recipes, from an 18-minute meatloaf to a 20-minute apple pie.

The TimeMaker range lets you cook with regular heat only or microwaves only, so you can use it as a full-sized regular oven or a full-sized microwave oven.

And as if that weren't enough, it even cleans itself automatically.

To put it simply, the TimeMaker range from GE gives you the same good cooking in less time. So a good looking chicken will never keep you waiting again. Or a good looking turkey. Or a good looking roast. Or a good looking ham. Or...

For your nearest TimeMaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.

WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC

THE GENUINE BLOODY MARY

In 1921, Fernand Petiot invented the original Bloody Mary recipe in Paris, France. And, he often used TABASCO sauce to give it extra flavor.

In 1973, we chose to use the same genuine ingredients to make TABASCO Brand Bloody Mary Mix. Extra thick tomato juice, fresh lime, plus Lea & Perrin, and TABASCO sauce. All in the right measure. All fresh. So refrigerate after opening.







©1981. TABASCO is a registered trademark of McIlhenny Company, Avery Island, Louisiana 70513

continued

Off-the-shelf cooking

deep pan filled with cold water. Allow to thaw for 1¼ hours, breaking off outer pieces of meat as they thaw (every 15 to 20 minutes). Be careful not to puncture bag.

Microwave directions: **Place 1 pound ground meat in its original wrapping in microwave oven. Micro-cook on MEDIUM for 4 to 5 minutes, turning once after the first 1½ minutes. After 3 minutes, break up meat and remove any thawed portions. Let meat stand for 5 minutes after defrosting.**

BEER-SAUCED MEATBALLS

Meat options: ground beef, ground pork, ground lamb, ground veal, or ground turkey*

- **1 beaten egg**
- **1 10¾-ounce can condensed tomato *or* cheddar cheese soup**
- **1 cup soft bread crumbs**
- **¼ teaspoon salt**
- **1 pound desired ground meat (see options above)**
- **1 medium onion, sliced and separated into rings**
- **2 tablespoons cooking oil**
- **½ cup beer**
- **½ teaspoon dried oregano, crushed**
- **Hot cooked noodles, pasta, spaetzle, *or* rice**

In bowl combine egg and *¼ cup* of the soup. Stir in bread crumbs and salt. Add ground meat; mix well. Shape into thirty-six 1-inch meatballs.

In 10-inch skillet cook onion in hot oil till tender but not brown. Remove onion and set aside. Add meatballs to skillet; cook till browned, turning occasionally to brown evenly. Drain off fat. Combine the remaining soup, beer, oregano, and dash *pepper.* Add to skillet along with the onion. Bring to boiling. Reduce heat and simmer, uncovered, for 15 to 20 minutes. Serve over hot cooked noodles, pasta, spaetzle, or rice. Makes 6 servings.

**Note:* For turkey option, reduce soup in meat mixture to *2 tablespoons.*

Microwave directions: Prepare and shape meatballs as directed above. Arrange in a 12x7½x2-inch baking dish. Micro-cook, uncovered, on HIGH for 8 to 12 minutes or till meatballs are no longer pink, rearranging once or twice. Push meatballs to side of dish. Drain off fat. Prepare soup mixture as directed above; add to the meatballs along with the onion. Cover and cook for 5 to 8 minutes or till onion is just tender. Serve as directed above.

SPICY MEAT AND POTATO LOAF

To prepare the beef or pork version of this meat loaf, increase the liquid as directed in note, page 148—

Meat options: ground beef, ground pork, ground lamb, ground veal, *or* ground turkey*

- **2 beaten eggs**
- **½ cup milk *or* orange juice**
- **½ cup fine dry bread crumbs, finely crushed corn flakes, *or* rolled oats**
- **½ cup chopped nuts**
- **¾ teaspoon salt**
- **½ teaspoon ground sage**
- **Dash garlic powder**
- **1½ pounds desired ground meat (see options above)**
- **White Potato *or* Sweet Potato Topper**

In large bowl combine eggs and liquid. Stir in crumbs, nuts, salt, sage, garlic powder, and dash *pepper.* Add ground meat; mix well. Shape meat into a round dome shape on a greased 15x10x1-inch baking pan. Bake in 350° oven for 50 to 60 minutes or till done; drain off excess fat. Increase oven temperature to 450° while preparing desired topper. Spread topper over loaf. Return to hot oven; bake about 5 to 10 minutes or till potato mixture is heated through and browned. Place on serving platter. If desired, garnish with endive. Makes 6 to 8 servings.

White Potato Topper: Prepare enough packaged instant *mashed potatoes* for 6 servings according to package directions. Stir in 3 tablespoons snipped *chives.*

Sweet Potato Topper: Drain one 23-ounce can *sweet potatoes.* (Or, use an 18-ounce can vacuum-pack sweet potatoes.) In large mixer bowl beat sweet potatoes, 2 tablespoons *orange juice* or *milk,* 2 tablespoons *maple*

continued

How smart is the new GE 2500 Dishwasher?

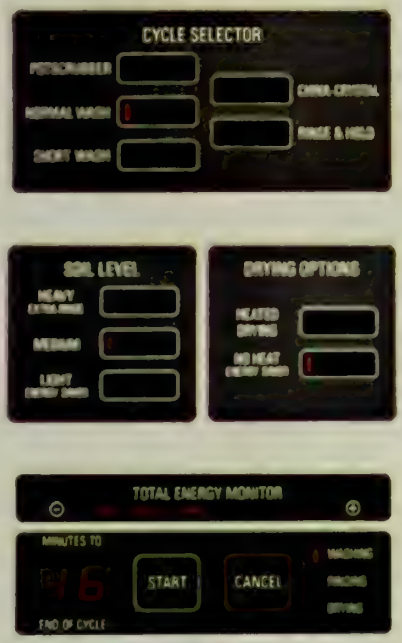
Just ask it.

The new 2500 Dishwasher from General Electric has solid-state electronics so advanced you have almost unlimited control over cleaning levels and energy use. If you want to know what the GE 2500 Dishwasher can do for you, just ask it.

Ask it to get all kinds of dishes sparkling clean. From delicate crystal to pots and pans with baked-on food—just tell the dishwasher what you're washing. It automatically selects a soil level and gets your dishes sparkling clean.

Ask it how much energy a particular washing cycle uses. Our exclusive Total Energy Monitor shows relative energy used for the soil and drying options selected with each of our 4 wash cycles: Potscrubber, Normal Wash, Short Wash or China/Crystal.

You can even save energy by cancelling the drying cycle and letting your dishes dry naturally overnight.



We bring good things to life.

GENERAL ELECTRIC

Ask it to tell you what it's doing. GE electronics make this dishwasher smart enough to tell you if certain things have gone wrong (like a household power failure or a plugged drain) and if you can fix it yourself. That can save on unnecessary service calls.

This dishwasher also shows you how many minutes to the end of the washing cycle. You'll always know when your dishes will be clean.

Ask your dealer about our PermaTuf* tub's full 10-year warranty. Our exclusive PermaTuf tub is warranted against cracking, peeling, rusting or leaking for 10 years, in normal use.

Is the 2500 Dishwasher from General Electric smart enough to help change the way you do dishes?

Just ask it.

For your nearest GE Dishwasher dealer, call toll free **(800) 447-2882.** In Illinois only, call **(800) 322-4400.**



ONE

never knows when hunger will strike. So keep a foil packet of crisp, crunchy Smokehouse® Almonds where you can reach them. In your pocket. In your purse. In your desk. In your car. (No preservatives in this snack – just all natural ingredients.)



BLUE DIAMOND

THE ALMOND PEOPLE®
CALIFORNIA ALMOND GROWERS EXCHANGE
P.O. BOX 1768, SACRAMENTO
CALIFORNIA 95808

continued

Off-the-shelf cooking

syrup or *honey*, ½ teaspoon *salt*, and ¼ teaspoon ground *allspice* till fluffy.

**Note:* For ground beef or pork options, increase liquid to ¾ *cup*.

Microwave directions: Prepare meat mixture as directed above. Place in a 10-inch pie plate. Cover with waxed paper. Micro-cook on HIGH about 15 minutes, giving the plate a quarter-turn every 3 minutes. (For ground pork, cook about 23 minutes total.) Prepare potato topper and spread over loaf as directed on page 146. Cook, uncovered, about 3 minutes longer or till heated through. Let stand about 5 minutes before serving.

SOUFFLÉ SPIRAL

If using ground ham, see note, page 149—

Meat options: ground beef, ground pork, ground lamb, ground veal, ground turkey, *or* fully cooked ground ham*

- **½ cup butter *or* margarine**
- **⅔ cup all-purpose flour**
- **½ teaspoon salt**
- **¼ teaspoon pepper**
- **2 cups milk**
- **5 egg yolks**
- **5 egg whites**
- **1 pound desired ground meat (see options above)**
- **¼ cup sliced green onion *or* chopped onion**
- **1 2-ounce can sliced pimiento, drained and cut up**
- **½ teaspoon dried fines herbes, crushed**
- **3 slices cheese, such as American, cheddar, Monterey Jack, mozzarella, *or* Swiss, halved diagonally**

Generously grease the bottom of a 15x10x1-inch jelly roll pan. Line bottom of greased pan with waxed paper, then grease again. Dust lightly with flour. In a medium saucepan melt the butter or margarine. Stir in the ⅔ cup flour, the salt, and pepper. Add the milk all at once; cook and stir till thickened and bubbly. Cook and stir 1 to 2 minutes more. Remove from heat.

TWO

things you health nuts will like about these Whole Natural Almonds:
1. They have no salt;
2. They have no oil.
In other words, a completely natural nibble. Blue Diamond® Whole Natural Almonds in new cello packets. The snack you know makes good sense.



BLUE DIAMOND

THE ALMOND PEOPLE®
CALIFORNIA ALMOND GROWERS EXCHANGE
P.O. BOX 1768, SACRAMENTO
CALIFORNIA 95808

In small mixer bowl beat the egg yolks on high speed of electric mixer till thick and lemon-colored. At low speed, gradually add *1¼ cups* of the flour mixture to the egg yolks. Cool slightly. Wash beaters thoroughly.

In large mixer bowl beat egg whites till stiff peaks form (tips stand straight). Fold the cooled yolk mixture into the egg whites; turn into prepared pan, spreading evenly. Bake in a 375° oven for 20 to 25 minutes or till puffed and golden brown.

Meanwhile, prepare filling: In skillet cook desired ground meat (except ham*) and ¼ cup onion till meat is browned. Stir in pimiento and fines herbes. Add the remaining flour mixture. Heat through and keep warm.

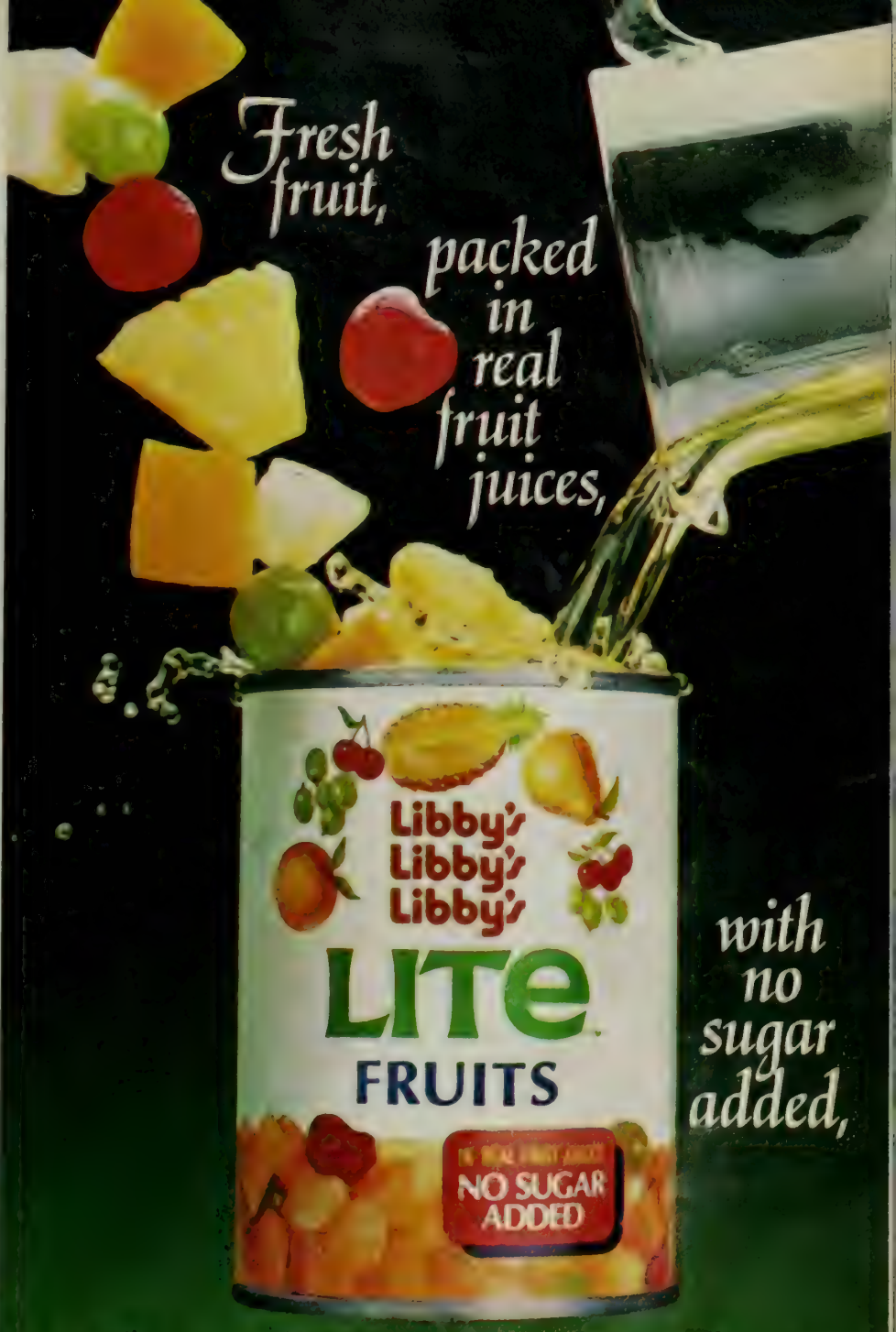
When soufflé is done, remove from oven and turn out on a clean towel lightly dusted with flour. Remove waxed paper. Spread soufflé with the meat mixture. Using towel as a guide, roll up soufflé jelly roll fashion, beginning with the short side. Carefully re-



turn to jelly roll pan, seam side down. Arrange desired cheese slices atop roll. Return to oven for 3 to 4 minutes or just till melted. Carefully transfer to serving platter. If desired, sprinkle roll with additional sliced green onion and garnish platter with green onion fans, celery leaves, and crab apples. Makes 6 servings.

**Note:* For ground ham option, reduce meat to 10 ounces (2 cups). In medium saucepan cook onion in 1 tablespoon *butter* or *margarine*. Stir in ham, pimiento, fines herbs, and remaining flour mixture. Heat through and keep warm.

continued



Gives Libby's LITE Fruits a fresher fruit taste!

What a fresh idea! There's not a speck of sugar added to Libby's Lite Peaches, Pears, Fruit Cocktail and Chunky* Mixed Fruits. So there's no heavy, sugary syrup to cover up the fresher fruit taste. Instead, Libby's Lite Fruits are packed in a luscious splash of real, naturally sweet fruit juices. Mmmm... that's delicious! That's Libby's Lite!



Libby's
Libby's
Libby's



Ripe Olives make the Classics Exciting!

You know how your favorite Italian dishes taste . . . the aromatic blending of tomatoes, meat, spices and cheese in that special old world way.
Mmmmmm . . . . . .

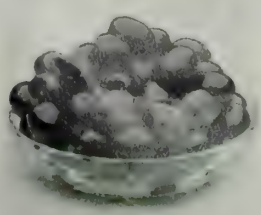
Now let ripe olives from California add an exciting touch to your favorite Italian recipes.

Highlight spaghetti sauce with ripe olive wedges.

Bring dramatic color contrast to lasagne with layers of sliced ripe olives.

Marinate pitted ripe olives in your favorite Italian dressing to complete an antipasto platter.

So, the next time you're fixing a classic,



Remember ripe olives . . . they're simply delicious

California Olive Industry

continued

Off-the-shelf cooking

Canned Meat Recipes

APPLE AND STUFFING SCALLOP

Meat options: two 5-ounce cans chunk-style chicken, two 5-ounce cans chunk-style turkey, two 6¾-ounce cans chunk-style ham, *or* one 12-ounce can corned beef

- **½ cup chopped onion**
- **½ cup chopped celery *or* carrot**
- **¼ cup butter *or* margarine**
- **10 to 14 ounces desired canned poultry *or* meat, drained (see options above)**
- **1 8-ounce package herb-seasoned stuffing mix *or* herb-seasoned croutons (4 cups)**
- **2 apples, cored and chopped**
- **½ cup chopped nuts**
- **2 beaten eggs**
- **1½ cups chicken broth**

In skillet cook onion and celery or carrot in butter or margarine till tender. Flake canned poultry or meat. In large bowl combine stuffing mix or croutons, desired canned poultry or meat, apples, and nuts. Add onion mixture and eggs. Add enough of the broth to thoroughly moisten mixture. Toss lightly and turn into a 12x7½x2-inch baking dish. Bake, uncovered, in 350° oven for 30 to 35 minutes or till lightly browned and hot. If desired, sprinkle with 1½ cups desired shredded cheese and garnish with apple slices. Makes 6 to 8 servings.

CREAMY SALAD NIÇOISE

We used iceberg lettuce, leaf lettuce, and endive to form the serving "cups"—

Meat options: one 12½-ounce can tuna, one 15½-ounce can salmon, two 6-ounce cans crab meat, two 5-ounce cans lobster, two 5-ounce cans chunk-style chicken, two 5-ounce cans chunk-style turkey, two 6¾-ounce cans chunk-style ham, *or* one 12-ounce can corned beef

continued



Decorate for fun

Take any ordinary day. And make it an extraordinary day. Make a cake that's full of fun . . . just decorate with Wilton.

For a birthday or any day, Wilton helps you shape the fun. Into Popeye the Sailor Man, a Superstar Shoe, a Leapin' Frog and more.

Add Wilton's colors, tips and simple, step-by-step instructions and you'll decorate an extraordinary cake in no time.

Free Hot Mitt!

With each specially selected pan you buy, you'll get a Wilton hot mitt free (suggested retail value $2.50)! Quantities are limited so hurry. And get 'em while they last.

Find everything you need in the Wilton Cake Decorating Center at participating department stores and cake decorating specialty shops. And then decorate for fun.

Wilton

Cake Decorating Products

Decorate your days

© 1981, Wilton Enterprises, Inc.
Popeye © King Features Syndicate, Inc. 1981



lemon juice; process till smooth. Cover and chill.

Break canned seafood, poultry, or meat into chunks. If necessary, remove cartilage. On 4 individual salad plates arrange seafood, poultry, or meat; potatoes; vegetables; and olives in lettuce cups. Spoon dressing over. Trim with lemon wedges, if desired. Makes 4 servings.

PANTRY-SHELF POTAGE

Meat options: one 12½-ounce can tuna, one 15½-ounce can salmon, two 6-ounce cans crab meat, two 5-ounce cans lobster, two 5-ounce cans chunk-style chicken, two 5-ounce cans chunk-style turkey, two 6¾-ounce cans chunk-style ham, *or* one 12-ounce can corned beef

1 can condensed cream of celery, chicken, mushroom, onion, potato, *or* shrimp soup
3½ cups milk
¼ teaspoon dried thyme, crushed
⅛ teaspoon pepper
1 16-ounce can cut asparagus, green beans, sliced carrots, peas, spinach *or* sliced zucchini *or* 2 cups loose-pack frozen cut green beans, broccoli cuts, sliced carrots, *or* peas
½ cup instant mashed potatoes
10 to 15 ounces desired canned seafood, poultry, *or* meat, drained (see options above)

In a large saucepan combine soup, milk, thyme, and pep-

continued

Off-the-shelf cooking

1 egg yolk
1 tablespoon lemon juice
1 tablespoon prepared horseradish
½ teaspoon salt
½ teaspoon Worcestershire sauce
⅛ teaspoon pepper
Few drops bottled hot pepper sauce
½ cup salad oil
1 tablespoon lemon juice *or* vinegar
10 to 15 ounces desired canned seafood, poultry, *or* meat, drained (see options on page 150)
1 16-ounce can sliced potatoes, drained *or* 2 cups cooked sliced potatoes
1 16-ounce can cut green beans *or* 2 cups cooked cut broccoli *or* cauliflower flowerets, drained
½ cup sliced carrots *or* sliced radishes
½ cup sliced pitted ripe olives
Lettuce cups

In blender container or food processor bowl combine egg yolk, the first tablespoon lemon juice, the horseradish, salt, Worcestershire, pepper, and hot pepper sauce; cover and process till combined. With blender or food processor running, gradually add oil through opening in lid or with lid ajar. Process till thickened. Add remaining 1 tablespoon



SHARP INTRODUCES THE UNBEATABLE COMBINATION. THE CONVECTION MICROWAVE OVEN.



IT'S A CONVECTION OVEN.

Sharp's convection oven is unbeatable for foods like bread, cakes, pastries and pies.

Because it circulates the air to cook foods faster than any conventional oven.

And this constantly moving air surrounds the food to quickly heat the outer portions, thereby sealing in the moisture and natural juices.

So food tastes more flavorful and looks as good as it tastes.

Because Sharp's convection oven browns and crisps as easy as pie.

Whether it's an apple pie with that golden-brown crust, or a crisp pizza with everything on it.

For foods like these, you need the dry heat of convection cooking.

But other foods need the moist heat only a microwave oven gives.

IT'S A MICROWAVE OVEN.

Sharp's microwave oven is unbeatable for foods like fish, vegetables, lasagna and frozen foods.

Because it cooks so quickly, they taste fresh, flavorful and never dried out.

And only Sharp® gives you the exclusive Carousel™ system.

It's the only microwave oven in the top five that turns the food so you don't have to.

Which means you won't have to worry about being a microwave oven attendant.

Or even worse, about "hot and cold spots" that can give you unevenly cooked food.

That's a problem that most oven manufacturers don't talk about.

But with Sharp, it's no problem. You get perfect cooking everytime.

IT'S AN UNBEATABLE COMBINATION.

Sharp's new convection microwave also works together to give roast beef or poultry the perfect 1-2 combination.

For instance, you can start with Sharp's convection oven, which seals in all the juices and lets you brown and crisp the outside.

Then it automatically switches over to Sharp's microwave oven to finish it off quickly and evenly with Sharp's Carousel.

The new Sharp convection microwave oven (Model R-8310).

Individually, or as a team, it's a truly unbeatable combination.

Sharp Electronics Corporation
10 Keystone Place
Paramus, N.J. 07652

SHARP

CALL IT C.C.M. SHARP'S CAROUSEL CONVECTION MICROWAVE.

50 Years

Shortcake in short order.



STRAWBERRY SHORTCAKES

2⅓ cups Bisquick® baking mix
3 tablespoons sugar
3 tablespoons margarine or butter, melted
½ cup milk
¾ cup chilled whipping cream
Sweetened sliced strawberries

Heat oven to 425°. Mix baking mix, sugar, margarine and milk until soft dough forms. Gently smooth dough into ball on cloth-covered board dusted with baking mix. Knead 8 to 10 times. Roll dough ½ inch thick. Cut with 3-inch cutter dipped in baking mix. Bake on ungreased cookie sheet until golden brown, 10 to 12 minutes. Beat whipping cream in chilled bowl until stiff. Split shortcakes; spoon strawberries between halves and over tops. Top with whipped cream. 6 servings.

Pan Shortcake: Do not knead. Spread in ungreased round pan, 8 x 1½ inches. Bake 15 to 20 minutes

High Altitude Directions (3500 to 6500 feet): Heat oven to 450°. For Pan Shortcake, use round pan, 9 x 1½ inches. Bake about 15 minutes

Join the Bisquick Recipe Club. See package for details. Send $3.00 to General Mills, Inc., Box 948, Minneapolis, MN 55460

®Reg. T.M. of General Mills, Inc.

©General Mills, Inc. 1981

Ahhhhh, there's nothing like the homemade taste of Bisquick® strawberry shortcake.

And from the fresh shortcake on the bottom, to the chilled whipping cream on top, you can make this delicious dessert in just 20 minutes.

So next time you get the taste for one of America's favorite treats, do what shortcake lovers have done for 50 years.

Reach for the Bisquick.



BISQUICK. Something good always comes of it.®



Beverage Ideas

Party-Time Cookies

Do you have a favorite drink recipe that's unique and refreshing? Is there an unusual cookie you make for parties or special get-togethers? Send us your recipes—you could be a winner next December. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next December. All 16 winners will receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Beverage Ideas

Enter your original beverage recipe whether it's hot or cold, with or without alcohol. Maybe yours is based on a drink mix or pureed fruit. Do you brew yours in a percolator or crockery cooker? Tips: **choco-banana daiquiris, Brazilian demitasse, spicy yogurt tomato nog.**

Party-Time Cookies

Do you have an extra-special idea for a cookie or bar that you make from scratch or by embellishing a convenience mix? Maybe you use cookie molds or stamps to add distinction. Hints: **cheddar apricot gems, mocha-pistachio drops, marshmallow caramel bars.**

THIS MONTH'S WINNERS

(See recipes on pages 141 and 142.)

Cooks-of-the-Month

Cynthia Kannenberg, Brown Deer, Wis.
Amelia Shearouse, Orlando, Fla.

Runners-Up

Mrs. Barbara C. Gossage, Springfield, Va.
Mrs. Thomas R. Kenkel, Council Bluffs, Iowa
Gloria E. Rodebough, Lima, Ohio
Mrs. Betty Sheets, Ukiah, Calif.

Honor Rolls

Sharon Damholt, Skokie, Ill.
Mrs. W. H. Henkel, San Luis Obispo, Calif.
Frances L. Hughes, Kenosha, Wis.
Mrs. Frank Javernick, Loveland, Colo.
Mrs. Lester Mau, South Wayne, Wis.
Anne Norton, New York, N.Y.
Mrs. J. E. Strang, China Lake, Calif.
Gloria Thomasson, Tucson, Ariz.
Maryann M. Webel, Ft. Lauderdale, Fla.
Carol Ziemann, Chesterfield, Mo.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "December Beverage Ideas" or "December Party-Time Cookies."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, May 31. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8105 Food Department, Better Homes and Gardens, Des Moines, IA 50336.**

Real Buttermilk Adds A Tender Touch



Try SACO'S CULTURED BUTTERMILK POWDER

NATURAL, OLD FASHIONED GOODNESS IN A CONVENIENT, ECONOMICAL FORM

Great grandma used buttermilk in baked goods because she knew it made a delicate difference. . . light, even textured, tender results everytime.

Now, from America's dairyland comes **real buttermilk** in an easy to use, economical new form. With **Saco's Cultured Buttermilk Powder** there's no waste! Use only the amount your recipe calls for and store the rest for up to a year. Try it today in your favorite recipe or try one from our Buttermilk Sampler Collection.



Three kitchen tested **Buttermilk Sampler** recipe-file card sets are available. To order your set(s), send 50¢ for each group desired to: Saco Foods, P.O. Box 5461, Madison, WI 53705. Please specify recipe set A☐, set B☐ set C☐.
Total enclosed $_____. (14 different recipes in each set.)

Name _____

Address _____

City _____ State _____ Zip _____



For anything that Sticks or Squeaks. Use in house, shop or car. Protects against rust, cleans and lubricates.

WD-40 COMPANY, San Diego, CA 92110



SHOPPING

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

DECORATING WITH THE NEW NATURALS

Page 46: Sofas—The Willow Works, 1035 Polk St., San Francisco, CA. 94109. Tile—Tilecraft Ltd., 438 Francisco Blvd., San Rafael, CA 94901. **Page 47** (left): Rug—V'Soske, Inc., 301 Scribner N.W., Grand Rapids, MI 49504. Armchairs—I.C.F., Inc., 145 E. 57th St., New York, NY 10022. Tables—Knoll International, 745 Fifth Ave., New York, NY 10022. Floor lamp—R. J. Randolph, 1728 Merchandise Mart, Chicago, IL 60654. Sofas and armless chair—Interior Crafts, Inc., 2513 W. Cullerton, Chicago, IL 60608. (Right): Sofa/pillow fabric—Groundworks, Inc., 629-A Merchandise Mart, Chicago, IL 60654. Blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, NJ 07030. Area rug—Carousel Carpet Mills, Inc., One Carousel Lane, Ukiah, CA 95482. **Page 48:** Chair fabric—& Vice Versa, 979 Third Ave., New York, NY 10022. Rug "Casual Trends"—Carousel Carpet Mills, Inc. (address above). **Page 49:** (upper): Furniture "Pine/Knapple Collection"—Sugar Hill Furniture, Lisbon, NH 03585. (Lower): Gingham—Schumacher & Co., 939 Third Ave., New York, NY 10022. **Page 50:** Desk and floor lamps—Alsy Mfg. Co., 270 Duffy Ave., Hicksville, NY 11801. **Page 51:** Sofas—Classic Gallery Inc., 2009 Fulton Pl., High Point, NC 27260. Sisal and dhurrie rugs—Rosecore Carpet Co., 979 Third Ave., New York, NY 10022. (Lower): Sofa and pillow fabric—Brunschwig & Fils Inc., 410 E. 62nd St., New York, NY 10021. Plaid fabric on armchair—Kent-Bragaline Inc., 27-35 Jackson Ave., Long Island City, NY 11101. Bombay table, coffee table—Kittinger Co., 1893 Elmwood Ave., Buffalo, NY 14207. Carpet—Rosecore Carpet Inc. (address above).

LANDSCAPING WITH ORNAMENTAL GRASSES

Page 106-107: Sources for ornamental grasses include—DeGiorgi Co., P.O. Box 413, Council Bluffs, IA 51502. Kurt Bluemel, Inc., 2543 Hess Rd., Fallston, MD 21047. Geo. W. Park Seed Co., Inc., P.O. Box 31, Greenwood, SC 29647. Thompson & Morgan, P.O. Box 100, Farmingdale, NJ 07727.

32 WAYS TO MAKE YOUR KITCHEN STORE MORE

Page 108-109 (photo right): Refrigerator, cabinets—Sears, Roebuck and Co., Sears Tower, Chicago, IL 60684. Dishwasher—KitchenAid, Division of Hobart Mfg. Co., Troy, Ohio 45374. Sink—Kohler Co., Kohler, WI 53044. Laminate—Wilsonart, 600 General Bruce Dr., Temple, TX 76501. Hanging lamps—Lite-Trend by the Lighting Products Div., McGraw-Edison, 400 Busse Road, Elk Grove Village, IL 60007. Wall grids "Graphis Grid"—Beylerian, 305 E. 63rd St., New York, NY 10021. Green stacking bins—Beylerian (address above). Red vegetable bins—Hammerplast, 212 Fifth Ave., New York, NY 10010. **Page 108** (bottom left): Napkin holder "Jumbo Paper Bag Holder"—Grayline Housewares, 1616 Berkley St., Elgin, IL 60120. Stick-up hooks

Add height. Add drama. With the new Levolor Vertical Blind.



They bring the outside world in, with the convenience of draperies, the style of blinds. They're worry-free, because they're made by Levolor, with an especially-designed concealed working mechanism that performs flawlessly. The new Levolor Vertical Blind, in an exciting choice of colors in aluminum, fabrics and vinyls. Think Vertical, but insist on Levolor!

LEVOLOR
Vertical Blinds
A product of Levolor Lorentzen, Inc

For more information about the new Levolor Vertical Blinds and our Window Magic Book of ideas please send $1 to: Levolor Lorentzen, Inc., 1280 Wall Street West, Lyndhurst, New Jersey 07071

Name_____

Address_____

City_____ State_____ Zip_____

M—5—81

"Crook Hooks"—Beylerian (address above). Undercabinet shelf—Beylerian (address above).

Page 110 (upper right): Rolling pin holder "Vacuum Accessory Kaddy"—Grayline Housewares, 1616 Berkley St., Elgin, IL 60120. (Lower left): Door-hung wastebasket "Hideaway Hanger"—Rubbermaid, Inc., Wooster, Ohio 44691. Yellow stacking bins—Hammarplast, 212 Fifth Ave., New York, NY 10010. Cleaning supply carrier "Kart-a-Kaddy"—Grayline Housewares (address above). Wastebasket "Cut-away Bagger," slide-out drawer, door-hung "Clean-up Caddy"—Rubbermaid, Inc. (address above).

Page 111 (top photo): Peg-and-block utensil hanger "Trac Rack"—Kinnovations, P.O. Box 29324, 2828 Virgo Lane, Dallas, TX 75229. Microwave oven "Spacemaker"—General Electric Co., Appliance Park, Louisville, KY 40225. Gas cooktop—Modern Maid Co., P.O. Box 1111, Chattanooga, TN 37401. Cookware "Rangetoppers"—Corning Glass Works, HP-EB-1, Corning, NY 14830. Wall-hung basket—Beylerian, 305 E. 63rd St., New York, NY 10021. (Bottom photo): Magnetic knife rack "Magnabar Mark XII"—Phelon Magnagrip Co., Inc., East Longmeadow, MA 01028. Vegetable storage bins—Rubbermaid Inc., Wooster, OH 44691.

SPRINGTIME TABLEWARE

Page 112: Dinnerware "Beau Jardin"—The Gorham Co., 333 Adelaide Ave., Providence, RI 02907. Sterling flatware (forks, spoons) "Legato"—Towle Silversmiths, Newburyport, MA 01950. Sterling knives "Florentine Lace"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780. Glassware "Arches"—Titicaca, 7 W. 22nd St., New York, NY 10010. Ceramic bread loaf—Claudia Shwide Designs, 4 Hartstone, 299 Ridgedale, P.O. Box 400, East Hanover, NJ 07936. Scarfs as napkins "Provencal Squares"—Phyllis Joffe Designs, 4849 N.E. 12th Ave., Fort Lauderdale, FL 33334. Basket—MCK, 85 Willow St., New Haven, CT 06511. Blue one-pint tankard "Blue Skies"—Johnson Brothers, 41 Madison Ave., New York, NY 10010. Geese in background—L'Art de Chine, 57-33 San Leandro St., Oakland, CA 94621.

Page 113 (top left): Dinnerware "Strawberry Fair," "Fresh Fruit"—Franciscan Ceramics Inc., 2901 Los Feliz Blvd., Los Angeles, CA 90039. Stainless flatware "Palais Royal"—Villeroy & Boch, 41 Madison Ave., New York, NY 10010. Chick—L'Art de Chine (address above). (Bottom left): Dinnerware "Ashley"—Lenox China, Inc., Lawrenceville, NJ 08648. Glassware "Daffodil"—Schmid Crystal, 55 Pacella Park Dr., Randolph, MA 02368. Silverplate flatware "Rochambeau"—International Silver, 550 Research Pkwy., Meriden, CT 06450. Mat—Descamps, 723 Madison Ave., New York, NY 10021. Napkin "Verona" by Bassetti—Springs Mills, 104 W. 40th St., New York, NY 10018. (Top right): Dinnerware "Shantung"—Royal Worcester, Royal Worcester Spode, Inc., 26 Kennedy Blvd., East Brunswick, NJ 08816. Silverplate flatware "Queen's Grace"—Gorham (address above). Crystal "De Medici"—Gorham (address above). Floral napkins—Sukarya Batik, 853 Seventh Ave., New York, NY 10019. Lace napkin—Walker Kitchen, Box 99166, San Francisco, CA 94109. Basket—MCK (address above). (Bottom right): Dinnerware "Forsa"—Villeroy & Boch (address above). Sterling flatware "Belle Meade"—Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301. Crystal "Pavilion Gray"—Fostoria, 1200 1st St., Moundsville, WV 26041. Napkin—Sukarya Batik (address above). Tray—B&N Collection, 244 Fifth Ave., New York, NY 10001.

OFF-THE-SHELF COOKING

Page 116: Glass plate—J. G. Durand Int'l., 225 Fifth Ave., New York, NY 10010.

Page 118: Round glass platter—J. G. Durand Int'l (address above). Canisters—Libbey Glass Co., Owens-Illinois Building, P.O. Box 919, Toledo, OH 43693.

Page 120: Casserole dish—Schiller & Asmus, Inc., 1525 Merchandise Mart, Chicago, IL 60654. Glass bowl—Catamount Glass Inc., P.O. Box 523, North Bennington, VT 05257. (Right): Platter—Wear-Ever Aluminum, Inc., 1089 Eastern Ave., Chillicothe, OH 45601. Salt and pepper—IPL Product Limited, P.O. Box 501, Plattsburg, NY 12901.

PRIZE TESTED RECIPES

Page 141 (left): Cutting board—George Briard Inc., P.O. Box 351, 525 Dell Rd., Carlstadt, NJ 07072.

Page 142 (far left): Glass compotes—Riekes-Crisa Corp., 1818 Leavenworth, Omaha, NE 68102. (Middle left): Plate, cup, saucer "Foulard"—Fitz & Floyd, 1371 Round Table, Dallas, TX 75247. (Middle right): Round wood board—Etco Industries, Inc., 225 Fifth Ave., New York, NY 10010. (Far right): Plate—Serendipity, Box 9025, 601 S.E. 2nd, Amarillo, TX 79105.

TRY TRITICALE

Page 154 (left): Jar—Corning Glass Works, Corning, NY 14830. (Center): Canisters—The Pilgrim Glass Corp., 225 Fifth Ave., New York, NY 10010. Glass—Williams Sonoma, 532 Sutter St., San Francisco, CA 94102. (Right): Crock "Butterscotch"—Pfaltzgraff Co., 140 E. Market St., York, PA 17401.

GARDENER'S LOG

Page 187 (lotus tubers): Scherer & Sons, 104 Waterside Dr., Northport, NY 11768. William Tricker, Inc., 74 Allendale Ave., P.O. Box 398, Saddle River, NJ 07458. Lilypons Water Gardens, Lilypons, MD 21717.



Enjoy smoking longer without smoking more.



Low tar Saratoga 120's

© Philip Morris Inc. 1981

15 mg "tar," 1.1 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

A leading polish.

Pledge.

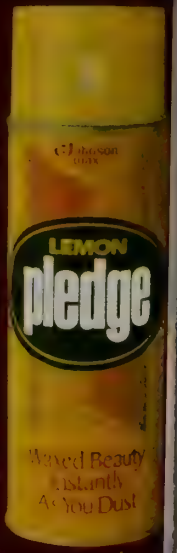


Unretouched photograph

"My table proved it... Pledge® makes a beautiful difference."

"I tested Pledge® against a popular polish on my dining room table, and look at the results! This unretouched photo proves that Pledge does more to bring out the beauty of the wood. Pledge picks up dust... cleans up fingerprints, dirt and smudges... and lets the wood grain come shining through. I just can't see myself using anything but Pledge."

Pledge brings out the beauty. Every time you dust.



LEAVE-YOUR-CAR-AT-HOME VACATIONS

Appalachia to the Mid-Atlantic Coast

BY GEORGE S. BUSH



Taking a family vacation minus the family car can add a footloose-and-fancy-free dimension to your travels. This month, we propose carless holidays in the middle-Atlantic states and in the Old West, Parts IV and V of our seven-part *Leave-Your-Car-at-Home* travel series. The Pacific Coast will be featured next month.

For vacationing diversity, it's hard to beat the section of the country that stretches from the blue ridges of the Appalachian range to the blue seas that bathe the mid-Atlantic Coast. And you don't need a car to take advantage of the region's abundant pleasures.

Chesapeake Bay, that marvelous inland sea, is best experienced from a boat, while the beaches of southern New Jersey and back roads of the Delmarva Peninsula are perfect for bikers. North Carolina's mountain world is reserved for those who walk. And the heart of old-time Pennsylvania is within easy bus range when you stay at an up-to-date resort.

Just two days of training will qualify your family for a sailing expedition on Chesapeake Bay.

CRUISING CHESAPEAKE BAY

When the most recent ice age ended, the retreating glacier left a gigantic 150-mile-long trough where once the Susquehanna River emptied into the Atlantic. Tides soon filled this big ditch, creating Chesapeake Bay.

Few other areas are so full of living history. Much of the land around the Chesapeake (even the local speech) has changed little since the area was first settled by British colonists.

You can cruise the bay on excursion boats, starting out from Baltimore, visiting Annapolis en route, and ending up at St. Michaels, a colorful old settlement on Maryland's Eastern Shore that began as a shipbuilding center in the late 1600s. Or after a weekend of sailing school, cross the Chesapeake with your own hand on the tiller as you tack into St. Michaels.

St. Michaels by excursion boat

This trip actually is two separate boat excursions—the first from Baltimore to Annapolis, and the second from Annapolis to St. Michaels. Though your round-trip tickets are good any time, let the ship people know when you intend to come back.

The voyage begins aboard the three-decked motor vessel *Port Wel-*

continued

Illustrations: Art Factory
Photographs: George S. Bush

come, which leaves the Inner Harbor of Baltimore at the foot of downtown. Though the summer schedule wasn't completely set when we went to press, fares run about $12 (under 13, $9), with morning departures planned Tuesdays through Saturdays. Pursued by gulls and hooting at coveys of pleasure boats, the ship skirts the bay's western shore and docks at the Annapolis City Pier shortly before noon.

You have all afternoon and evening to explore Annapolis, visit the U.S. Naval Academy, tour 18th-century homes, and browse the waterfront. The Annapolis Hilton Inn is close by (doubles $76 to $125). Also within walking distance is the venerable Maryland Inn (family rooms about $62 for two, plus $6 per extra person).

The next morning before 10 a.m., you board the *Annapolitan II* for your bay crossing ($19; under 12, $10). By noon, you'll spot a big old wooden lighthouse on stilts, which marks the entrance to St. Michaels' harbor.

On your return trip, you leave St. Michaels at 3 p.m., spend the night in Annapolis, and catch the *Port Welcome* back to Baltimore the next day. The *Annapolitan II* operates Wednesdays through Sundays.

Easygoing village life

When you visit St. Michaels, you'll want to stop by the Chesapeake Bay Maritime Museum. That's where James Michener did much of his research for *Chesapeake* (admission is included in your *Annapolitan II* ticket). Another excursion boat, the *Patriot,* leaves St. Michaels daily for narrated sight-seeing cruises on the Miles River, the battle scene of the War of 1812 ($4; under 12, $2).

But most of the time, you'll be content just to hang around the docks, learn how to crack crabs so you can savor every last morsel, feed crackers to ducks, and watch boats go in and out. Consider splurging on accommodations at The Inn at Perry Cabin, a three-minute walk from the docks. This luxurious, low-key hostelry was superimposed on an 1812 farm (two-room suites $80 to $120 with breakfast; rollaways, $5).

Perry Cabin and several other lodgings have bikes for touring the countryside. A flat, 26-mile circle to Oxford and then back past Easton shows off the best of Maryland's Eastern Shore: quiet country roads with tidewater inlets to cross every few miles. You'll ford the Tred Avon between Bellevue and Oxford by ferry.

More lodging choices include the Martingham, a riverside resort with tennis and golf (doubles $45; $5 to $10 for kids), and The Pasadena, a country inn in nearby Royal Oak ($29 per person, including two meals; under 12, $14.50). At the unpretentious Chesapeake House on nearby Tilghman Island ($45 per person, including all meals; under 12, $22.50), you can enjoy full-day fishing charters ($35 per guest). Most of these establishments provide pier-side pickup.

Eastern Shore sailing

In just two days at the Annapolis Sailing School, you'll learn the ropes sufficiently to sail a 26-footer across the bay. The school's flotilla of boats, convoyed by experienced sailors, leaves Annapolis every Monday morning, early April to late September, for St. Michaels and other ports. Boats return Friday afternoons.

During the school's weekend beginners' course, you stay at one of the Annapolis hotels. But on the cruise, you live aboard and fix most meals in the galley (a couple of evenings, you can opt to eat dinner ashore). Costs range from $440 to $980 per boat, depending on the size (the boats hold four to six persons).

Getting there

Limos run to both Baltimore and Annapolis from the Baltimore-Washington International Airport. Trailways buses serve both, and Capital Cities Coach Company runs buses from Washington, D.C., to Annapolis. Amtrak stops at Baltimore.

For more information, contact:

- Joe Herbert, Port Welcome Cruises, 301 Light Street, Baltimore, MD 21202.
- Joanne Webb, Chesapeake Marine Tours, Box 3323, Annapolis, MD 21403.
- Norma Groverman, Chamber of Commerce of Greater Annapolis, 171 Conduit Street, Annapolis, MD 21401.
- Rick Franke, Annapolis Sailing School, Box 3334, Annapolis, MD 21403.
- Bob Willis, Baltimore Office of Promotion and Tourism, 110 West Baltimore Street, Baltimore, MD 21201.



Kids enjoy fun at Blue Ridge's outdoor summit.

BLUE RIDGE MOUNTAIN DISCOVERIES

The annual Conservation Summit of the National Wildlife Federation, high in the hills above Asheville, North Carolina, is a gathering of vacationing families eager to

continued



Flying Colors
$10.99 sq. yd.

Prices do not include padding and installation. Prices and dates may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

Sale
$8.99 sq. yd.
Gentle Plush
Reg. $9.99 sq. yd.

Sale
$12.99 sq. yd.
Positively Plush
Reg. $15.99 sq. yd.

Sale
$14.99 sq. yd.
Elegant Plush
Reg. $17.99 sq. yd.

**This is the minimum savings nationally. Regular prices vary in some markets.*

Save now on these sensational carpets from the Sears Plush Collection

Now's the time to save on these popular plush carpet styles. Dense 100% nylon pile yarns for strength and durability. A special PERMA-TWIST® process helps them keep their bounce and shape. Save on a wide assortment of fashion colors.

Save $2* sq. yd. on Flying Colors: Now $10.99 sq. yd. With 35 oz. per sq. yd. of Premium Soil-Resistant Nylon, this carpet is easy to clean, resists soil and static shock—features built right into the nylon pile. It's also treated with SCOTCHGARD® Brand Carpet Protector. Choose from 28 great decorator colors. Or, Sears will custom-dye to match any solid color for only $1 more per sq. yd. (Minimum order 12 x 15 feet.)

Save $1* sq. yd. on Simply Plush: Now $6.99 sq. yd. 25 oz. of nylon plush pile per sq. yd. In 7 simply beautiful colors.

Save $1* sq. yd. on Gentle Plush: 30 oz. of durable nylon pile per sq. yd. Available in 8 soft, solid colors.

Save $3* sq. yd. on Positively Plush: A generous 42 oz. of Premium Soil-Resistant Nylon pile per sq. yd. Treated with SCOTCHGARD® Brand Carpet Protector. In 14 glorious colors.

Save $3* sq. yd. on Elegant Plush: Luxuriously deep plush pile. With 52 full oz. per sq. yd. of Premium Soil-Resistant Nylon. Treated with SCOTCHGARD® Brand Carpet Protector, too. In your choice of 14 sumptuous colors.

You can count on Sears

© Sears, Roebuck and Co. 1981

learn more about nature. You live in a nice lodge (private bath, if you choose) and have the Blue Ridge Mountains as your classroom for a week.

On a typical day, you might join a bird walk before breakfast, hike to a lake for a net-it-yourself lesson in biology, then learn how to bake bread over a campfire.

Nearly 40 different subjects are offered—all taught by environmental education specialists. Subjects include tree and wildflower identification, edible plants, handicrafts with native materials, and geology (sessions range from 90 minutes to all day). One popular offering is the Nature Creep, where you explore a patch of land on your stomach instead of on your feet. You'll be astounded at the minute life you'll discover.

Ideal for the young

Children five through 12 may join in a daily seven-hour program that's organized by age. For teen-agers, there's an Adventure Program which includes rock climbing, first aid, and a one-night camp-out. Child care and baby-sitting are available, too.

All the youngsters eat lunch with their own groups, unless you'd rather have the family together. Indeed, nothing is mandatory. You can skip classes (or wait until 3 p.m. when free time begins) and go off on your own as you would at any family resort.

Tennis, soccer, softball, and basketball all are available without extra charge. Evening amusements include clog dances, folk music concerts, and sitting on the long lodge porch making friends.

Rates that cover lodgings, all meals and activities, and membership in the Wildlife Federation range from $560 to $660 for a couple and from $805 to $975 for a family of four.

This year's Conservation Summit will be June 20 to 26 at the YMCA's Blue Ridge Assembly complex at Black Mountain, 15 miles east of Asheville. (Similar Conservation Summits get under way later at Estes Park, Colorado; Green Lake, Wisconsin; and Silver Bay, New York.)

Getting there

You can fly to Asheville, or go by Greyhound or Trailways bus. A charter bus ($7 per person) leaves the airport at 2 p.m. on registration day (if enough guests have arrived); a cab costs $21 one way. From the bus depot, you must take a taxi.

For more information, contact:

- Susan Ennett, Conservation Summits, National Wildlife Federation, 1412 Sixteenth Street, N.W., Washington, DC 20036.

VISITING THE GRAND OLD JERSEY SHORE

At the southern tip of New Jersey's coast, jutting into the Delaware Bay, sits Cape May—once the nation's premiere seaside spa and site of its first "grand hotel" where presidents vacationed. Today, this beach resort is making a comeback since residents came to appreciate its wealth of untouched Victorian architecture.

In fact, once the town began to spruce up, all of Cape May was declared a National Historic Landmark. You can stay in one of the Victorian homes now refurbished as guesthouses or merely stroll past them, listening to the people partying on their porches.

Cape May on foot and by bike

This town suits the carless traveler to a tee—its center has been made into a walking street, and there's a bike rack on almost every corner. The Cape Island Marina, Wildwoods amusement piers, and resort strip are all just a short pedal away.

Cape May's Victorian guesthouses charge from about $25 to $50 a night double. Among the nicest are the Abbey, the Mainstay Inn, the Delsea, and the Washington Inn (it's known for fine dining). Good beach-front motels, like the Golden Eagle, the Marquis de Lafayette, Atlas, and Montreal, run about $50 to $80 double (kids, $10).

You can rent bikes for $6 to $8 a day at the Village Bike Shop, Buckingham Bike Rentals, and Sports World. There also are fishing charters and sight-seeing and sailboat cruises to enjoy.

Delmarva by ferry and bike

Close by Cape May, a big ferry crosses Delaware Bay to Lewes, Delaware, on the Delmarva Peninsula. The 90-minute journey costs $3.75 for bike and rider (without bikes, $2.25; kids under six, $1.25).

The crossing itself is a delight. The fishing settlement of Lewes

continued



Catching tasty blue crabs is easy on the New Jersey Shore.



So long doesn't have to mean good-bye.





Give someone special a genuine Bell phone and they'll always stay close.

At the Bell PhoneCenter Store, you'll find all kinds of phones to celebrate any occasion. And with the new-style plugs, connecting a phone is as easy as plugging in a toaster.

In many parts of the country, you can even give Custom Calling, a group of very special phone services.

For instance, give Three-Way Calling, and they can hold a three-way get-together whenever they like.

If you can't make up your mind, give a Bell gift certificate.

But whatever you decide, don't say good-bye. Choose a gift from the PhoneCenter Store that says "keep in touch."



IT'S FOR YOU

In some areas, when you buy a Design Line™ phone, you buy only the shell. Working parts remain our property.

PEANUTS Characters© 1958, 1965 United Feature Syndicate, Inc., housing manufactured by American Telecommunications Corp.


5 mg. "tar", 0.4 mg. nicotine av. per cigarette by FTC meth
Salem Ultra
Salem ULTRA 100s
Salem ULTRA
20 CIGARETTES
Menthol Fresh
Salem ULTRA
Ultra low tar.
High country taste.
Above all in refreshment.
Warning: The Surgeon General Has Determine
That Cigarette Smoking Is Dangerous to Your Healt

provides a peaceful contrast to the bustle of Cape May, and the countryside all around is ideal for biking. A neat little motel in Lewes is the pierside Angler's (doubles $28 to $36).

Getting there

USAir Commuter serves Cape May from Philadelphia and Atlantic City. Transport of New Jersey buses travel from Philadelphia and northern New Jersey cities. Take a limo (about $10 for a family) from the airport, a taxi from the bus depot (about $5).

For additional information, contact:

- Robert J. Smeltzer, Department of Public Relations and Recreation, Cape May City Hall, 643 Washington Street, Cape May, NJ 08204.
- Robert Patterson, Cape May County Chamber of Commerce Information Center, Garden State Parkway at Crest Haven Road, Cape May Court House, NJ 08210.
- Lewes Chamber of Commerce, Lewes, DE 19958.

EXPLORING PENNSYLVANIA DUTCH COUNTRY

Resort vacationing without a car usually means staying put. Not so at the Host Farm and Host Corral, deep in Pennsylvania Dutch Country, where neat farms dot green hills, and the gray buggies of Amish folk roll along the highways. These two neighboring resorts offer plenty of sports and other pastimes, plus you can take one-day bus excursions to various sights in the area.

Two resorts in one

Host Farm and Host Corral share facilities on the outskirts of historic Lancaster. A van shuttles between the resorts, or you can walk the path that connects them.

There are outdoor and indoor tennis courts, two golf courses (nine and 18 holes), pony and buggy rides, an indoor ice rink, a fishing pond, swimming pools, a dinner theater, dancing and top entertainment, programs for children and teens, and more.

The Farm is fancier, the Corral newer. Summer rates, including breakfast, snacks, and dinner, range from $75 to $90 per person double on weekends (two-night minimums) and from $66 to $76 midweek (five-night minimums). Up to two children can stay in your room for $7 to $26 a day, depending on age. Most activities are included in the price.

If the Farm and Corral are full, you can stay at the Host Town in Lancaster and have access via van to the resorts' facilities. The Host Town charges from $55 to $66 a night for doubles; kids under 18, free.

Across from the resort complex are the Dutch Wonderland amusement park ($6.75 for 18 rides), the National Wax Museum, and a landing pad from which you can take helicopter rides. The Amish Farm and House is a ten-minute jaunt away ($3; under 12, $1).

Lancaster strolling

Most history books don't tell you that Lancaster was the nation's second capital—for one day, September 27, 1777. This is where the Continental Congress fled when the British troops threatened Philadelphia. Lancaster also was the birthplace of the Conestoga wagon, of steamship inventor Robert Fulton, and—some claim—of the soft pretzel, a Pennsylvania specialty.

You can admire the city's bounty of restored buildings on the Historic Lancaster Walking Tour. It's led by costumed volunteer guides from 15 West King Street downtown ($2.50; six to 16, $1.25). The Heritage Museum nearby has a superb collection of period furniture ($1.50; ages six to 18, 75 cents). You can get to town by public bus; it stops right out front.

"Shoofly country" by bus

Also from the Farm and Corral, you can catch Gray Line-Conestoga Tours buses to Hershey, Pennsylvania's "chocolate town" ($10; six to 11, $7.50), the battlefields of Gettysburg ($14.50; six to 11, $10.50), and Reading's factory outlets ($7.50; six to 11, $5). There are tours to Philadelphia and Valley Forge ($16.50; six to 11, $11.50), around Pennsylvania Dutch Country, and to other sights, too.

Getting there

USAir flies to Lancaster; other airlines serve Harrisburg. Limos travel to the resorts from Lancaster ($12.50 from Harrisburg). Amtrak stops in Lancaster, as do Greyhound and Trailways buses (take the public bus from the train and bus stations).

For more details, contact:

- Toni Marquez, Host Enterprises, 2300 Lincoln Highway East, Lancaster, PA 17602.
- Norene Lahr, Pennsylvania Dutch Visitors Bureau, 1799 Hempstead Road, Lancaster, PA 17601.
- Lancaster Information Center, 15 West King Street, Lancaster, PA 17603.
- Gray Line-Conestoga Tours, 825 East Chestnut Street, Lancaster, PA 17602.





Photograph: John Launois/Black Star

HERE'S YOUR TICKET TO THE GREAT TASTE OF MOVIE THEATER POPCORN.

WEAR-EVER POPCORN PUMPER



Now you can enjoy the great taste of movie theater popcorn and get a $3.00 rebate on the Wear-Ever® Popcorn Pumper®—the first electric home corn-popper to use hot air instead of hot oil.

Wear-Ever pops up all brands of corn big, light, and delicious—with no messy cleanup. And there's a big butter cup that lets you butter as much or as little as you want. Follow details below to get your rebate.

(CUT ALONG DOTTED LINE)

(CUT ALONG DOTTED LINE)

$3.00 REBATE

HERE'S HOW TO GET YOUR REBATE:

- Buy a Wear-Ever Popcorn Pumper between March 1 and May 31, 1981. Purchases after May 31, 1981 are invalid.
- Enclose this completed coupon, your dated sales slip (with purchase price circled) and carton model number or proof of purchase seal from the Use and Care Folder of the Wear-Ever Popcorn Pumper, postmarked on or before June 15, 1981.

SEND TO:
The Wear-Ever
Popcorn Pumper Rebate,
P.O. Box NB-274, El Paso, Texas 79966

Name_____

Address_____

City_____ State____ Zip____

Limit one rebate per family. Please allow four to six weeks for delivery. Offer void where prohibited by law. Offer good in U.S. only.

•BHG581

Wear-Ever also makes cookware with DuPont's premium quality surface

LEAVE-YOUR-CAR-AT-HOME VACATIONS

The Old West

BY GEORGE S. BUSH



The Old West, with its sky-tickling peaks and endless vistas, seems too vast to be enjoyed without a car. But you can experience the best of this colorful region at guest ranches all over Montana, Wyoming, Idaho, and Colorado. Or stay in colorful cowboy towns or at resort hotels nearby and do all the things that make Old West vacations special: explore remote ghost towns by jeep, hook trout in sparkling mountain streams, ride rafts on white water through towering canyons, hike wildflower-sprinkled meadows above timberline. And when you finish all that, you can tour area attractions on sight-seeing buses, too.

RANCHING IN THE ROCKIES

You don't have to be at home in the saddle to enjoy a guest ranch vacation. By the second time out on the trail, you won't clutch the saddle horn when your horse switches gaits, and before the week is up, you'll be well on the way to mastering your mount.

At working guest ranches, such as Montana's 63, you'll help cowboys round up cattle from high pastures.

The 63 spread

The 63 Ranch, east of the Continental Divide near Livingston, Montana, is a working ranch, where you get the chance to round up cattle with the wranglers. Such activities aren't likely at ranch resorts. Instead, you'll probably find a swimming pool, a tennis court or two, and maybe a golf course nearby.

Near the 63, there's nothing except other ranches, a dirt road, and a national forest where elk and deer stalk through the brush. The 2,000-acre spread sits in a wooded canyon at the rim of the Absaroka-Beartooth Wilderness, 50 miles north of Yellowstone Park. Above the cozy compound of lodge, cottages, and corral looms a limestone peak called Elephant Head.

As working ranches go, the 63 isn't a big operation. It runs only about 40 to 50 head of cattle, but "corrals" plenty of horses for the usual quota of 25 to 30 guests. Some guests come strictly for the camaraderie and all-pervasive peace. Vacationers who do ride are grouped according to ability and interest: families, bird watchers, etc. Once or twice a week, all-day outings are offered. For really serious riders, the 63 arranges wilderness pack trips (minimum two nights) at an extra charge.

Between rides and the horse care that's part of the routine, there's hiking, trout fishing (youngsters have their own stocked pond), and a game room. Meals are served family-style, except for weekly Saturday night steak rides and marshmallow roasts down by the creek.

Rates run $300 and $315 a week per person in cabins that sleep four to eight guests, $325 a week per person double. Children under 12 pay $15 less a week. The daily rate is $55

continued

Photographs: George S. Bush

per person any age. Prices include lodgings, three meals a day, a horse for the duration of your stay, and use of all ranch facilities. Pack trips cost $45 a day extra per guest. Excursions to Yellowstone Park, float fishing, and river rafting can be arranged.

Getting there

You can reach Bozeman, Montana (50 miles away) by air, or Livingston (11 miles from the ranch) by Greyhound bus. The ranch picks up and delivers guests to Bozeman for $30 per carload each way. Livingston pickup and drop-off are free.

For more information about ranch vacationing, contact:

- Sandra McCune, 63 Ranch, Livingston, MT 59047.
- Norma Tirrell, Travel Promotion Bureau, Department of Highways, Helena, MT 59620.
- Randy Wagner, Wyoming Travel Commission, I-25 at Etchepare Circle, Cheyenne, WY 82002.
- Mary Forester, The Dude Ranchers' Association, Box 43B, Granby, CO 80446.

TREKKING THE TETONS

As an eagle flies, the Rocky Mountains' grandest valley lies less than 150 miles south across the geysers of Yellowstone Park from the 63 Ranch. This rolling plain of flowering meadowlands, blue lakes, and primeval forests is nearly encircled by three great mountain ranges. The wall to the west is the most famous of the valley's ramparts—the jagged, snow-flecked Tetons.

In this valley surrounding Jackson, Wyoming, your choice of accommodations includes a big lakeside lodge, with shuttles to destinations all over Jackson Hole Valley; another lodge on a secluded lake deep in the mountains; a modern ski resort, hard by the Teton slopes; and several guest ranches that specialize in trail rides and pack trips.

Lively Jackson Lake Lodge

The site of this 26-year-old hotel, on a bluff above Jackson Lake, was selected personally by John D. Rockefeller, Jr., who donated some 33,000 acres to Grand Teton National Park. From this spot, Rockefeller could survey the willow flats below the hotel where moose show up for dinner; the silvery lake beyond; and the entire central expanse of peaks that make up the Teton Range.

Jackson Lake Lodge is the park's resort hub. Besides all sorts of trail and wagon rides, there are rental bikes—easy to pedal in the valley.

Not far away, the Snake River meanders along through the valley. The river is ideal for scenic float trips here, in the shadows of the majestic Tetons ($21.50, including lunch and transportation; under 12, $14).

Also nearby is Colter Bay, where you can take a breakfast, lunch, or Sunday steak dinner cruise; rent a boat; or hire a motor cruiser skippered by a fishing guide.

All-day bus tours to Yellowstone Park leave the lodge daily ($29.50; under 11, $14.75). Or take the lodge's airport shuttle to the base of the Tetons, and tramp the high trails through Cascade Canyon.

Doubles at Jackson Lake Lodge run $46 to $68 a night. You also can stay in a log cabin at Colter Bay ($17 to $41 a night for two; shuttle from the lodge $2.10). Both are free for kids under 12 (crib or rollaway, $6).

Idyllic Jenny Lake Lodge

Rather than briefly visiting Jenny Lake from Jackson Lake, consider splitting up your vacation between the two points. Jenny Lake Lodge, a woodsy compound of log cabins tucked beneath the peaks, is an utterly private retreat (make reservations well in advance).

A resort for high hiking

Teton Village nestles against the slopes of Rendezvous Peak toward the southern end of the Tetons. If you'd rather not sweat the initial strenuous ascent, take the 16-minute aerial tram ride to the summit. From the top of Rendezvous, you can set out on short guided nature walks, day hikes, or overnight backpacks. The tram costs $5.50 round trip (six to 18, $2.50 to $4).

But there's still more at Teton Village. Trail rides and white-water raft trips ($17.50), scenic floats on the Snake River (about $14), and bus tours to Yellowstone ($40) and the Jackson Lake area ($28) are just some of the possibilities. Climbing courses (Jackson Hole Mountain Guides, $33 to $55) and high-country expeditions ($270 a day for three, plus guide) also can be arranged.

Mid-July to late August,

continued



Family hiking trails abound in Wyoming's Tetons.

)nly
lannington
T88 floors
ave Never-wax
rotection.

'otection so thick, tough
d lasting your floor will
ver need a vinyl dressing
keep it shiny.

rotection so
sistant even
idine can't
netrate it.

e careless drop of a bottle
uld ruin most no-wax
ors. But not even iodine,
ck shoe polish or hair
oring stains Manning-
. Send for the free booklet
ow and find out why.
nnington Never-wax.
ver more stain resistant.
ver more wear resistant.
d never more beautiful.



For this FREE booklet or the names of the Mannington dealers nearest you, call toll-free 1-800-345-8112. In Pennsylvania, toll-free 1-800-662-2444.

20% OFF
All Aristocon patterns & colors.
April 15 — May 15 only.

Never more beautiful.

Aristocon
Pattern 4199

mannington™

ington Mills, Inc., P.O. Box 30, Salem, NJ 08079.

nington Mills, Inc.
nington Mills, Inc. 1981

you can enjoy performances at the top-notch Grand Teton Music Festival ($4.50 to $9). There are campfire programs three nights a week at the foot of Rendezvous Peak.

Doubles at Teton Village lodges run $200 to $500 per person a week and include a choice of activities, such as a float trip. Daily rates for the lodges, as well as for condominiums with kitchens, also are available.

Getting there

You can reach Jackson, Wyoming, by plane or bus (take Greyhound or Trailways to Rock Springs and connect with Jackson-Rock Springs Stage, Inc., to Jackson). Jackson Lake Lodge and Jenny Lake Lodge pick up guests at the airport ($7 each way), and there are two daily buses to and from town ($5.50). Take a taxi to Teton Village (about $20). Guest ranches will pick you up.

For more information, contact:

- Jackson Lake and Jenny Lake Lodges, Dorris Stalker, Grand Teton Lodge Company, Box 250, Moran, WY 83013.
- Will Keim, Teton Village Resort Association, Box 220, Teton Village, WY 83025.
- Harry Baxter, Jackson Hole Ski Corporation, Box 290, Teton Village, WY 83025.
- Becky Griffin, Grand Teton National Park, Moose, WY 83014.

ADVENTURES AROUND DURANGO

In southwestern Colorado, the Rockies meet the desert. It's the contrast of these climes that makes the mountains here the most dramatic in the state. Wooded mesas rise from sagebrush-covered valleys. Canyon riverbeds fringed with cottonwoods cut through rocky wastes. Creeks trickle through wildflower meadows.

In this land that once produced a wealth of silver lies the town of Durango, on the rim of the San Juan National Forest. Durango has it all: wide Old West streets, a Victorian hotel, a narrow-gage train that hoots and clangs on its daily run through the mountains. There are outfitters for river floats and for jeep tours in the high country, and two excellent resorts—one lively, one serene. And from Durango by bus you can visit points of interest like Mesa Verde National Park.

The best vacation base

The place to stay in Durango is the Strater Hotel, an 1887 establishment that has retained its original Victorian charm. Most rooms (equipped with modern conveniences, of course) are furnished with antiques. Rates run $38 to $55 double, mid-May through mid-October.

Without ever leaving the premises, you can eat in the Opera House Restaurant while Gay Nineties singers entertain. Then relax in the Diamond Belle Saloon and listen to ragtime piano tunes, and enjoy a melodrama at the Diamond Circle Theater ($6.50). The narrow-gage train depot is two blocks behind the hotel; the bus station is nearby; and jeep and raft outfitters and San Juan Tour buses (for all-day trips to Mesa Verde) will pick you up at the door.

If you prefer a big first-class resort hotel, opt for Tamarron, about 20 miles north of town. At Tamarron, you also can be picked up for jeep, river, and Mesa Verde tours, while taking advantage of the resort's own facilities.

Rates range from $99 a night double ($20 for kids over 14 in your room) to $300 a night for a three-bedroom town house that sleeps six. You'll pay extra for golf, tennis, trail rides, and transportation to a private lake stocked with immense rainbow trout. There also are numerous lounges and restaurants, rental bikes, a swimming pool and health club, etc.

The area's other prime resort is a smaller and lower-key establishment called Tall Timber, high in the San Juans and reachable only via the Durango-Silverton steam train ($540 per person double weekly with meals; 20-percent discounts for kids three to 12). Train whistles are the only sound of the outer world you hear at this out-of-the-way compound of cottages.

All types of outings

Without doubt, the Rio Grande's nostalgic Durango-Silverton run is the country's most exciting and scenic train ride. The 99-year-old line's single track rests on a shelf cut into the perpendicular rock walls of the Animas River Gorge most of the way.

Two trains leave Duran-

continued



Exciting river float trips leave Durango daily.



Marlboro Lights

The spirit of Marlboro in a low tar cigarette.



Also available in King Size Flip-Top box.

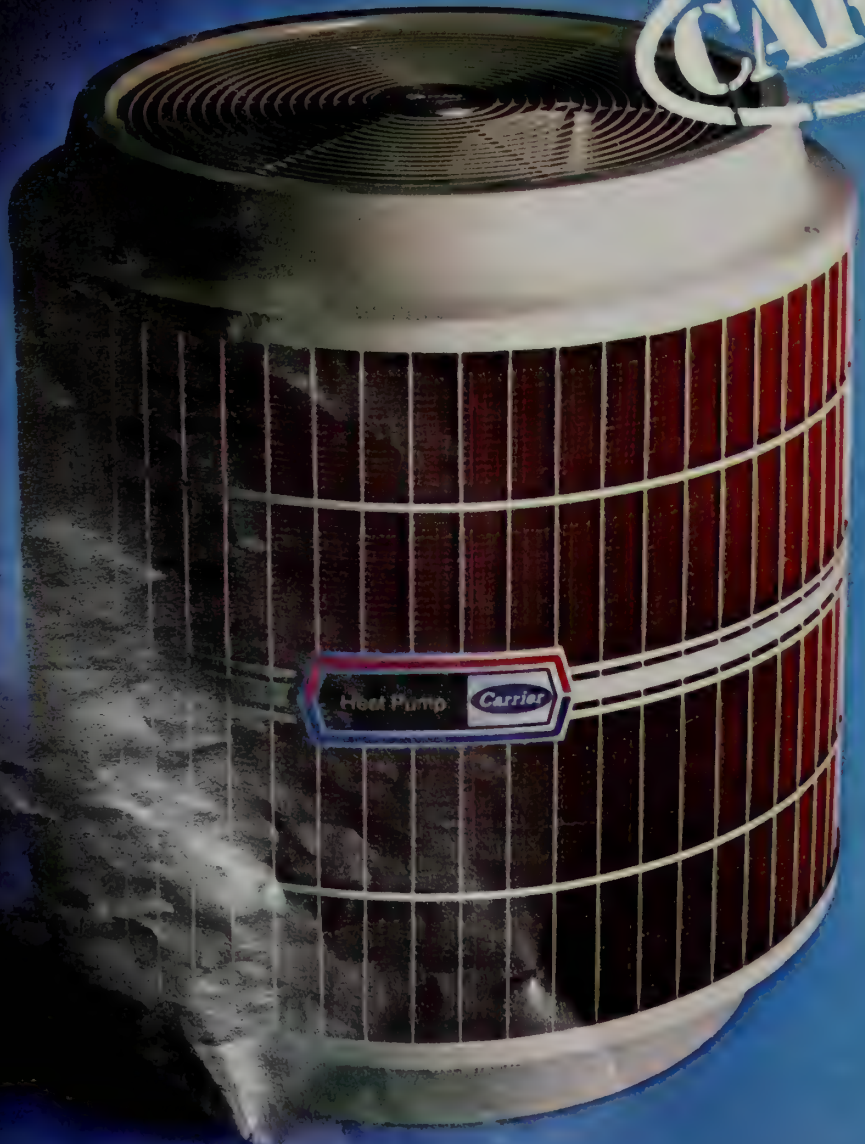
Light & Lights 100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec. 79. Box: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

"Bring me your energy problem. I'll handle it with Carrier."



HANDLE WITH CARRIER

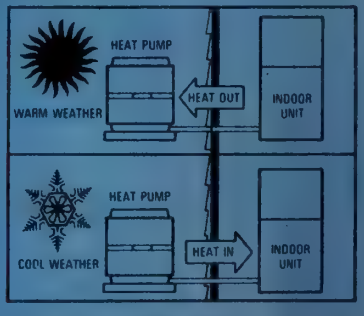


"As a Carrier dealer, I have to live up to my reputation as a heating and cooling expert. So you can rely on me to pay special attention to your energy and comfort needs.

"Whether you're adding a unit to your home, or replacing one, I'll handle it with Carrier. I'm trained to select the unit that will save you the most money.

"Like the Year-round One. A high-efficiency heat pump air conditioner. It cools, heats and saves you money all year round. And operates like this:

"IN HOT WEATHER, the heat pump functions as an air conditioner to give you economical comfort.



"IN COLD WEATHER, the heat pump reverses, adding heat to your home to keep you warm at low cost.

"With the rising cost of energy, you need more than a fair-weather friend. Call me. I'm in the Yellow Pages under Air Conditioning, Heat Pumps, or Heating. You'll have Carrier, the Year-round One, and me. Your Energy Allies™"

UNITED TECHNOLOGIES
CARRIER
AIR CONDITIONING

go and Silverton daily late May to October. The round trip costs $16 (ages five to 12, $9.50). Usually, you must make reservations several weeks in advance.

Purgatory High Country Jeep Tours are the best way to explore the area's ghost towns and deserted mines. Half-day trips cost $15 (under 12, $10); full days, $30 (under 12, $20).

For white-water thrills on the Animas River, join one of the floats arranged by outfitters like Colorado River Tours. Half-day trips cost $23; full days, $38, including lunch.

Mesa Verde by bus

A visit to the cliff dwellings of Mesa Verde is a must. You'll see whole villages, including multistory houses built in canyon-wall caves by Indians about 800 years ago. Sometime in the 13th century, the Indians packed up and left their curious cave dwellings. San Juan Tours-Gray Line runs daily bus trips to Mesa Verde National Park, some 50 miles west of Durango ($22.50; under 12, $11).

Getting there

Frontier Airlines and Trailways buses serve Durango. From the airport, there are taxis into town (about $6). Tamarron picks up guests at the airport and in town ($10; kids, $5).

For more information, contact:

- Jasper Welch, Durango Chamber of Commerce, Box 2587, Durango, CO 81301.
- Marilyn Pierce, Tamarron, Box 3131, Durango, CO 81301.
- Mark Zempel, Strater Hotel, Drawer E, Durango, CO 81301.
- Dennis Beggrow, Tall Timber, S.S.R. Box 90B, Durango, CO 81301.
- Myron Darmour, San Juan Tours-Gray Line, 567 Main Avenue, Durango, CO 81301.
- Durango-Silverton Railroad, Amos Cordova, Rio Grande Depot, 479 Main Avenue, Durango, CO 81301.
- Preston Ellsworth, Colorado River Tours, Box 1386, Durango, CO 81301.
- Dick Sandlin, Purgatory High Country Jeep Tours, 528 Main, Durango, CO 81301.

THRILLS IN THE BLACK HILLS

At the South Dakota-Wyoming line, the Black Hills divide the Old West from the Great Plains. But even before pioneers traveled over these mountains, they crossed the Badlands, a desert as inhospitable as any encountered on wild plateaus beyond the Rockies.

Unlike most other Old West destinations, this dramatic region of South Dakota can be covered by bus. There are bus excursions to all the area's points of interest. What's more, these bus trips are flexible. You may stop and spend part of your vacation at a mountain resort, then return (on the same ticket) to Rapid City.

Bus tours from Rapid City

Gray Line of the Black Hills runs three full-day excursions, which you can dovetail on successive days.

One tour (daily May 25 to October 15) circles the southern Black Hills. It visits the old gold-mining town of Keystone, stops at Mount Rushmore's presidential sculptures, takes you to Custer State Park and its buffalo herd, and circles Harney Peak, the highest summit east of the Rockies.

A second tour (Mondays, Wednesdays, and Fridays, June through August) covers the northern Black Hills: Deadwood, where Wild Bill Hickok was killed, Lead's active Homestake Gold Mine, and Spearfish Canyon.

The third tour (Tuesdays, Thursdays, and Saturdays, June through August) takes in the fossil-rich wastes of Badlands National Park, the geology museum at the South Dakota School of Mines, the Sioux Indians' pottery factory, and the block-long Wall Drug Store. Each tour costs $17 (under 12, $8.50); you buy your own lunches.

If you want to combine the tours, your best bet is a package, sold through travel agents, that also includes four nights' lodgings in Rapid City. Of the accommodations offered, four are motels with swimming pools and one (the Alex Johnson) is a good, recently refurbished downtown hotel. Prices for this setup range from $135 to $163 per person double.

You may want to extend your stay a night or two to attend the Black Hills Passion Play in Spearfish and/or the nightly lighting ceremonies at Mount Rushmore. Again, these events are accessible by Gray Line tours. The Passion Play tour costs $15, including admission; the Rushmore trip is $6.50.

Lodge vacations en route

Along the route of Gray Line's southern Black Hills tour are two mountain lodges, Sylvan Lake Resort and the State Game Lodge. Both are in Custer State Park.

Sylvan Lake Lodge boasts the more spectacular setting—on a

continued



Deadwood stagecoach rides are a popular Black Hills attraction.



CROCHET IN FULL BLOOM!

A fresh bouquet of potholders. Order today!



Clip coupon and mail to:
ANNIE'S ATTIC
Rt. 2, Box 212b(BH1)
Big Sandy, TX 75755

PATTERNS

No.		
351	☐ $2.00	Vibrant Violets
352	☐ $2.00	Dandy Daffodils
353	☐ $2.00	Zesty Zinnias
354	☐ $2.00	Perky Pansies
355	☐ $2.00	Heartwarming Hyacinth
356	☐ $2.00	Perfect Pinks
357	☐ $2.00	Fresh-as-a-Daisy
358	☐ $2.00	Bountiful Basket

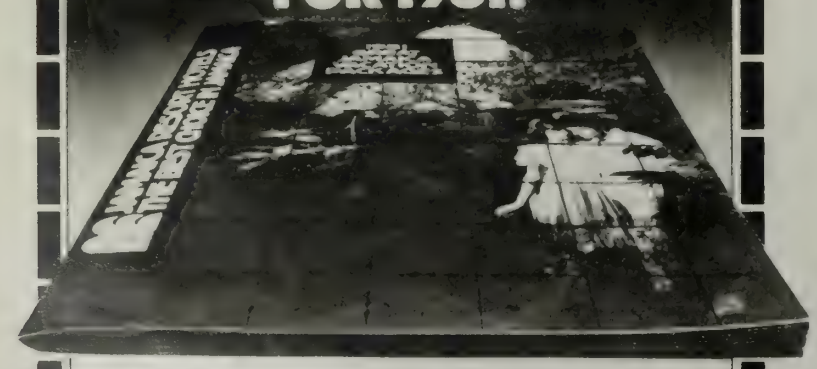
KITS (including all materials)

No.		
351K	☐ $5.98	Vibrant Violets
352K	☐ $5.98	Dandy Daffodils
353K	☐ $5.98	Zesty Zinnias
354K	☐ $5.98	Perky Pansies
355K	☐ $5.98	Heartwarming Hyacinth
356K	☐ $5.98	Perfect Pinks
357K	☐ $5.98	Fresh-as-a-Daisy
358K	☐ $5.98	Bountiful Basket

☐ **ALL 8 PATTERNS** **only $7.98 ppd.**
☐ **ALL 8 KITS** **only $39.98 ppd.**
☐ COLOR BROCHURE $1.00
☐ **Annie's Pattern Club:**
1 year, 6 issues of down-home needlecraft at its best ..... $10.00 ppd.

Name _____ Address _____
City _____ State _____ Zip _____
☐ **VISA** ☐ **MASTERCARD** Card # _____ Exp. Date _____
CALL TOLL FREE 800-527-8452 for ordering only. Minimum $10 phone order. If you do not wish to cut out this coupon, you may copy your order onto a separate piece of paper. Canadian res. add 25%, Texas res. add 5% sales tax, please (no sales tax on newsletter). © 1981 Annie's Attic. All rights reserved.

44 GREAT VACATIONS FOR 1981.



Soft beaches, jungle waterfalls, hot discos, warm smiles, sailing in the sunshine, dancing in the moonlight. It's all in a beautiful, full-color book that features vacations for families, honeymooners, golfers, tennis players, everyone – at eight of the nicest resorts in Jamaica. And it's yours for the asking.

Just see your travel agent. Or call or write Jamaica Resort Hotels. 1320 South Dixie Highway, Suite 1100, Coral Gables, FL 33146.

Please send me the 1981 Great Jamaica Vacation Packages.

NAME/ADDRESS _____

CITY/STATE/ZIP _____

JAMAICA RESORT HOTELS **THE BEST CHOICE IN JAMAICA**
BHG

Negril Beach Village · Casa Montego Hotel · The Royal Caribbean Hotel · Trelawny Beach Club · Inter-Continental Ocho Rios · Mallards Beach Hyatt Hotel · Hotel Inter-Continental Kingston · New Kingston Hotel

continued

The Old West

bluff above a small lake surrounded by towering stone "needles." You'll find good trout fishing, trail riding, paddle boating, and hiking. Lodge doubles run $26 to $35; a family of four pays $30 to $39 (housekeeping cottages, $34 to $42). Meals are reasonable, and buffalo is a specialty.

State Game Lodge, in a wooded valley, also has neat accommodations and an excellent kitchen, serving delicious buffalo steaks, pheasant, quail, and trout. This lodge offers trail rides, hiking, and fishing, plus a daily jeep tour into the midst of the park's 1,200-head buffalo herd ($4.50; kids, $2.50). Motel-type units cost $32 to $35 double, $39 to $41 for a family of four (housekeeping units, $32 to $75).

Getting there

Rapid City is served by Frontier, Western, and Republic Airlines, as well as Greyhound and Trailways buses. There's airport limo service to all the motels ($5 per person), also taxis. Bus tours pick you up and bring you back to your lodgings.

For more information, contact:

- Mary Wolfe, Rapid City Area Convention-Visitors Bureau, Box 747, Rapid City, SD 57709.
- Ray Herr, Gray Line of the Black Hills, Box 1106, Rapid City, SD 57709.
- Elveretta Sutterfield, State Game Lodge, Custer State Park, Custer, SD 57730.
- Mary Janklow, Sylvan Lake Resort, The Needles Highway, Custer State Park, Custer, SD 57730.

Silver Replating
SALE
25 YEAR WARRANTY!

Limited time only. Any item replated at sale price. Have your worn antiques, heirlooms QUADRUPLE SILVER PLATED by America's largest replaters.

FREE DENT REMOVAL



SEND FOR
•Free Price List
•25 Year Warranty
SENTI-METAL CO.
1919 Memory Lane
Columbus, Ohio 43209 Dept. BH5

TUACA. ITS TASTE HAS COME.

Tuaca is a very different liqueur. It costs a bit more but it's worth it. Imagine a big, bold brandy taste lightly laced with a subtle sweetness. Unboring. Unusual. Imported from Italy.

Tuaca. It's what's missing from your collection of liqueurs.



Tuaca.
The bold but subtly sweet
Italian liqueur.

TRAVEL west

Judy Crawford
Associate Travel Editor

Summertime In Santa Cruz

There's a reassuring sameness about the little resort city of Santa Cruz, California, sprawling comfortably on the north shore of Monterey Bay. In fact, the Victorians who vacationed here around the turn of the century probably would still recognize the beaches, the Santa Cruz Mountains, diversions along the Boardwalk, and acres of redwood forest that survived the lumber barons. And Santa Cruz is still far enough from anywhere else (75 miles south of San Francisco, 45 miles north of Monterey and Carmel) to be largely immune to all-out urbanization. Best of all, it offers a variety of affordable accommodations and convenient attractions perfect for family vacationing.



Photograph: Tony Swan

Santa Cruz' classic roller coaster

Top visitor spots

There's no admission fee to the Boardwalk and nearby municipal wharf, which are still prime targets for visitors. The real Boardwalk was replaced by concrete years ago, of course, but the spirit of this old-time beach-front amusement park—one of the last of its kind surviving on the West Coast—is alive and well. The buildings sheltering the park's various pastimes conjure up visions of a horse-and-buggy era. The antique merry-go-round, with its brightly painted, hand-carved ponies, has been blaring the same cheerful, off-key tunes since 1911. And dominating the scene is a still-scary roller coaster—a classic from the white latticework days—that kids especially enjoy.

Nearby, the pier offers a fairly standard run of restaurants, shops, a charter fishing fleet, and opportunities for people-watching. This also is home base for a good-sized colony of sea lions, and their antics are always entertaining.

Reminders of days gone by are visible elsewhere in town as well—old Mission Santa Cruz, founded in 1791, and the many surviving Victorian houses (walking and biking tour maps are available at the convention and visitors bureau).

But downtown, the city is definitely up-to-date. Perhaps the best example is old Willow Street, which has become a five-block stretch of boutiques, restaurants, and shops called the Pacific Garden Mall. Focal point of the mall is Cooper House, a former county government building taken over by charm-

continued

Travel Planning

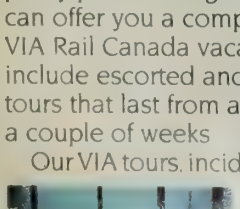
See page F4 for a listing of free travel information and literature you can order.



Canada. At your leisure.

You have at least three very good reasons why you should enjoy a VIA vacation in Canada this year: your U.S. dollars are worth even more in Canada; we have millions of square miles of picture-perfect scenery for you to see as well as a number of pretty peaceful big cities; and we can offer you a complete range of VIA Rail Canada vacations which include escorted and independent tours that last from a few days to a couple of weeks

Our VIA tours, incidentally, include transportation, hotel accommodation and sightseeing. And you should see the popular and the off-the-beaten-tourist-track places we can take you to by train rent-a-car, charter bus, ferry—whatever it takes to give you a close up look at the wonders of our country.



Of course, one of the best reasons for coming to Canada is the leisurely travel comfort you enjoy on VIA, Canada's national network of passenger trains. We have fast intercity trains as well as transcontinental trains that provide a dome car panorama of some of Canada's most delightful scenery; quiet dining car elegance; clean, comfortable sleeping space; smiling courteous service.



Come visit us. We're looking forward to seeing and serving you real soon. For more detailed tour information, talk to your travel agent. Or write to: VIA Rail Canada, P.O. Box 8117, Montréal, Québec H3C 3N3.

VIA

Take it easy. Take the train.



The summer of 82°

82°F. That's the average mean temperature in the summer in the American paradise. With trade winds blowing almost without exception from an easterly direction. (Now that doesn't sound mean at all!) See your travel agent.

United States Virgin Islands

St. Croix · St. John · St. Thomas

©1981 United States Virgin Islands Division of Tourism, 1270 Avenue of the Americas, NY, NY 10020.

ing shops and galleries—like San Francisco's Ghirardelli Square on a smaller scale. Besides the shops, there's a good seafood restaurant on the main floor. Outside, a pleasant sidewalk cafe features live music, usually jazz.

You can browse among galleries and workshops of local artists and artisans at the Santa Cruz Arts Center, just a block from the mall. Stop and talk with the crafts people as they create jewelry, pottery, woven goods, and more (most items are for sale).

You'll find the easiest way to get around town is on foot or by bike, or even on roller skates (bike and skate rentals are available near the Boardwalk). Bikers also enjoy pedaling the four-mile-long lane along the beach.

Sight-seeing side trips

You can get to most in-the-area sites via the local bus lines (25-cent fare). A popular attraction, especially if kids are along, is Roaring Camp. The camp, set in the hills near Felton about five miles north of Santa Cruz, is intended to take visitors back to the 1880s logging days. Whether or not the camp does that job, the narrow-gage steam railroad that puffs through the redwoods is fun (adults $6.75; kids three to 15, $4.50; under three free). The train operates hourly 11 a.m. to 4 p.m. every day during summer and on a variable weekend schedule during the rest of the year.

Any trip to this region should include a visit to the Big Basin Redwood State Park, about 20 miles farther north on State-9. The park boasts one of the best stands of California coast redwoods south of Redwood National Park. There's camping at Big Basin, as well as at four other state parks in the Santa Cruz area (camping fees run $5 per vehicle a night for up to eight persons; it's also $5 per tent site). Make reservations in advance.

The Mystery Spot, in the woods just a couple miles east of Santa Cruz, probably won't wow younger children, but it will fascinate everyone else. You can watch demonstrations of how an unexplainable, purely local force plays tricks with gravity and optical illusions ($2.50 for adults, $1.25 for children five to 11, under five free; open 9:30 a.m. to 5:30 p.m. daily year round).

A couple of lesser-known Santa Cruz area attractions include the University of California Santa Cruz campus and the Bargetto Winery. The former, one of the most exclusive branches of the extensive University of California system, spreads out unobtrusively across a piney hillside with nice views of Santa Cruz and the ocean. Bargetto Winery, in nearby Soquel, is noteworthy for its fruit wines, generally regarded as among the best in the state. The tasting room is open to visitors daily from 10 a.m. to 5:30 p.m.

Finally, if you want to vary your beach routine, there's a string of pleasant stretches of sand just south of town, beginning at Capitola. If you head for Capitola via Capitola Road, stop by Antonelli's Begonia Gardens, a layout straddling the city limits of both

continued

TRAVEL PLANNING GUIDE: Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

1. **AR, KS, LA, TX, MO, OK**—America's Heartland. Book of 49 self-guiding trips.
2. **Brunswick, GA.-Golden Isles C of C**—Sports, resorts, and historical tours.
3. **Cape Cod, Mass.**—Resort directory. Over 700 places to stay.
4. **Eastern Steamship**—SS. *Emerald Seas* to Nassau/Freeport from Miami. All ports.
5. **Essex, the Olympic County, NY**—Heart of Adirondack Mts. along Lake Champlain.
6. **Estes Park, Colorado**—Ringed by snow-capped peaks; family fun in the Rockies.
7. **Georgia**—"The Way To Fun"—76-page comprehensive travel guide.
8. **Icelandair**—Offers low fare to Luxembourg from New York and Chicago.
9. **Jamaica Resort Hotels**—Ten of the loveliest resorts in Jamaica.
10. **Maine Coast Cruises**—*Victory Chimes*, New England's Windjammer vacations.
11. **Martha's Vineyard C of C**—45 minutes from Cape Cod. Beautiful island.
12. **Minnesota**—New Experience. Vacation Guide, Map, Calendar of Events.
13. **Montana's Flathead Lake Lodge**—Send for Western Dude Ranch brochure.
14. **Nebraska**—Discover the difference. Send for free travel packet and map.
15. **New Hampshire Lakes Region**—Where to eat, shop, stay, and play, year round.
16. **North Carolina**—Free full-color travel vacation planning kit.
17. **Enjoy the Oklahoma Good Times**—50 trips book, map, and mileage estimator.
18. **Oklahoma's Lake Murray Resort**—Grand reopening with the western style.
19. **Philadelphia**—History, museums, restaurants. Fun Philadelphia Style.
20. **Plymouth County**—Beaches, *Mayflower II*, replica of Pilgrim Village.
21. **Rhode Island**—Tours of Newport, "Great Gatsby" mansions, camping.
22. **Royal Caribbean Lines**—14-day air/sea tours from Miami.
23. **St. Louis**—Spend a few days with us for lots of fun.
24. **Sleepy Hollow Country, NY**—Explore fabled land on the banks of the Hudson.
25. **South Carolina**—Come see SC, Myrtle Beach, historic Charleston, resort island.
26. **Southern Highland Attractions**—From Luray, to VA to Lookout Mtn., TN.
27. **Travltips Freighter Assn.**—Save on luxury travel by cruise ship or freighter.
28. **U.S. Virgin Islands**—Send for rates and summer package brochures.
29. **Valley Forge Country**—Free brochure describing spring and summer getaways.
30. **VIA Rail Canada's Wide Range of Packages**—See Canada at its best—close up.
31. **Virginia Beach**—Sports, restaurants, night life, beaches, self-guided tours.
32. **Western Cruise**—SS. *Azure Seas*—3- and 4-night cruises—LA to Ensenada, Mex.
33. **Maine Publicity Bureau**—Maine Invites You—to a great vacation.
34. **Salt Lake Valley**—Western hospitality surrounded by beauty of Rocky Mountains.
35. **Sheraton Colorado**—A year-round resort in the Sheraton tradition.
36. **Sun Valley**—Activities, golf, tennis, young and teen programs.

Mail To: (Include 25¢ handling charges)
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 105W
DES MOINES, IA 50336

Name _____

Address _____

City _____ State _____ Zip _____

towns. The gardens (open daily; free) are at their best during late summer and in September, when the village of Capitola is the stage for an annual begonia festival.

Getting there

Summertime is the busiest season in Santa Cruz and the most crowded. But there's plenty of good beach weather in the spring and fall "shoulder" months, too—April and May, and September and October.

The easiest and most scenic way to get to Santa Cruz is via State-1 from either San Francisco or Monterey and Carmel. State-17, which winds across the scenic Santa Cruz Mountains to San Jose, is another popular, though usually rather busy, route. Major airlines and Amtrak serve San Francisco and Monterey. Greyhound buses run to Santa Cruz from both cities. During summer, there are free shuttle bus rides to the beach area from Santa Cruz and Capitola.

For additional information and a free vacation guide, contact the Santa Cruz County Convention and Visitors Bureau, Box 1820, Santa Cruz, California 95061.

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

COLORADO

Come To
ESTES PARK COLORADO
Gateway To
Rocky Mountain National Park

A vacationland where adventure abounds! An alpine playground for the family to enjoy. Riding and hiking trails to distant lakes and high peaks. Paved highways that lead you to breath-taking views at the top of the nation. Clean air with mild, sunny days, cool nights. Send for a free Vacation Planner: things to see and do; places to stay.

Estes Park Chamber Of Commerce
Box 3050G, Estes Park, Colo. 80517
Please send Vacation Planner to:

Name _____
Address _____
City _____ State ____ Zip ____

COLORADO

Is there life after winter in Steamboat?



Yes, Summertime in Steamboat has everything from golf to tennis to whitewater rafting. For a raft of information, call or write.

Sheraton at Steamboat
SHERATON HOTELS & INNS WORLDWIDE
P.O. BOX 22, STEAMBOAT SPRINGS, COLORADO 80477
(800) 525-3535 303/879-2220

Name _____
Address _____
City _____
State/Zip _____

IDAHO

Sun Valley SUMMER

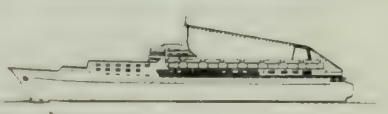
Golf, Tennis, River Rafting, or Afternoons By The Pool.

If your idea of summer is action-packed, or very relaxed, Sun Valley, Idaho is for you.

- **Activity programs for the entire family**
- **Shops, Galleries & Restaurants**
- **Hotel & Condo Accommodations**
- **Spectacular Ice Shows each Saturday night during July & August**

For more information contact:
Sun Valley Company, Dept. X,
Sun Valley, ID 83353 or Call:
800-635-8261. In Idaho 800-632-4104.

CRUISES



3 and 4 night cruises from LA to the Baja.

PLAY CALIFORNIA'S NEWEST WATER SPORT

3 and 4 night cruises to Ensenada, Mexico on the S.S. Azure Seas. 3 night: $315 to $550; 4 night: $420 to $735. Call your travel agent or write Western Cruise Lines, Eastern Steamship Lines, Inc., General Sales Agents, P.O. Box 010882, Miami, FL 33101.

Western Cruise Lines
Ship's Registry: Panama

UTAH

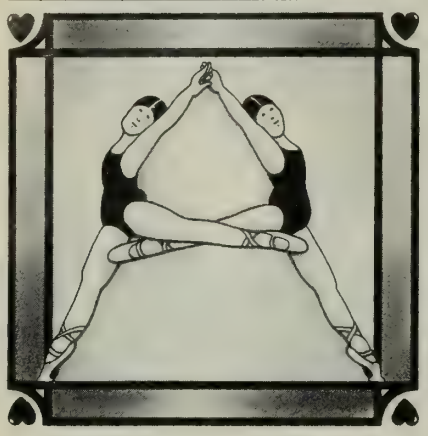
Take a closer look at
Salt Lake City!

I'd like a closer look at Salt Lake City! Please send more information on:
☐ Conventions ☐ Vacations

NAME _____
ADDRESS _____
_____
CITY _____
STATE _____
ZIP _____

SEND TO:
Salt Lake Valley Con. & Vis. Bureau
Suite 200, Salt Palace
Salt Lake City, Utah 84101

Schools for the Crafty







Would you love to spend uninterrupted hours working at a potter's wheel or creating an original tapestry? You can do just that by vacationing at one of the many well-established craft schools throughout the country. And considering the high cost of other vacation possibilities these days, the "tuition" is a bargain.

To find out more about "learning vacations," send for catalogs from the schools that interest you—and do it as soon as possible. Most of these schools provide concentrated instruction, lodging, and meals at one price. Some of the well-known schools are listed below along with course descriptions.

Chautauqua Institution
Chautauqua, NY 14722

Founded in 1874, Chautauqua Institution offers workshops in music, art, dance, theater, and creative writing to beginners and experts alike. Special interest courses in bonsai, archaeology, and interior design also are available. The school is located in a 700-acre lakeside community.

Thousand Islands Museum Craft School
Clayton, NY 13624

Heritage crafts like quilting, duck decoy carving, rug hooking, and glass painting are the specialty at this Eastern craft school, located near a popular vacation area. The classes are taught by qualified professionals and meet for a week at a time.

Truro Center for the Arts
Box 756
Truro, MA 02666

The Truro Center offers classes in Japanese flower arranging and wood carving as well as many other crafts and skills. The size of each class is small to ensure personal attention.

Elsa Williams School of Needlework
West Townsend, MA 01474

This school of needlework is located in a 19th-century house that once belonged to painter Winslow Homer and is dedicated to improving embroidery and textile skills. Intensive one-week sessions are taught by some of the world's finest stitchers with emphasis on craftsmanship and quality.

Big Creek Pottery
Davenport, CA 95017

Located in the Santa Cruz mountains just south of San Francisco, this pottery school is well equipped and well staffed for beginning and advanced potters alike. The school attracts many professional ceramists who teach some of the special workshops throughout the year. Students are encouraged to explore their own interests and develop their own styles.

Factory of Visual Arts
4669 Sunnyside North
Seattle, WA 98103

This school offers classes in ceramics, textiles, jewelry, photography, and printmaking, and has its own ballet and opera companies, which are open to students of all ages and abilities. Semester-long classes are available as well as weekend workshops.

Sitka Center for Art and Ecology
Star Route, Box 76
Neskowin, OR 97149

The Sitka Center offers many unusual summer courses, including paper making, pottery, biology, and ballads. Classes are designed to increase one's awareness of nature and to stimulate creative response. Included in the schedule are concerts, films, and lectures throughout each session.

Fiberworks
Center for the Textile Arts
1940 Bonita Avenue
Berkeley, CA 94704

Fiberworks offers classes in everything from tatting to weaving, with special emphasis on textile arts. Some of the classes include flag making, Indonesian textiles, and felt clothing. Lectures, gallery shows, and tours are included in the price of tuition.

Penland School of Crafts
Penland, NC 28765

The rustic North Carolina mountains provide a perfect setting for this 50-year-old craft school which has grown and developed to include classes in weaving, glassblowing, graphics, batik, vegetable dyeing, macrame, and woodworking. The school's 360 acres hold 40 craft buildings.





Every cup of Yuban® tastes so rich...

...it's worth a second cup.



Rich, rich Yuban® coffee. Yuban ground coffee is made from a special blend of 100% Colombian beans. The first cup is so enjoyable, you'll love seconds. That pleasure also goes for Yuban instant with its rich special blend. You'll have another cup? Mmm, of course.

Yuban. Richness worth a second cup.

Yuban is a registered trademark of General Foods Corporation

Easy Dessert On Call

Both of these desserts are delicious. Not only that, you can put them together in next to no time and keep them on hand for your family or unexpected visitors.



Photograph: Dieter

PISTACHIO ICE CREAM PIE

If you like, warm the fudge topping before spooning it over each serving—

1 4-serving-size package *instant* pistachio pudding mix
1 cup milk
1 quart vanilla ice cream
½ of a 4-ounce carton frozen whipped dessert topping, thawed
1 9-inch graham cracker piecrust
Fudge ice cream topping

Prepare pudding mix according to package directions *except* use only the *1* cup milk. In mixing bowl stir ice cream just to soften. Working quickly, stir in pudding and whipped dessert topping till blended. Turn ice cream mixture into graham cracker crust. Freeze several hours or overnight. Let pie stand 10 minutes at room temperature before serving. Spoon fudge topping over each serving.

LEMON LIGHTNING CAKE

Made of pantry shelf items, this dessert goes together as quickly as its name implies. If you like, make the cake ahead and freeze it—

3 cups packaged biscuit mix
½ cup sugar
1 3-ounce package lemon-flavored gelatin
4 beaten eggs
½ cup milk
⅓ cup cooking oil
1½ cups sifted powdered sugar
½ cup orange juice

In mixing bowl combine biscuit mix, sugar, and dry gelatin. Combine eggs, milk, and oil; stir into dry ingredients till moistened. Beat vigorously by hand about 1 minute or till smooth. Pour batter into greased and floured 13x9x2-inch baking pan. Bake in a 350° oven about 25 to 30 minutes or till cake tests done. Cool 5 minutes. Meanwhile, in a small bowl blend powdered sugar and orange juice till smooth. Using a long-tined fork, poke holes all over top of cake. Pour orange mixture evenly over top. Serve warm or cool with ice cream, or garnished with half-slices of lemon, if desired.



Oroweat "Good Natured Breads." You can see why they taste so good.



All those plump, rich kernels you're looking
are whole grains that were nurtured until they
arted growing shoots. We bake them into our
routed Wheat Bread for a nutty taste that's as
licious as it is distinctive.

And Sprouted Wheat is just one of the four
roweat® "Good Natured Breads."™ There's not a
eservative added to any of them.

Sprouted Wheat, Stoneground 100% Whole
heat, Honey Wheat Berry and Royal Raisin & Nut.

Try them all. See for yourself.

OROWEAT®

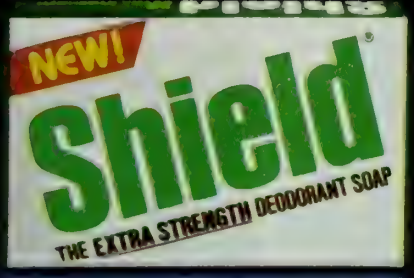
81 Arnold Bakers, Inc. and Oroweat Foods Co.

Oroweat "Good Natu[illegible]reads."

YOU ALWAYS HAD A GOOD FEELING ABOUT SOUP. AFTER YOU READ THIS YOU'LL KNOW WHY.

New Shield fights odor better.

Proven in clinical tests, extra-strength Shield is significantly more effective against odor than the leading deodorant soap.



Now you'll feel cleaner, cleaner than ever before.



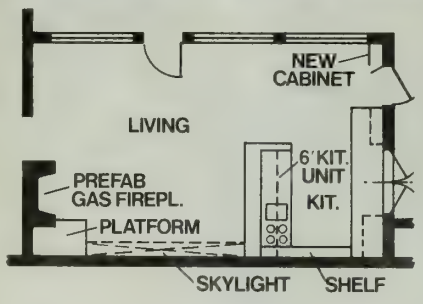
©1981 Lever Brothers Company

A Year-Round Vacation Home

When a beach cottage becomes a permanent home, certain changes have to be made. This cottage was used primarily for vacations and rentals. Here's how its owners turned it into an attractive and efficient permanent residence, without increasing its size.







Since the lot size would not allow for exterior additions, the homeowners were limited to interior structural changes. Originally, a freestanding prefabricated fireplace was centered in the cottage between the kitchen and the living room. A plastic partition extended from the fireplace to the wall, separating the two areas. Now, the fireplace and the [illegible] have been relocated (see plan) [illegible] 12-inch-thick wall extends seven feet into the room (half the width [illegible] 14-foot house), shortening the living room by two feet. The loss of space was necessary because of changes in the layout of kitchen. Three niches, carved [illegible] new wall, add depth and recreation of the lost space.

Even though one living room wall was all glass, the distribution of daylight was a problem in the old house. To bring in light on the opposite side of the room, plastic skylights were installed in the ceiling between the existing beams. And track lighting travels along the skylight edge.

The wall of windows that faces the patio was part of the original structure. Now the seven-foot-wide area along the window wall serves as a small dining area. Ceramic tile flooring, laid in a herringbone pattern, connects the living room-dining area to the kitchen.

An efficient little kitchen

Although the kitchen measures only seven by eight feet, the owners managed to make it accommodate all the necessary items. A six-foot unit that combines the sink, stove, and refrigerator was installed along the new wall in the kitchen, freeing up the rest of the kitchen for an impressive array of appliances. The sink was originally in the counter under the window. Now that counter contains the new trash compactor, dishwasher, and appliance garage. A microwave oven and other small appliances are housed in the appliance garage. Along the back wall, are open-storage shelves faced with two-inch laminate strips.



Photographs: Jordan Miller. Designer: Adele Faulkner, FASID. Field editor: Pauline Graves

The shelf below the operable casement window extends outdoors where it provides an indoor-outdoor serving area. Glazed tile makes a durable and attractive counter top. The translucent ceiling appears to be a skylight but is lit with fluorescent lights. The skylight effect was achieved by inserting 1x4s over the translucent acrylic. BH&G

FILL'ER UP.



ITH NEW "BIG EATER SIZE" GAINES COMPLETE.™

DOG FOOD

ch pouch of new "Big Eater Size" Gaines Com-te is twice as big as our regular size. But there's re to Gaines Complete than just a big new size.

It has the moist, meaty flavor your big eater will really love. And at a price that's so economical, you can afford to satisfy her big appetite.

A TRADITION IN CARING FOR YOUR FAMILY
Gaines®



ENERAL FOODS CORP. 1981

50¢ SAVE

STORE COUPON

50¢

To the retailer: General Foods Corp. will reimburse you for the face value of this coupon plus 7¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence of purchase thereof satisfactory to General Foods Corp. Coupon may not be assigned, transferred or reproduced. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A., Puerto Rico and U.S. Gov't. Install. Cash value: 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corp., P.O. Box 103, Kankakee, IL 60901.

BHO 4003-2



BHO

AVAILABLE

LIMIT ONE COUPON PER PURCHASE **Offer expires 11/30/81**

This coupon good only on purchase of product indicated. Any other use constitutes fraud

GENERAL FOODS CORPORATION

For your pet's health see your veterinarian annually.
©Ralston Purina Co. 1981

PURINA
BONZ
A Nutritious Steak-Bone Shaped Dog Snack

A good n' crunchy outer ring that cleans teeth. A soft, chewy, beefy-tasting center. That's a steak bone. That's BONZ dog snack, too.

NO WONDER DOGS LIKE BONZ LIKE DOGS LIKE BONES.

Green-Growing Windows



Photograph: de Gennaro. Field editor: Dorothy Campbell
Architect: Jack Lionel Warner

When this kitchen was enlarged, a new tile counter was extended from the sink across the area where the breakfast table formerly stood. The architect capitalized on the wide portion of the counter under the kitchen window by installing a houseplant center.

A custom-made galvanized pan, four inches deep and 23 inches wide, extends seven feet. The pan is dropped into a nine-inch-deep recess.



Photograph: Richard Fish. Field editor: Pauline Graves
Architct: Harold Levitt and Assoc.

To create a greenhouse effect in this remodeled kitchen, a new bump-out window travels the length of the sink alcove. The three sliding windows are set in anodized frames. Slanted into the ceiling above the sliding windows are fixed, reinforced glass windows. The sliding windows meet the countertop level, thus eliminating the backsplash area. A tin-lined planter box, 12 inches wide and ten inches deep, is filled with sword fern, pteris fern, and grape ivy.



Meet a whole new juicy world of fruits from Dole®!

Five fruits in fruit juice and not a bit of sugar added. Peaches, pears, apricots, fruit cocktail and mandarin oranges—from the people who made pineapple in pure juice famous!



New Dole Fruits in fruit juice.

No sugar added.



GARDENING

Starting Houseplants From Seed

One of the most exciting ways to add to your collection of houseplants is to grow your own from seed. Not only will you enjoy watching the young seedlings develop into mature plants, but you'll also have plenty of seedlings left over to present as special gifts.

A large number of houseplant varieties can be started from seed. You can choose from aloe, begonia, croton, false aralia, fatsia japonica, ficus, pilea, peperomia, and asparagus fern.

Good germination and early growth depend largely on a well-balanced soil mixture. It should be rich in organic matter and have good drainage. Commercial potting soil mixes are usually acceptable, but if you prefer to make your own soil, add one part organic matter and one part sand to every part garden soil. Sterilize garden soil before use to kill any fungus, weed seeds, or destructive insects. Put the soil in a shallow pan and place it in a 200-degree oven for 45 minutes.

New clay pots are the best containers for seed germination, but you must condition them first. Clay is porous and will quickly absorb all soil moisture if the pot is not carefully presoaked. Immerse it in a pail of water until all hissing and bubbling stop.

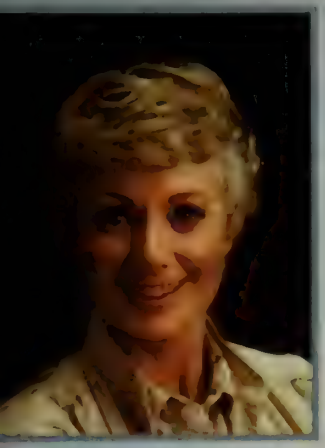
Fill the treated pot with the soil mixture and gently sprinkle the seeds across the surface. Cover the seeds with a layer of soil no deeper than twice their diameter. Set the pot in a pan of shallow water until the soil surface appears moist. Then remove the pot from the water, cover with a plastic bag, and place the pot in a bright east or west window where the temperature is relatively stable. Do not water at this time.

When the seedlings appear, remove the bag and begin watering from the surface whenever the soil begins to dry out. Be sure to water only in the morning. Nighttime dampness encourages mold and fungus.

When the first true pair of leaves appears, remove the seedlings and plant them in their own small pots.

Sunbeam

Processors



"Sunbeam makes the most complete food processor I've ever seen."

Shirley Jones

Any way you slice it, you'll get a eat meal fast with a Sunbeam food processor. Just look at our Le Chef food processor. It has strong, silent direct drive motor. So powerful, can even knead heavy yeast dough fast.

And the Le Chef food processor comes with a big capacity container. So it can prepare anything from late night snacks to big family dinners.

All Sunbeam food processors have blades tough enough for your most difficult recipes. Like a slicing blade for meats and vegetables. A shredding blade for cheese and cole slaw. And a multi-purpose blade that can do everything from mincing onion to chopping meat for hamburger.

Look to Sunbeam when you're looking for one terrific food processor. From a dinner party to an evening snack, they're the processors you can count on.

Sunbeam

Quality you can count on.



TEFLON II

The processor shown above is not coated with DuPont TEFLON.® However, other items made by Sunbeam use Teflon® for easy non-stick cooking, no-scour cleanup.

Sunbeam Appliance Company, a division of Sunbeam Corporation ®Sunbeam ™Le Chef

8 REASONS WHY NOBODY MAKES DECORATING EASIER THAN WALLPAPERS TO GO.®

1. Choose from hundreds and hundreds of exciting designs. All displayed separately, not hidden in sample books.



Everything's conveniently grouped by color, pattern and texture, including many exclusive designs found only at Wallpapers To Go stores. And everything's first quality with no seconds or manufacturers' close-outs.

2. You'll get decorating ideas, the easy way.



Whether it's from our easy-to-use videotape, exciting room-setting photos or full-size display vignettes, you'll leave Wallpapers To Go with many stimulating decorating ideas.

3. You'll find what you need in our complete tool and supply section.



It's all here. Everything you'll need to prepare your wall and hang your wallpaper. From individual tools and supplies to complete kits. All conveniently located in one handy section.

4. You'll have an easy time visualizing your selection.



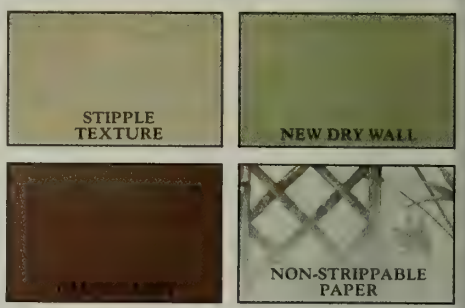
Why guess how a pattern will look? Just place it on one of our handy viewing racks. Unroll it. And step back for a real good look. Or, take it home with you for an even better look.

5. You'll learn how to do it yourself with our free wallpapering lessons.



We offer free wallpapering lessons daily, [illegible] weekdays, 2 p.m. weekends, and [illegible]tape lessons any time you ask. If you have any questions, each employee [illegible] wallpapering techniques.

6. We'll teach you how to prepare your wall surfaces.



Different wall surfaces require different preparations. Our handy Wall Preparation Chart features the 4 most common wall surfaces and simple step-by-step instructions on how to get them ready for wallpapering.

7. Everything's in stock so you can take your selection home right away.



At Wallpapers To Go stores there's no waiting days or weeks for delivery. Just make your selection and start wallpapering right away.

8. Your guarantee of customer satisfaction.

Take your selection home. Unroll it. Live with it for a few days. Even hang 2 single rolls. If you're not satisfied with it for any reason, return the remainder with your receipt within one month of purchase. We'll give you a full refund or exchange.

Wallpapers to go®

We make it easy for you.

VISA MasterCard

80 stores nationwide—See your Yellow Pages.

©1980 Wallpapers To Go

HE SEEMED LIKE A NICE GUY AND YOUR COUSIN KNEW HIM IN COLLEGE, SO YOU PICKED HIM TO SELL YOUR HOUSE.

It's not a very good reason to trust someone with what is probably your most important investment. But, it's reason enough for a lot of Americans. Because, for some reason, they assume real estate people are all pretty much alike.

This is more than a bad assumption. It's a notion that can cost a home seller thousands of dollars. Believe it. There's a vast difference between the quality, competence, and professionalism of various real estate people.

Let us tell you.

When Better Homes and Gardens® entered the real estate business in 1978 we set the highest standards for members. And we asked tough questions about business ethics, business success, training of salespeople, imagination in selling and advertising, the ability to help buyers get mortgage money, leadership in the market.

We have received over 18,000 inquiries from real estate firms. We never counted how many we talked to... thousands. So far, only a few hundred...one out of every 72... have become a Better Homes and Gardens member.

Yes, America. There is a difference between real estate people. So, go with the sign that has two names you can trust: Better Homes and Gardens and our real estate leader in your community.

For relocation service call:
1-800-247-5050
(In Iowa call: 1-800-532-1430)

THE REAL ESTATE MEMBERS OF

Better Homes and Gardens®

An association of independent brokers.



Free Offer from Pella.

A booklet introducing the Pella Contemporary French Sliding Glass Door.

Vive les différences! The Contemporary French Door offers exceptional energy efficiency with the charm of a French door and the convenience of a sliding door. Equally at home in traditional or contemporary settings, it offers Pella's efficient Double Glass Insulation System and your choice of white or dark brown exterior aluminum cladding, wood windowpane dividers or built-in Slimshade® and many other features and options. Send for this free brochure today.

Please send me a free brochure on the Pella Contemporary French Sliding Glass Door.
I plan to ☐ build ☐ remodel ☐ replace

Name_____

Address_____

City_____

State_____ Zip_____

Telephone_____

Mail to Pella Windows & Doors Dept CO1E1
100 Main St Pella Iowa 50219
Also available throughout Canada
This coupon answered within 24 hours



© 1981 Rolscreen Co

Pella.
The significant difference in windows.

Do-It-Yourself Kitchen Storage

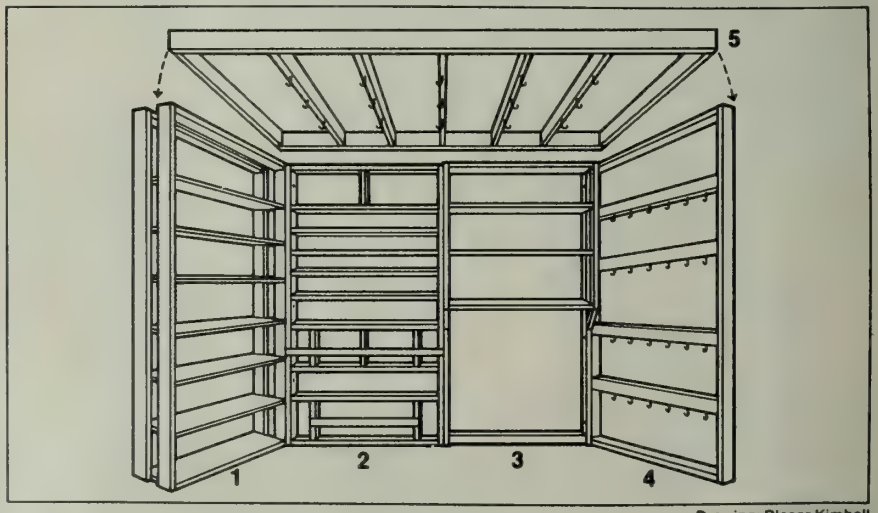
Here's a good-looking way to boost kitchen storage space and gain a work surface at the same time. This easy-to-build freestanding unit has stashing room for all your kitchenware, as well as a slide-in butcher block table to provide extra counter space. Here's how to construct the handy unit.



Photograph: Bill Maris. Design: Mary Soniat

The storage unit is composed of five individually built sections that are bolted together. Four vertical storage sections form the sides and back of the unit, which is topped by one frame-and-crosspiece panel.

Although each side section is designed differently to serve specific needs, construction is basically the same. First cut 1x2s for the uprights and 1x10s for the shelves of each section. Secure the shelves between the uprights with ¼-inch-diameter dowels. To do this, drill holes in the uprights and the ends of the shelves, being sure to space the holes according to your storage needs (see illustration). Then insert the dowels in the holes and glue in place. (In side section number 4, crosspieces made of cut-to-fit 2x4s and secured with dowels are used instead of shelves.)



Drawing: Blaser Kimball

Small compartments designed to hold cook books, glassware, and wine bottles are built into sections 2 and 3. You can construct your own compartments to suit your needs or incorporate small ready-made storage units. Add hooks where needed.

Once you've completed the side sections, join them to the back sections with carriage bolts (see illustration).

Cut-to-fit 2x4s also form the frame-and-crosspiece section that tops the unit. Join the 2x4s with dowels as you did the side sections. Screw large hooks into the crosspieces for hanging pots and pans. Then fasten the finished top panel to the side and back sections with carriage bolts. For added support, bolt gussets made of cut-to-fit 2x4s between the top panel and side uprights.

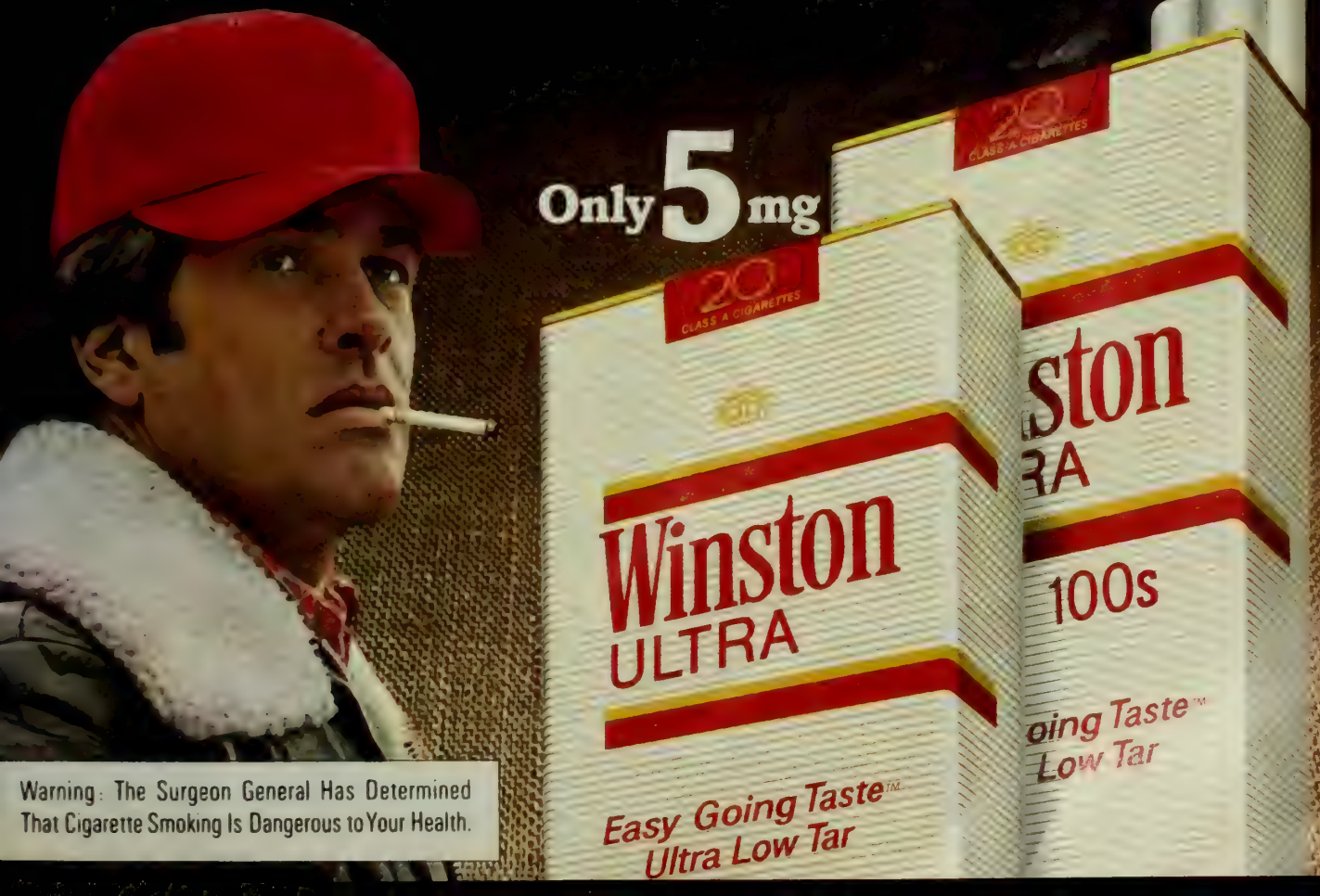
Finish your unit by sanding and sealing the wood with polyurethane. Position a table inside the unit.

1981 R.J. REYNOLDS TOBACCO CO.

5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

New Winston Ultra

The first ultra low tar built on taste.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Milk-Bone Dog Biscuits give your dog...



©NABISCO, INC. 1981



Photographs: Mike Dieter

lowing or breathing.

To protect yourself from an unruly cat, wrap him in a heavy towel or blanket folded several times. (Expose his head, of course, and be careful of any broken bones.)

Getting to the veterinarian

Whatever the emergency, get professional help as soon as possible. Keep your veterinarian's phone number handy, and in an emergency, be sure to have someone call ahead and let the veterinarian know that you and your pet are on the way.

Always try to transport an injured animal on a stretcher—a board, table leaf, or box will do. Move the animal onto a blanket first, pulling him by the skin on his neck and over his hips. Then pull the blanket onto the stretcher. If you're using a box, slit one side and lay it flat. Then ease the animal in. Leave any injured area exposed and uppermost when transporting your pet.

If you must pick up a small dog, hold his collar or the scruff of his neck with one hand, then bring your other hand over his back and around under his chest. Carry him against your body, holding onto his front legs. For a larger pet, put

PETS

PET EMERGENCIES
How you can help

When an emergency threatens your dog or cat, every second counts. That's why it's important to be prepared to take the right action fast. Here's some basic information that can make a big difference when your dog or cat needs help.

Protecting yourself first

Even the gentlest pet may try to bite when he's in pain. If your dog is injured, make a muzzle for him with a length of cloth, gauze, or cloth tape. Wrap the material around the animal's jaws (well back of his nose so he can still breathe) several times, making a single tie loop over the muzzle and under the chin. Then secure the material by tying the ends in a firm bowknot behind the animal's ears.

For a short-nosed dog, also bring the ends of the fabric from behind his ears forward over the crown of his head. Then tie the ends to the fabric already looped across the animal's nose.

Never muzzle a dog that's unconscious, vomiting, bleeding from the mouth or nose, gagging, or having difficulty swal-





leg, letting the splint extend beyond the limb. Then tie the splint in place (not too tightly) with gauze strips or adhesive tape.

Respiratory failure: Pull the animal's tongue forward and clean any obstruction or mucus from his mouth and throat. Next, clamp your hand(s) around his muzzle so no air can leak out, and blow into his nose until his chest expands. Then remove your mouth from his nose until his chest deflates. Repeat every five or six seconds. If cardiac arrest occurs, deliver a sharp blow to the left side of the animal's chest behind his shoulder every 15 seconds. But it's almost impossible for an amateur to revive an animal whose heart has stopped beating.

Shock: Since a pet may go into shock as a result of any major injury, it's important to take preventive measures before shock sets in. Wrap an injured animal in a blanket; if he's unconscious, position his head lower than the rest of his body. If his breathing is labored, try to lay him on his stomach with his legs out to his side.

Convulsions: Until the seizure subsides, gently restrain your pet with a blanket so he won't injure himself. Don't muzzle him or put your hand or anything else in his mouth.

Heat stroke: Move your pet to a cool spot and then wet him down with cold water. If he's conscious and not vomiting, give him small amounts of cool water to drink. Rub his limbs to stimulate circulation. Provide plenty of ventilation en route to the veterinarian (the back seat of a car with the windows down is best). When placing your pet in the car, avoid any spot that's warmed by the engine.



one arm under his neck and hold on to his outside shoulder. Cradle his rump with your other arm. Use common sense, but give as much support as you can to the injured area.

Giving first aid

You may need to administer first aid before transporting your pet (a good manual to keep on hand is *First Aid for Pets* by R. W. Kirk, D.V.M.; $5.95, E. P. Dutton). Here are first aid procedures for a few common problems.

Bleeding: Apply a clean gauze pad or cloth and even pressure to the wound. Once the bleeding slows, put on a fresh pad and hold it in place with gauze strips. Do *not* try to apply a tourniquet. The risk involved when improper techniques are used is far greater than the chances of your pet's bleeding to death. If the injury is a deep puncture wound, have the veterinarian remove the object. Don't try to do it yourself.

Broken leg: Improvise a splint with rolled newspaper or a cardboard tube slit lengthwise to accommodate swelling and to allow easy removal. Slip the splint gently around the



RAID
INDOOR FOGGER
KILLS BUGS DEAD.
BY THE
THOUSANDS.

Even fleas.

The more the bugs build up, the more you need Raid Indoor Fogger.

It's a powerful room-filling fog that goes back where they live to kill roaches, fleas and other bugs dead. By the thousands.



Johnson wax

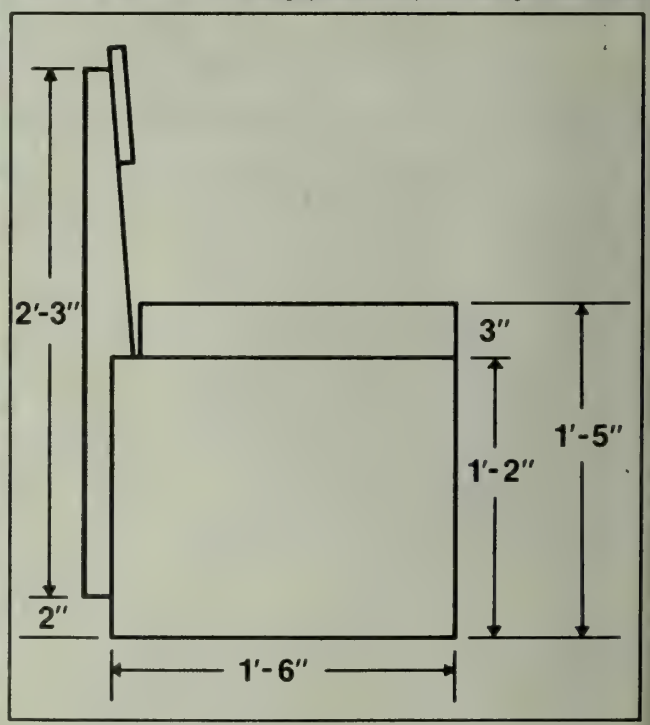
© 1981 S C Johnson & Son, Inc

begins on page 41

A yardful of outdoor living



Photograph: William Hopkins. Drawings: Blaser Kimball



Box furniture how-to

To assemble your basic boxes, nail together pieces of half-inch exterior plywood to form units 18 inches square and 14 inches high.

You can turn your box tables into double-duty storage areas by hinging the tops or adding a 1x2 band inside the

continued



GADABOUT



BRAVISSIMO



CELEBRATED



MESMERIZING



TOP BRASS

Clocks for special times, special places, special people.

Seiko gives you the right time of day, a hundred different ways. There's a Seiko for every purpose, every pocket, every personality. Wall clocks, tall clocks, desk and travel clocks, mini-dials to mantel pieces, and more. Clocks for globe-trotters, gourmets, generous relatives, heavy sleepers, to name a few. In tortoise, wood looks, brassy tones, decorator colors. All cordless and battery-operated for your convenience. All with the world-famous quartz accuracy you expect from Seiko. Come see for yourself. From $45 to $395 at better gift,department and jewelry stores.

ALL NEW. ALL QUARTZ. ALL SEIKO.

Seiko Time Corporation, 640 Fifth Avenue, New York, N.Y. 10019



RA•PID•GRO® Makes Your Yard a Site to Behold

Feed RA-PID-GRO to your flowers, vegetables, shrubs, trees, lawns and houseplants.

FAST – Just mix concentrated RA-PID-GRO with water and spray or sprinkle as you regularly do. Plants absorb through leaves and roots for fast, thorough feeding.

EASY – RA-PID-GRO applies easily and promotes growth. You get larger, fuller blooms. Use with insect and disease control products to do many jobs at once and save time.

ECONOMICAL – No waste with RA-PID-GRO. Use only what you need. Costs only about ten cents a gallon when mixed and a little goes a long way.

Choose RA-PID-GRO – favorite of nurserymen and professional gardeners for over 40 years. Complete satisfaction guaranteed.

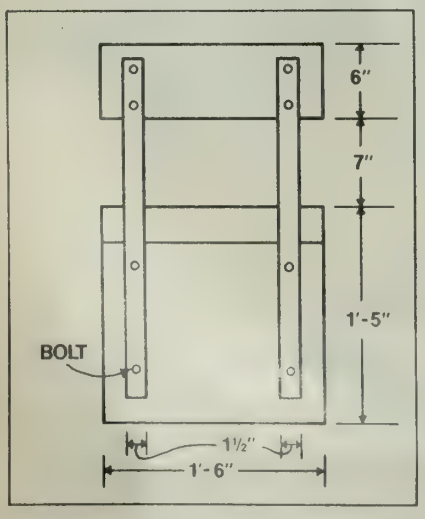
RA•PID•GRO

. . . For Everything You Grow



continued

A yardful of outdoor living



top edge to support a lift-off square with a hole drilled in the center, as shown in the photo on page 182.

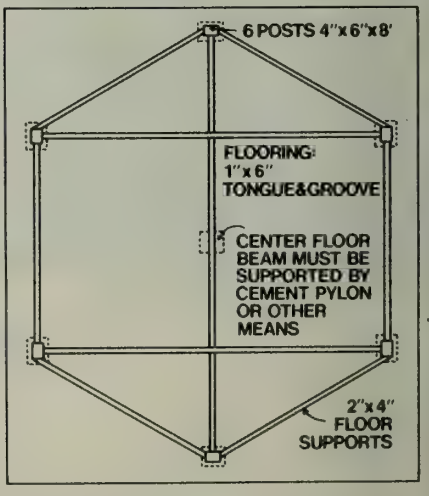
To make a bench, build a box that is 36 inches long, 18 inches wide, and 14 inches high. On chairs (see diagrams *left* and on page 182) and benches, secure the 2x4 uprights with carriage bolts, washers, and nuts. At the top of the uprights, attach a 1x6 for the back support. Add chair glides to the four bottom corners of each box so you can move the furniture easily.

To make the cushions, cover three-inch-thick foam slabs with fabric. Add welting on the edges for a tailored look.

Gazebo how-to

Each side of this hexagonal gazebo measures four feet. First, embed steel straps in concrete poured into 18-inch-deep holes at the corners of the intended structure. Attach six 4x6x8-foot-long posts to the steel straps with lag screws. Two-by-fours support the 1x6-inch tongue-and-groove flooring. Additional 1x6-inch tongue-and-groove redwood siding forms the sides, to a three-foot height.

Atop the upright posts, fasten three 4x4s, two from front to back, and one from side to side (the same configuration as the floor substructure, shown in the drawing *above*). From the center of the side-to-side beam, raise another 4x4 post, 36 inches high; its top end is the peak of the roof.



Form the perimeter of the roof with 2x4s, and extend twelve 2x4s from the perimeter 2x4s to the top center of the roof. To these rafters nail sheeting and a covering of cedar shingles.

Finish off your gazebo with ornamental cast aluminum, painted white or whatever color you prefer.



Introducing
Sani-Flush 4-Month
In-Tank Bowl Cleaner
Lasts up to 4 full months

Now get real cleaning power with every flush!

Put new Sani-Flush® 4-Month Bowl Cleaner in your tank.

Every time you flush, chlorine crystals attack and destroy dirt particles before stains can form. Freshens and leaves the water crystal clear.

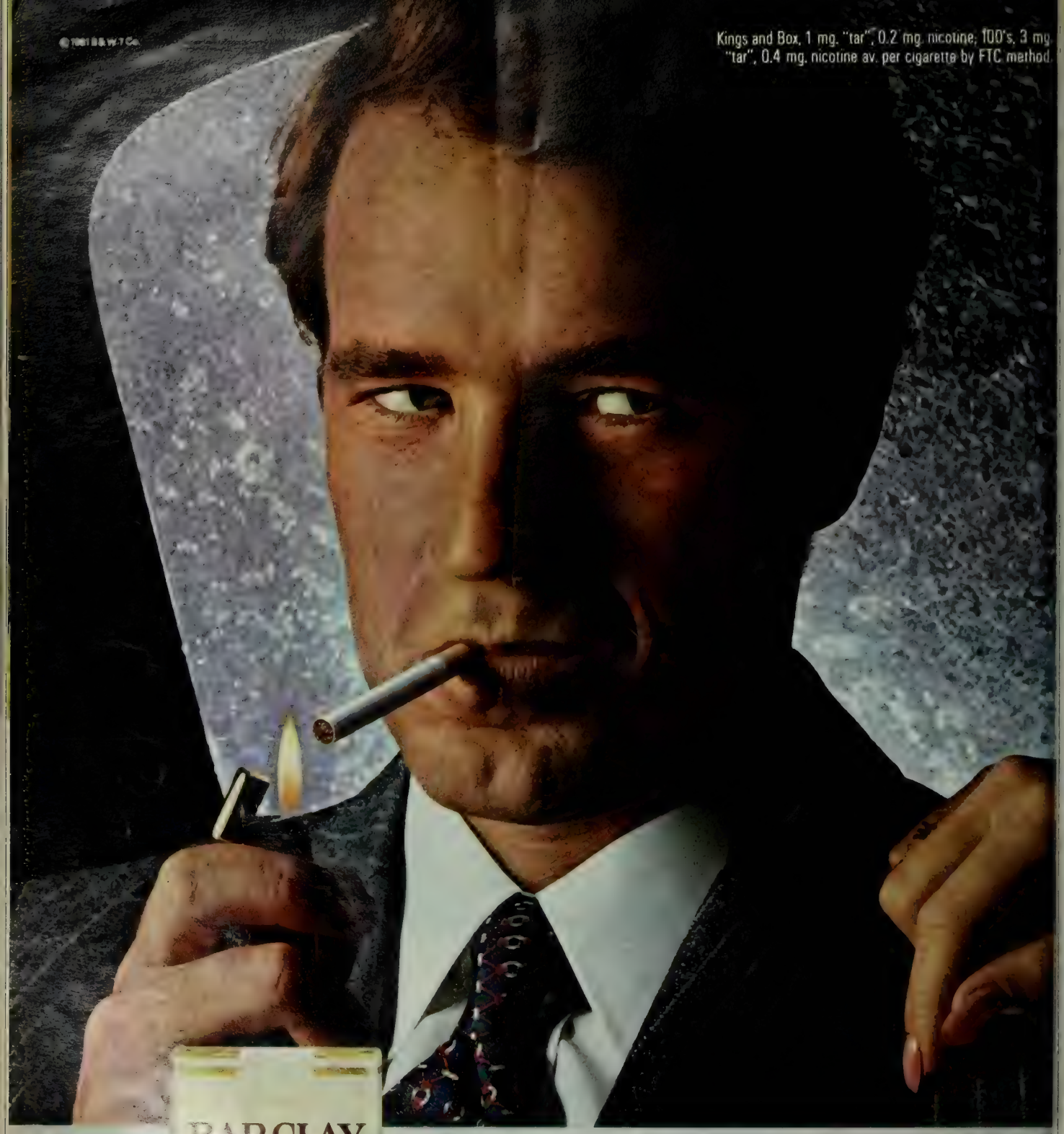
Helps keep your bowl virtually dirt-free, ring-free, and stain-free up to four full months.

So get new Sani-Flush 4-Month In-Tank Bowl Cleaner...and get real cleaning power with every flush.



©1981 B&W Co.

Kings and Box, 1 mg. "tar", 0.2 mg. nicotine; 100's, 3 mg. "tar", 0.4 mg. nicotine av. per cigarette by FTC method.





The pleasure is back.

BARCLAY

99% tar free.™

Also available in 100's and Box

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Gardener's log

"Such a starved bank of moss
Till, that May-morn,
Blue ran the flash across:
Violets were born."
—Robert Browning, 1878



Lotus

Grow a fragrant lotus

The exotic lotus has fascinated man since the days of the pharaohs. Its elegant flowers, seedpods, and leaves have been depicted for centuries on fabrics and china in both the Orient and the West.

You can enjoy this legendary flower in your own backyard. Simply grow a lotus tuber in a soil-filled pot submerged in a larger container of water. You can transform any watertight container into a tiny garden pool, or use a PVC (polyvinyl chloride) pool liner. Another possibility is to set a wooden tub or half barrel above or below the ground. Or simply plant your potted lotus in a galvanized trash can and encircle the outside of the metal container with potted blooming plants.

The lotus is a robust grower, so you'll need only one per tub. Handle the brittle tuber with care, being especially careful not to bruise or break the pointed growing tip. The tuber should be planted horizontally so the growing tip extends above the soil surface and the rest of the tuber is covered with a shallow layer of soil. Add some clay to your potting mix, but do *not* use compost, peat moss, or dry manure. Sprinkle sand over the top of the soil to keep the lighter potting mix from floating up when you submerge the pot in water.

Cover the growing tip with two to four inches of water at first. When the plant has become established, increase the water covering to eight to ten inches.

After a hard frost in the fall, store your lotus tuber in a cool basement over the winter. Replant the following spring in a pot of fresh potting soil.

You can order your lotus from any nursery that handles water plants. Several are listed in the Buying Guide.

IN THE NORTH

Don't jump the gun

Unexpected cold snaps can raise havoc in your garden. In your haste to have early tomatoes, you may end up replanting if the temperature falls too low. Use the frost dates published in your local newspaper as guideposts.

Or take your cue from those veteran gardeners who follow the signs of nature rather than the dates on a calendar. For example, it's usually safe to plant half-hardy annuals just after the large daffodils are in full bloom. Tender annuals can generally go into the ground after the petals fall from the apple trees. Experience and a well-kept garden diary will provide much of this so-called sixth-sense gardening know-how.

IN THE SOUTH

Support your needy flowers

Be sure to provide support for baby's-breath, hydrangea, and other large plants that have a tendency to flop over when in bloom. Set four stakes around the base of the plant, slightly inside of where you want the plant to spread. Then tie heavy cord or wire to the stakes until the entire plant is encircled. For the best effect, use inconspicuous green stakes and ties.

IN THE WEST

Coddle tuberous begonias

Except in high, cool areas, tuberous begonias will not tolerate any sun after nine in the morning, so plant them in shade only. Plenty of moisture, a thick mulch, and rich, well-drained soil will help these breathtaking flowers.

Shape up fuchsias

You can force your fuchsias to branch out more compactly by pinching out the growing tips every two weeks until the early part of June. Follow each nipping with a light feeding of plant food. You'll be rewarded for your efforts with masses of bloom the rest of the summer and fall. As the days get warmer, increase the amount of water you apply, and also mist the foliage.

Buying information, page 158

Illustration: Steven Schindler

Decorate your home with

Fanciful Frog Plaques

from Better Homes and Gardens®



Want a humorous accent for bath, kitchen, hallway, or even kid's rooms? Then decorate with one or more of these Fanciful Frog Plaques. Any of these whimsical scenes will draw a smile from everyone who passes by. (A) "Time For Soap & Shower" features frolicking frogs sudsing it up. (B) "It's About My Turn" is appropriate for anyone who has had to wait in line. (C) "Enjoy A Bubble Bath" is just plain relaxing with two frogs that really appreciate the tub. (D) "Powder & Pamper Time" features a scene that almost anyone can identify with. The Fanciful Frogs are ideal for creating a light touch in your home. And they can be appropriate gifts for your friends, too! These colorful frogs were created by the acclaimed artist Coby. For this special offer, the lithographed prints have been laminated on thick durable hardwood plaques with gold beveled edges. Each plaque measures a large 6"x15" with a wall hanger already attached and can easily stand alone or in groupings of your choice. Also included **FREE** with Frog Plaques are "Picture Hanging Tips" to aid your own decorating ideas. The Fanciful Frogs will be conversation pieces in your home for years to come. Order your sets today.

Better Homes and Gardens®
Dept. 2VC, Box 374
Des Moines, Iowa 50336

Quantity

_____ No. 23022 all 4 Frog Plaques only $19.95

Postage and Handling Chart:

For orders up to $25.00	$2.25
$25.01 to $50.00	$3.00
Over $50.00	$4.00

Total of Merchandise $_____

State Sales Tax* $_____

Postage and Handling $_____

Total _____

*TAX NOTE. Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington and Wisconsin.

OUR POLICY: Full refund if not completely satisfied.

Name _____

Address _____

City _____

State _____ Zip _____

To use your credit card, fill in the boxes below:

On credit card orders of $15.00 or more SPEED DELIVERY BY PHONING TOLL FREE: 800-247-5099 in Iowa, call 1-800-532-1526. (Toll Free not available in Alaska and Hawaii).

Credit Card No.

Expiration Date Month/Year



Versatile—Practical

TINY WORLD TIME®

Electronic Alarm Clock

Take this timely companion along wherever you go. It's small enough to use anywhere. And a special dial lets you know the time in 26 cities around the world. Shows the dateline, too. Dependable transistor circuitry runs for up to one year on one standard "AA" battery (not included). Tiny World Time® measures just 4-1/2" × 5/8" × 1-1/8". It features a black case with brushed silver clock face — luminous hands and hour dots, too. A pleasant alarm tone gently wakes you. Tiny World Time® comes with a black simulated leather travel case.

Better Homes and Gardens®
Dept. 2VD, Box 374
Des Moines, Iowa 50336

Quantity

____No. 23025 Tiny World Time® $29.95 plus $2.95 postage and handling

Total of Merchandise $_____

State Sales Tax* $_____

Postage and Handling $_____

Total $_____

Name _____

Address _____

City _____

State _____ Zip _____

To use your credit card, fill in the boxes below:

Credit Card No.

Expiration Date Month/Year

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

OUR POLICY:
Full refund if not completely satisfied.

Painting Pointers

One of the quickest ways to dress up a house—inside or out—is to apply a new coat of paint. But to get professional-quality results, you have to know how to handle problems that sometimes arise when you're painting an older home. This question-and-answer exercise can make you more knowledgeable the next time you tackle a painting job.

Q: Can a water stain on a painted plaster ceiling or wall be repainted with interior latex paint?

A: Yes it can, if the ceiling is first treated with shellac or a stain sealer made specifically for this purpose (available at paint stores). The sealant will keep the stain from creeping through the paint.

Q: What causes recently applied semigloss paint to peel from varnished wood trim?

A: Either the varnish was so glossy that the new paint couldn't adhere to it, or the varnished trim was coated with wax or furniture polish. Remove the paint, then either sand the varnished surface or clean it with liquid sandpaper (also available at paint stores) until the varnish looks dull. Now the paint you apply won't peel.

Q: Vinyl-coated ceiling tile installed in the kitchen a few years ago has gradually turned a dirty yellow. How can it be painted?

A: First scrub the tile with water and detergent. Then wipe the surface with liquid sandpaper. Apply a coat of enamel undercoat, let it dry, then apply one or two coats of non-yellowing white enamel. (Keep in mind that even the best non-yellowing enamel will eventually become discolored by all the oil and steam that float around in a kitchen.)

Q: Can regular latex house paint be used on stucco and concrete?

A: Most types of latex exterior paints are excellent for use on these surfaces. Just read the directions for each brand of paint thoroughly. Note that when working in dry, hot weather, you may have to dampen the surface with water before applying the paint to keep the paint from drying out too fast. BHG



Relieves Tormenting Rectal Pain And Itch, Helps Shrink Swelling Of Hemorrhoidal Tissues

...Due to inflammation. Gives prompt, temporary relief from such burning itch and pain in many cases.

The burning itch and pain caused by inflammation in hemorrhoidal tissues can cause much suffering. But there is an exclusive formulation that in many cases gives prompt relief for hours from this itch and pain. It helps shrink swelling of such tissues caused by inflammation. Tests by doctors on hundreds of patients reported similar successful results in many cases. This medication is *Preparation H®*.

There's no other formula like Preparation H. Ointment and suppositories. Use only as directed.

SALE! SAVE $10

Only **$9.88**

GENUINE CAST IRON PIGGY BANK!

Cast in Authentic 100 Year Old Antique Molds



Here's the heavyweight savings champion of the century . . . a ponderous porker you can really bank on to increase your wealth. Genuine cast iron piggy bank is made in antique foundry molds. Huge 1 ft. long. Weighs a hefty 6 lbs. A fun way to teach kids the importance of saving. Durable materials and beautiful craftsmanship make it a lasting heirloom.

Piggy Bank (Z610386) ..... Only $9.88

Add $2.50 post. Major credit cards accepted. PA residents add sales tax. Moneyback Guarantee.

Old Village Shop, Dept. VZ-2101
340 Poplar St., Hanover, PA 17331

Tab Curtains



Coarse, textured cotton homespun, flecked with brown. 84" wide. Washable, crease resistant. Fit windows 30" to 55" wide. Length includes tabs. 3% shrinkage. Tiebacks not included.

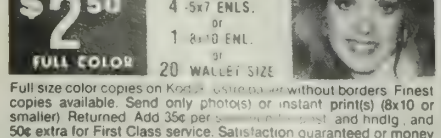
24" or 30" L. **$12.00** pr. 63" or 72" L. **$18.00** pr.
36" or 40" L. **14.00** pr. 84" L. . . . . **20.00** pr.
45" or 54" L. **16.00** pr. Tiebacks . . . **1.75** pr.

ADD $2.50 FOR PSTG. & HDLG.
Order style KENT. Use check, Visa, MO, BA or M C. NJ res. add 5% tax.
FREE COLOR CATALOG.

Old Colony Curtains

B15K, Box 759, Westfield, NJ 07090

COLOR PHOTO SPECIALS



Full size color copies on Kodak ... without borders. Finest copies available. Send only photo(s) or instant print(s) (8x10 or smaller). Returned. Add 35¢ per ... and hndlg., and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m.o. to

RELIANCE COLOR LABS, INC.
Studio 514-5, Box 159, Stamford, CT 06904

AUTHORS WANTED BY NEW YORK PUBLISHER

Leading subsidy book publisher seeks manuscripts of all types: fiction, non-fiction, poetry, scholarly and juvenile works, etc. New authors welcomed. Ask for free, illustrated 40-page brochure BH-1
Vantage Press, 516 W. 34th St., New York, N.Y. 10001.
Or call Toll Free 1-800-528-6050 Ext. 2254.

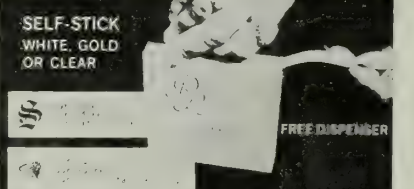
Zip code speeds service
Use it on all your mail.



EASY-LIFT® Cushion Lifting Chair

- Power cushion gently lifts you to a standing position
- Full, power recline feature
- Simple switch control
- Runs off household current
- Variety of colors, models and fabrics

AMERICAN STAIR-GLIDE CORP.
4001 East 138th Street, Dept. BHE-051
Grandview, Missouri 64030



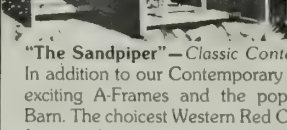
ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 542
182 Paul Dr., San Rafael, CA 94903



Nor-Wes Cedar Homes

"The Sandpiper"—*Classic Contemporary*—
In addition to our Contemporary Series we offer exciting A-Frames and the popular American Barn. The choicest Western Red Cedar is selected for our homes and they are fully insulated complete with insulating glass. Delighted customers throughout Canada and the United States claim a Nor-Wes Cedar Home is the finest precut cedar home package you can buy. Find out for yourself ... Send $3.00 for our color brochure or $6.00 for our deluxe kit.

Nor-Wes CEDAR HOMES
Dept. BH&G 2/81
11120 Bridge Rd., Surrey,
B.C. Canada V3V 3T9
Phone (604) 580-2024

Better Homes™

Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

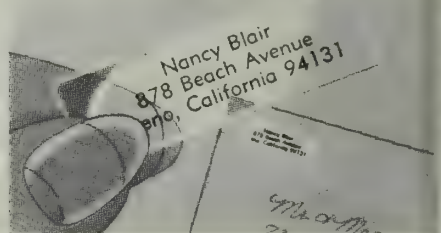
by Ann Lively



Brighten your kitchen
With these cheery European Style Electric Range Burner Covers. Many lovely-to-look-at colorful designs. Fine Porcelain enamel dishwasher safe. Protect burners from spills, provide smooth work surface. Small 8", $6.95 each; Large 10", $7.95 each. Send for your free color brochure. Order from Max Burton Enterprises Inc. Dept. BH5, 502 Puyallup Avenue, Tacoma, WA 98421.



Canopy hummingbird feeder
Perky red canopy covered crystal-clear feeder gives the 'hummers' a protected feast. Three flowered feeding stations are dripless; no more drippy tubes to waste nectar. Just fill with 8 oz. of colored water, hang up near your window and watch them feed. Order A2120, $4.99 postpaid. A great gift for bird lovers. Order from Walter Drake, BH33 Drake Bldg., Colorado Springs, CO 80940.



You'll want these transparent labels
They're clear, self-adhesive labels with crisp black print. Up to 26 letters and spaces per line, 3 or 4 lines. They measure 1¾" x ½". Order #PCC. 450 (alike) for $8.95; 1,000 (alike) for $13.50. Plus 75¢ postage. For yourself or a most useful gift. Send for useful 80 page Gift Catalog, $1. Order from Bruce Bolind, BH-5 Bolind Building, Boulder, Colorado 80302.

rma-press, poly/cot- dust ruffle in White Natural (eggshell) has ra-full gathered ruf- s, split corners and ra-full side drops. lled handkerchief ms, no-iron platform d ruffle material. 18 in $27.50; Full $29.50: een $31.50. 22": Twin 0; Full $32; Queen $34 " avail. Add $2.50 post. Free catalog. Old Colony Curtains, Dept. 4V, Box 759, Westfield, NJ 07090.

lect cedar homes, ecut, easy care



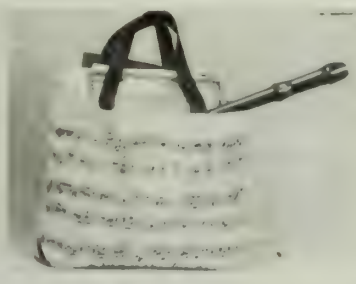
full color brochure atures designs for all dgets from small eekend retreats to lux- ious multi-levels. A- me Chalets, American rn, Contemporary, nch and a new line of lit-entry homes, all exe- ted in natural western d cedar. Brochure, ecs and Prices, #891, $3. Deluxe Kit, #892, $6 Nor-Wes Cedar mes, Dept. BH, 11120 Bridge Rd., Surrey, B.X. Canada V3V 3T9.

ndy new kitchen aid



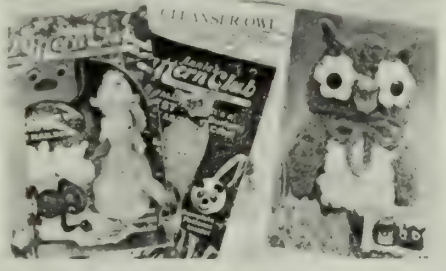
e Cut'n Strain cutting ard and collander has oven to be a hugely ccessful Kitchen Aid ade of durable plastic at's both cut and ain resistant. It does t absorb odors; fits th single or double nks. It's the perfect ap- ance for washing and tting vegetables or its for salads etc. $3.99 + 90¢ post. Giftware Corner*, Dept. A161, 2 Sunrise Highway, Rockville Centre, NY 11571.

eful musical tote bag



tractive and practical, stashes music, rec- ds, even a small in- rument. It's a really ndy carry-all made of nvas with a flat bot- m. The sturdy straps over your arm or your oulder 16½" Long x " Wide. Available in mel/Brown; $5.98 + 50 postage. For your- lf, the school crowd and ideal for gift giving too! Order from Ferry use, Dept. BH5, Briarcliff Manor, New York 10510.

nnie's pattern club



ewsletter comes your y six times a year jam- cked with delightful iginal patterns (with mplete instructions in- uded in each issue), oneymaking ideas and g color photos. As a ember of Annie's Pat- rn Club you'll enjoy ntact with other nee- ecrafters and a 10 per- nt discount on all Annie's Attic products. One year $10, two years 7. Annie's Pattern Club, Rt. 2, Box 212b(BH3), Big Sandy, TX 75755.

e latest in fun otwear for baby



e all-new crochet ser- Baby Bootie Bou- ue II. Roller Skates, tle Red Sandals, High p Tennies, Work ots, Track Shoes, Mary nes and Granny Boots. tterns $2 each or all 7 only $8.45 postpaid. ts $3.69 each or all 7 r only $19.95 postpaid. rder them for yourself and to use as gifts. Annie's Attic, Route 2, Box 2b (BH2), Big Sandy, Texas 75755.



PRESERVED PLANTS



ONCE LIVING, THESE PLANTS HAVE BEEN MIRACLE TREATED TO PRESERVE THEIR NATURAL LIFE-LIKE STATE INDEFINITELY . . . NO CARE . . . NO WATER . . . EVER!

CREATE A WARM INVITING MOOD IN EVERY ROOM OF YOUR HOME WITH PLANTS THAT CAN'T DIE. . . THEY'RE PRESERVED

(1) GIANT PRESERVED BOSTON FERN.

(2) GIANT PRESERVED ARECA PALM

(3) GIANT PRESERVED FAN-TAIL PALM. . . Both the Areca and Fantail Palms comes complete with a holder for any size container. Medium size (pictured) 4' tall $13.95 Large 5' tall $19.95 X-large 6' tall $27.95 Add $3 P&H ea.

(4) GIANT TROPICAL GRASS PLUMES. . . A colorful 5' tall dried arrangement with 25 plumes. Natural earth tone colors. (Gold, Brown & Beige) with your choice of accent color, (specify) Orange, Yellow, Green or Blue. $12.95 + $3 P&H ea.

(5) GIANT HAND-WOVEN BASKET URN. . .

(6) HAND-WOVEN RUSH & PALM BASKETS. . . Charming tan & brown 10" x 10" basket $4.95 / 12" x 12" basket $6.95. Add $2 P&H ea.

(7) HAND-WOVEN BANANA BASKETS. . . Heavy baskets in Gold, Brown & Tan. 10" x 10" basket $3.95 / 12" x 12" basket $5.95. Add $2 P&H ea.

ORDER BY MAIL OR TOLL FREE! Send check or money order, or charge to your VISA/MC/AM.EX. Thirty-Day Golden Guarantee! TROPICAL PLANT INSTITUTE N.W. 8th Ave., Dept. 41, Ft. Lauderdale, Fl. 33311 or Toll Free 1-800-32 Color Portfolio 50¢.

Relieves Tormenting Rectal Pain And Itch, Helps Shrink Swelling Of Hemorrhoidal Tissues

...Due to inflammation. Gives prompt, temporary relief from such burning itch and pain in many cases.

The burning itch and pain caused by inflammation in hemorrhoidal tissues can cause much suffering. But there is an exclusive formulation that in many cases gives prompt relief for hours from this itch and pain. It helps shrink swelling of such tissues caused by inflammation. Tests by doctors on hundreds of patients reported similar successful results in many cases. This medication is *Preparation H®*.

There's no other formula like Preparation H. Ointment and suppositories. Use only as directed.

SALE! SAVE $10

Only **$9.88**

GENUINE CAST IRON PIGGY BANK!

Cast in Authentic 100 Year Old Antique Molds



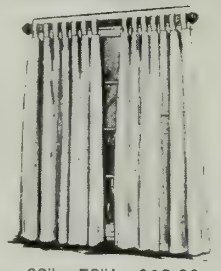
Here's the heavyweight savings champion of the century . . . a ponderous porker you can really bank on to increase your wealth. Genuine cast iron piggy bank is made in antique foundry molds. Huge 1 ft. long. Weighs a hefty 6 lbs. A fun way to teach kids the importance of saving. Durable materials and beautiful craftsmanship make it a lasting heirloom.

Piggy Bank (Z610386) ..... Only $9.88

Add $2.50 post. Major credit cards accepted. PA residents add sales tax. Moneyback Guarantee.

Old Village Shop, Dept. VZ-2101
340 Poplar St., Hanover, PA 17331

Tab Curtains



Coarse, textured cotton homespun, flecked with brown. 84" wide. Washable, crease resistant. Fit windows 30" to 55" wide. Length includes tabs. 3% shrinkage. Tiebacks not included.

24" or 30" L. **$12.00** pr. 63" or 72" L. **$18.00** pr.
36" or 40" L. **14.00** pr. 84" L. ..... **20.00** pr.
45" or 54" L. **16.00** pr. Tiebacks ... **1.75** pr.

ADD $2.50 FOR PSTG. & HDLG.

Order style "KENT". Use check, Visa, MO. BA or M.C. NJ res. add 5% tax.

FREE COLOR CATALOG.

Old Colony Curtains

B15K, Box 759, Westfield, NJ 07090

COLOR PHOTO SPECIALS

YOUR CHOICE ALL BORDERLESS

$2.50 FULL COLOR

16 WALLET SIZE WITH FREE 5x7
or
10 -3½x5 PRINTS
or
4 -5x7 ENLS.
or
1 8x10 ENL.
or
20 WALLET SIZE



Full size color copies on Kodak lustre paper without borders. Finest copies available. Send only negatives or instant print(s) (8x10 or smaller). Returned. Add 35¢ per selection for post. and hndlg., and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m.o. to:

RELIANCE COLOR LABS, INC.
Studio 514-5, Box 159, Stamford, CT 06904

AUTHORS WANTED BY NEW YORK PUBLISHER

Leading subsidy book publisher seeks manuscripts of all types: fiction, non-fiction, poetry, scholarly and juvenile works, etc. New authors welcomed. Ask for free, illustrated 40-page brochure BH-1 Vantage Press, 516 W. 34th St., New York, N.Y. 10001. Or call Toll Free 1-800-528-6050 Ext. 2254.

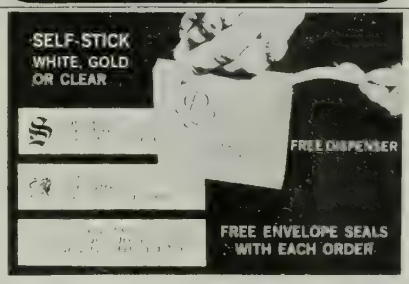
Zip code speeds service
Use it on all your mail.



EASY-LIFT® Cushion Lifting Chair

- Power cushion gently lifts you to a standing position
- Full, power recline feature
- Simple switch control
- Runs off household current
- Variety of colors, models and fabrics

AMERICAN STAIR-GLIDE CORP.
4001 East 138th Street, Dept. BHE-051
Grandview, Missouri 64030



ADDRESS LABELS IN FREE DISPENSER

Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK) ..	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)

Send to: LABELS UNLIMITED, Dept. 542
182 Paul Dr., San Rafael, CA 94903



"The Sandpiper"—*Classic Contemporary*—
In addition to our Contemporary Series we offer exciting A-Frames and the popular American Barn. The choicest Western Red Cedar is selected for our homes and they are fully insulated complete with insulating glass. Delighted customers throughout Canada and the United States claim a Nor-Wes Cedar Home is the finest precut cedar home package you can buy. Find out for yourself ... Send $3.00 for our color brochure or $6.00 for our deluxe kit.

Nor-Wes CEDAR HOMES
Dept. BH&G 2/81
11120 Bridge Rd., Surrey,
B.C. Canada V3V 3T9
Phone (604) 580-2024

Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

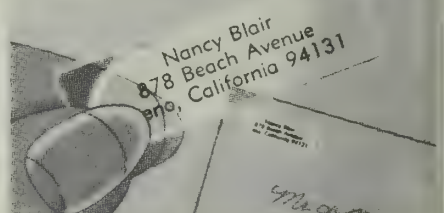
by Ann Lively



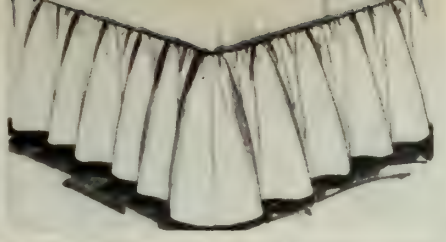
Brighten your kitchen
With these cheery European Style Electric Range Burner Covers. Many lovely-to-look-at colorful designs. Fine Porcelain enamel dishwasher safe. Protect burners from spills, provide smooth work surface. Small 8", $6.95 each; Large 10", $7.95 each. Send for your free color brochure. Order from Max Burton Enterprises Inc. Dept. BH5, 502 Puyallup Avenue, Tacoma, WA 98421.



Canopy hummingbird feeder
Perky red canopy covered crystal-clear feeder gives the 'hummers' a protected feast. Three flowered feeding stations are dripless; no more drippy tubes to waste nectar. Just fill with 8 oz. of colored water, hang up near your window and watch them feed. Order A2120, $4.99 postpaid. A great gift for bird lovers. Order from Walter Drake, BH33 Drake Bldg., Colorado Springs, CO 80940.



You'll want these transparent labels
They're clear, self-adhesive labels with crisp black print. Up to 26 letters and spaces per line, 3 or 4 lines. They measure 1¾" x ½". Order #PCC. 450 (alike) for $8.95; 1,000 (alike) for $13.50. Plus 75¢ postage. For yourself or a most useful gift. Send for useful 80 page Gift Catalog, $1. Order from Bruce Bolind, BH-5 Bolind Building, Boulder, Colorado 80302.



n dust ruffle in White Natural (eggshell) has xtra-full gathered ruf-s, split corners and xtra-full side drops. olled handkerchief ems, no-iron platform nd ruffle material. 18 : win $27.50; Full $29.50: ueen $31.50. 22": Twin 30; Full $32; Queen $34. 4 avail. Add $2.50 post Free catalog. Old Colony Curtains, Dept. 54V. Box 759. Westfield, NJ 07090.

elect cedar homes, recut, easy care

full color brochure eatures designs for all udgets from small eekend retreats to lux-rious multi-levels. A-ame Chalets, American arn, Contemporary, anch and a new line of plit-entry homes, all exe-uted in natural western ed cedar. Brochure, pecs and Prices, #891. $3. Deluxe Kit, #892. $6 Nor-Wes Cedar lomes, Dept. BH, 11120 Bridge Rd . Surrey, B X Canada V3V 3T9.



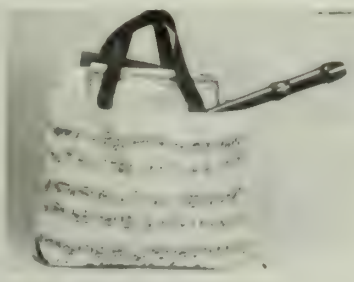
Handy new kitchen aid

The Cut'n Strain cutting oard and collander has roven to be a hugely uccessful Kitchen Aid. Made of durable plastic hat's both cut and tain resistant. It does ot absorb odors; fits oth single or double inks. It's the perfect ap-liance for washing and utting vegetables or ruits for salads etc. $3.99 + 90¢ post. Giftware Corner', Dept. A161, 82 Sunrise Highway, Rockville Centre, NY 11571



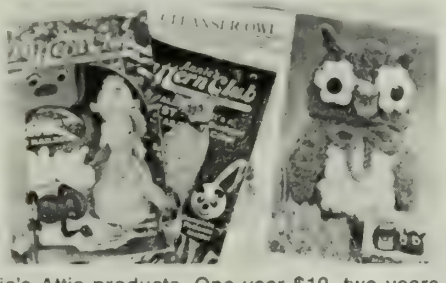
Useful musical tote bag

Attractive and practical, t stashes music, rec-rds, even a small in-strument. It's a really handy carry-all made of canvas with a flat bot-om. The sturdy straps it over your arm or your shoulder. 16½" Long x 1" Wide. Available in Camel/Brown; $5.98 + $1.50 postage. For your-self, the school crowd and ideal for gift giving too! Order from Ferry House, Dept. BH5, Briarcliff Manor, New York 10510.



Annie's pattern club

Newsletter comes your way six times a year jam-packed with delightful original patterns (with complete instructions in-cluded in each issue), moneymaking ideas and big color photos. As a member of Annie's Pat-tern Club you'll enjoy contact with other nee-dlecrafters and a 10 per-cent discount on all Annie's Attic products. One year $10, two years $17. Annie's Pattern Club, Rt. 2, Box 212b(BH3), Big Sandy, TX 75755.



The latest in fun footwear for baby

The all-new crochet ser-es Baby Bootie Bou-que II. Roller Skates, Little Red Sandals, High Top Tennies, Work Boots, Track Shoes, Mary anes and Granny Boots. Patterns $2 each or all 7 or only $8.45 postpaid. Kits $3.69 each or all 7 or only $19.95 postpaid. Order them for yourself and to use as gifts. Annie's Attic, Route 2, Box 212b (BH2), Big Sandy, Texas 75755.





PRESERVED PLANTS

ONCE LIVING, THESE PLANTS HAVE BEEN MIRACLE TREATED TO PRESERVE THEIR NATURAL LIFE-LIKE STATE INDEFINITELY . . . NO CARE . . . NO WATER . . . EVER!



CREATE A WARM INVITING MOOD IN EVERY ROOM OF YOUR HOME WITH PLANTS THAT CAN'T DIE . . . THEY'RE PRESERVED

(1) GIANT PRESERVED BOSTON FERN . . .

(2) GIANT PRESERVED ARECA PALM

(3) GIANT PRESERVED FAN-TAIL PALM . . .

Feature leaves, comes complete with a holder for any size container . . .
Medium size (pictured) 4' tall $13.95
Large 5' tall $19.95
X-large 6' tall $27.95 Add $3 P&H ea

(4) GIANT TROPICAL GRASS PLUMES . . .
A colorful 5' tall dried arrangement with 25 plumes. Natural earth tone colors. (Gold, Brown & Beige) with your choice of accent color, (specify) Orange, Yellow, Green or Blue. $12.95 + $3 P&H ea

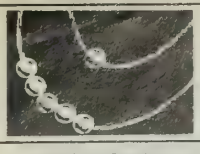
(5) GIANT HAND-WOVEN BASKET URN . . .

(6) HAND-WOVEN RUSH & PALM BASKETS . . .
Charming tan & brown 10" x 10" basket $4.95 / 12" x 12" basket $6.95 Add $2 P&H ea

(7) HAND-WOVEN BANANA BASKETS . . .
Heavy baskets in Gold, Brown & Tan, 10" x 10" basket $3.95 / 12" x 12" basket $5.95. Add $2 P&H ea

ORDER BY MAIL OR TOLL FREE! Send check or money order, or charge to your VISA/MC/AM.EX. Thirty-Day Golden Guarantee! TROPICAL PLANT INSTITUTE N.W. 8th Ave., Dept. 41, Ft. Lauderdale, Fl. 33311 or Toll Free 1-800-32 Color Portfolio 50¢.

14K SOLID GOLD BEADS AND CHAINS



SPECIAL
7mm Gold Beads
2.29 ea.
Compare at $6.00

14K Gold Beads

3mm	Special 59
4mm	Special 1 19
5mm	Special 1 69
6mm	Special 2 25

14K Single Link Chains

16" . . .	Special 15 88
18" . . .	Special 16 88

14K Rope Chains

7" Bracelet	12 95
16" . . .	Special 27 95
18" . . .	Special 29 95
24" . . .	Special 39 95
30" . . .	Special 49 95

Start with one bead on a chain...
Add a bead for other gift occasions.

Add $2 00 postage and handling for mail orders All merchandise is first quality and 14K gold Specify if you want us to put the beads on the chain Prices are subject to change due to gold market

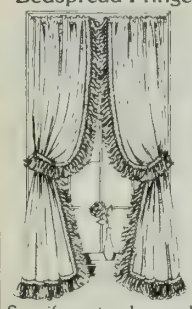
Love's
Fine Jewelry Since 1967

Dept 214 Box 3086
1120 Cherry Rd
Rock Hill, S C. 29730

MasterCard VISA

Phone your order and charge it! 803-366-7161
Toll-Free 1-800-845-6151 NC, GA, AL, KY, TN, VA, WV

COUNTRY CURTAINS
Bedspread Fringe on Permanent Press



Natural or White
LENGTHS:
30", 36" or 40" . 16.00 pr.
45", 54" or 63" . 22.00 pr.
72", 81" or 90" . 25.00 pr.
Valance: 10" x 80" 8.00 ea.

SEND FOR FREE CATALOGUE

Country Curtains are a tradition...years of old-fashioned quality and conscientious service. Cotton/polyester blend with 4" knotted fringe...so stunning with antiques. 90" wide per pair. Specify natural or white. Check, money order, Mastercharge or Visa. Mass. res. add 5% tax. Postage/handling: under $10 add $1.50, over $10 add $2.50. Satisfaction guaranteed.

COUNTRY CURTAINS
Dept. 52, Stockbridge, Mass. 01262



Amazing FONE-A-LERT

Don't miss calls when away from the phone or outdoors! At last an electronic device lets you hear your phone or doorbell anywhere on your premises, backyard, attic, pool, shop, or even next door. Simple to install, no electrical connections to make, nothing to plug in. Simply apply suction cup to surface of phone or doorbell chime box, unreel the 40 feet of wire (more can be added if needed) and carry the Fone-A-Lert with you—outside, upstairs or perch it in an open window. Its penetrating audible signal will alert you to a call or doorbell. Uses standard 9-volt battery (not included) 4¼"x3¼"x2½". Only **$19.97** plus $2. p&h.

Send Check or M.O. 15 day money back guarantee.

HOLST, INC. Dept. BH-581, 1118 W. Lake, Box 370, Tawas City, MI 48763

Kodacolor Film Processing
BORDERLESS PRINTS

12 Exp 110, 126 & 135 mm. only **$1.49**
35 mm 24 Exp **$2.98**
20 & 24 Exp 110 & 126 only **$2.98**
35 mm, 36 Exp **$4.99**

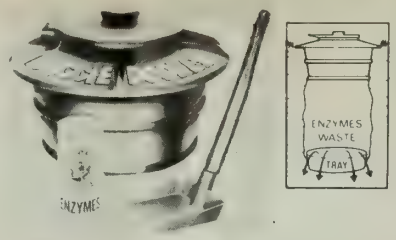
KODACOLOR REPRINTS - 10 for $1.99
SIZES 110, 126, 35 mm only

Please send this ad with order
Known by the quality we keep

All orders returned 1st Class Mail Postpaid

American Studios
Dept BH, La Crosse, WI 54601

DOG WASTE GONE



DOGGIE DOOLEY® keeps grounds clean, insect-free, sanitary. Rustproof heavy plastic doggie septic tank installs in ground; uses safe, non-poisonous enzyme-bacteria to liquify pet stools for ground absorption. Shovel up stools, drop into tank, close lid. Enzyme-bacteria action does rest. Harmless to pets, lawns, shrubs. Handles wastes of 1 to 3 dogs, 17½" x 11½" with foot-operated lid, shovel, 6 mos. of enzymes, and moisture holding tray for faster action. **$14.97** plus $3.45 postage. Extra 12 mos. enzymes **$4.50** plus .85¢ postage.

Send Check or M.O.

HOLST, Inc. Dept. BH-581, 1118 W. Lake, P.O. Box 370, Tawas City, Mich. 48763

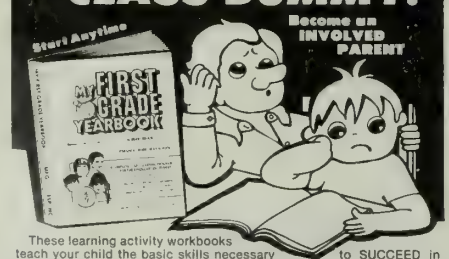


ADDRESS LABELS WITH NICE DESIGNS

Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . . #DD 500 white 1¾" x ⅞" $3.95 #DR 500 white 1½" x ½" $3.50 #GDD 250 gold 1¾" x ⅞" $3.95 #GDR 250 gold 1½" x ½" $3.50 (Labels without designs have room for 26 letters and spaces per line.) Please add 75¢ postage and handling. Useful 80-P. gift catalog. $1.00. Bruce Bolind, 155-L Bolind Bldg., Boulder, CO 80302.

(Since 1956, thanks to you!)

Don't let YOUR CHILD be the CLASS DUMMY!



These learning activity workbooks teach your child the basic skills necessary to SUCCEED in kindergarten and the first four grade levels. A full year's training in reading, math, writing, spelling, social studies, science, and health. **SATISFACTION GUARANTEED.** Order **MKY-KB** for **kindergarten** (544 pp.); **MFG-1B** for **first grade** (544 pp.); **MSG-2B** for **second grade** (640 pp.); **MTG-3B** for **third grade** (768 pp.). **MFG-4B** for **fourth grade** (832 pp.). **Only $15 each.** Postage Paid.

Give complete title and code for each.

ESP, INC.
P.O. Box 5037 ● 1201 E. Johnson Ave.
JONESBORO, AR 72401

master charge VISA

TOLL FREE FOR FASTER SERVICE CALL **800-643-0280**

LYRIC CHOIR ROBES $18.95 UP



FINEST QUALITY

Beautiful design and tailoring. Wide choice of colors and fabrics, including permanent press. Satisfaction guaranteed. Write for catalog and fabric samples

LYRIC CHOIR GOWN CO.
P. O Box 16954—BR
JACKSONVILLE, FLORIDA 32216



Handwoven huaraches
Your favorite summer shoe for walking comfort. Genuine Leather with sturdy full sole and ¾" heel. Tobacco Brown in women's full sizes 5-10 M. $17.95 + $1.95 post. Two for $32.90 + $2.95 post. Old Pueblo Traders, Dept. BT5HR, 600 S. Country Club, Tucson, AZ 85726.

Silken bamboo tree
Looks so real! Medium 48", $17.95 + $3 post. Stoneware urn 15" x 6", $13.95 + $4 post. Specify brownstone, ivory or earthgold. Color Portfolio 50¢. Tropical Island Imports, Dept. BH5, 901 NW 8th Ave., Ft. Lauderdale, FL 33311. Toll free: 800/327-3729.





Save hundreds of dollars
With Burke Seat-Lift Chairs. Lifts and resets safely and gently. Push-button electric recline stops in any position. Write for Free Color Brochure and information. Burke, Inc., Dept. BH5, Box 1064, Mission, KS 66202. (800-255-4147).

Silken Schefflera
Everlasting; a decorating favorite. It looks so real you'll want to water it! Large 52", $26.95 + $3 post. 10" x 10" handwoven banana basket, $3.95 + $2 post. Color Portfolio 50¢. Tropical Island Imports, Dept. BH5, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.





Hair today—gone tomorrow
Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body. Original patented feature destroys roots without puncturing skin. $19.95 ppd. General Medical, Dept. BHE-59, 1935 Armacost, W. Los Angeles, CA 90025.



Mail Pouch tobacco thermometer
This eyecatching turn-of-the-century thermometer has been faithfully reproduced for your home or office. It will add that country charm to your den, kitchen, patio, garage, little red barn or garden tool shed. This thermometer is sure to be a conversation piece. 39" tall by 8¼". $19.97 + $3 post. Order from Holst, BH-581, 1118 W. Lake, Box 370, Tawas City, MI 48763.

Loads of ideas on how to perform this fascinating phase of needlework! A 48 page book of Netting patterns that is popular today. Get one for yourself and introduce it to your Needlework Group. $2 ppd. Netting Book, Box 428-BH, Seabrook, NH 03874





Oxford cloth curtains
Cot./poly stripes; blue, red or brown with white. 82" wide per pair. 25" or 30", $11 pr.; 36" or 40", $13 pr.; 45" or 54", $17 pr.; 63" or 72", $21 pr.; 81" or 90", $26 pr. Please add $2.50 post. per order. Free Catalog. Country Curtains, Dept. BHG5, Stockbridge, MA 01262

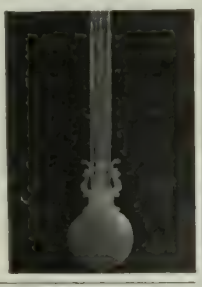
Amazing tomato cages
Super-sturdy. No animal or wind damage, no ground rot. For all vine vegetables. 26" tall; lightweight, unbreakable, rustproof. Use season after season. 3 cages $5.95 + $1.50 post. Creative Marketing, Dept. TC-122, 500 Market St., Perth Amboy, NJ 08861





Unicorn art print
The unicorn is captured for you in this striking 18" x 24" color lithograph, entitled MONOCEROS. Shipped rolled, suitable for framing. Order #501 $6 + $1.50 post. (CA res. add 36¢ tax). Elephant Rock Graphics, Studio BG51, Box 871, Tiburon, CA 94920

Lyre pendulum
Do-it-yourselfers who build Emperor Clock Co's Model 120-K grandfather clocks can accessorize them with a solid brass Lyre Pendulum; perfectly matched in size 9 weight. Free Color Catalog. Emperor Clock Co., Emperor Industrial Park, Fairhope, AL 36532.



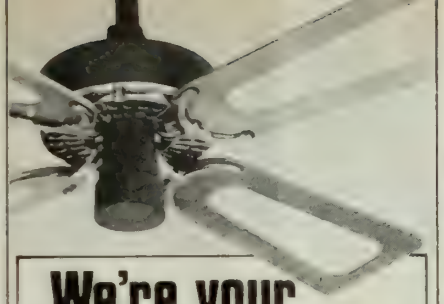


Mr. Zip Speeds Your Mail
You'll get better service when you include your zip code as part of your address when shopping by mail.

FREE LOG HOME COLOR BROCHURE
EUREKA LOG HOMES Produce the World's Largest Selection of Beautiful—Quality Internationally Advertised LOG HOMES and Commercial Buildings.
Write for Your FREE Brochure Today to
EUREKA LOG HOMES, INC.
Dept. BHG Berryville, Arkansas 72616



ORNAMENTAL WINDMILL
Unique lawn decoration. Turns in slightest breeze. Adds rustic charm. Sizes 4½ ft., 8 ft., & 10 ft tall.
For colorful literature send stamps or 25¢ handling
Air Machine Co., Inc.
Box 215T, Lohrville, Iowa 51453



We're your greatest fans.

The Fan Gallery has a 6 year national reputation for representing the best and widest selection of fans on the market today. We can help you enjoy cooling air in summer, heat saving in winter, and fresh air all the time. All fans are energy efficient and come with a 5 year limited warranty. Easily installed on 8 foot ceilings. Many elegant styles and options in a wide price range to choose from. Full color catalogue and price list available.

Hunter Old Tyme Fans

Fan Gallery
904 Industry Drive, Bldg. 22
Seattle, WA 98188
206-575-4810
Outside WA · 1-800-426-4621

Perfect fit for every foot . . .
• with TWO fully adjustable GENUINE LEATHER buckle straps.
• with an extra cushiony insole and 1¾" covered wedge heel
• CAMEL, WHITE, BEIGE & BLACK.
• ***AND***, with a complete range of full & half sizes 6-10 N & W, 5-10 M ***PLUS*** 11 N, M & W
• with our low price

$16.99

SATISFACTION GUARANTEED OR MONEY BACK!

save . . .
• with two for **$30.90** MADE IN U.S.A.
Add $1.95 p&h one item. $2.95 for two or more. AZ res. add 6% tax.
Enclose $1 for New Catalog (credited to first purchase)

CHARGE ORDERS CALL 602-795-1281
Dept. BT5MM, 600 S. Country Club, Tucson, AZ 85726

OLD PUEBLO TRADERS



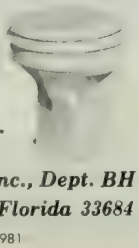
OLD-TIME STAMPS ONLY 10¢

OLD-TIME COLLECTION!

26 different stamps from 50 to 100 years old. Scarce 1874 classic, Belgium "Never on Sunday," ancient Egyptian Sphinx, Ottoman Empire, Balkan Assassination, Great Famine, Bosnia, Newfoundland, Victoria, many others. Worth $2.00 at catalog prices. All only 10¢. Also, other bargain stamps for free examination, returnable without purchases, cancel service anytime. **Send 10¢ — TODAY!**

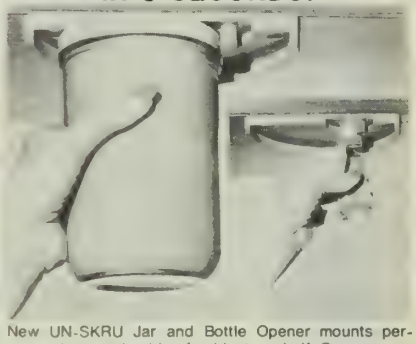
Falcon, O51BH, Falconer, N.Y. 14733

THE ORIGINAL
BASEMENT TOILET
Genuine Porcelain



FLUSHES **UP** TO SEWER OR SEPTIC TANK
-No Digging Up Floors-
INSTALLS EASY, ANYWHERE!
Write McPHERSON, Inc., Dept. BH Box 15133 Tampa, Florida 33684

UN-SKRU
Amazing New Jar Opener
OPEN ANY SCREW LID IN 3 SECONDS!



New UN-SKRU Jar and Bottle Opener mounts permanently to underside of cabinet or shelf. Opens **every** size screw top—from tiny tube to gallon jar—with scarcely any effort. Even opens press-and-turn "child-proof" pill bottles.
"Best we've used"—GOOD HOUSEKEEPING
Featured by Good Housekeeping magazine as one of "Half-dozen kitchen helpers no cook should be without." Also handy in trailer, boat, workshop. Wonderful for folks with arthritis. Unique gift. You must be **pleased**, or your money back. Only **$6.95** + 85¢ p&h; two for **$13.50** + $1 p&h.
Send Check or M.O. 20 day money back guarantee.
HOLST, Inc. Dept. BH-581, 1118 W. Lake, Box 370, Tawas City, MI 48763

HAPPY DAD CAT'S DAY

The perfect Father's Day gift for Dads (and Grand Dads). Brown and tan cats have been silkscreened on wheat shirts of heavy-weight cotton. We guarantee delivery by Father's Day for orders received by June 11.

Adult Sizes: S, M, L, XL
Wheat $11.00

Order by mail or phone. Send check, money order, or Visa/Mastercard no. and exp. date plus $1.00 per shirt for post. and handling to:



Dallas Alice
1047 Taft St.
Suite B581
Rockville, Md. 20850
301-424-1640

Dadcat

Versatile Rolling Tilt-Top Table!



A must for convalescents—for convenience or for the kids. Rolls to your side on easy-roll, no mar wheels to become office, bed tray, whatever you need. Ingeniously designed slides under any bed or sofa. Generously sized 22" x 15", top tilts a full 90° in any direction, adjusts from 29" to 40" tall.

Decorative walnut woodgrain finish end table, folds to a slim compact 2½", tucks away under bed, in closet, anywhere. Tilt-Top Table(s) #20020. **ONLY $14.95** plus $4.00 pstg. & hndlg. **Save $6.95! TWO** Tables **only $24.95** plus $6.00 pstg. & hndlg.

Creative Marketing,
Dept. TT-95
500 Market St., Perth Amboy, NJ 08861

YARD SALE HERE

MAKE BIG MONEY FROM YOUR YARD SALE
$100 $200, as much as $500 can be made from a successful yard sale. Outdoor signs are a must for attracting customers and dollars. The "Yard Sale Success Kit" provides you 11 easy-to-see flourescent signs plus helpful tips for planning your yard sale. • Do you know the best times for having a yard sale? • What items are best sellers? The "Yard Sale Success Kit" gives you the answers to these and many more extensively researched questions plus 100 price tags all for $3.95 ppd.
Send check or money order to - AIM Co. • 3910 Melinda Dr. • Chatta...

FREE COLOR CATALOG

Build Your Own Grandfather Clock

Prices Starting Under **$250**

(including movement and dial)



- Do-it-yourself case kit, parts pre-cut
- Finished clocks
- Solid 3/4" hardwoods: black walnut, cherry, oak
- Heirloom quality
- Factory direct prices
- Solid brass West German chiming movements
- Money back guarantee
- Prompt shipment

MASTERCARD and VISA ACCEPTED

EMPEROR® CLOCK COMPANY
WORLD'S LARGEST MANUFACTURER OF GRANDFATHER CLOCKS
Dept. 802, Emperor Industrial Park
Fairhope, Alabama 36532

If tweezing your brows and applying eye makeup makes you frantic . . . Fret no more!!!

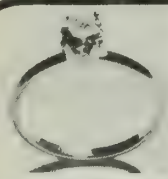


This marvelous Magic Focus mirror was developed by a noted eye doctor for the woman who can't see what she is doing without her glasses, and can't do what she is seeing with glasses. Distortion-free, optically perfect mirror has a flexible brass gooseneck arm for hands-free grooming; adjusts to perfect focus for your eyes. Tweeze or apply makeup WITHOUT GLASSES, regardless of your prescription or need for bifocals. 4" mirror, white frame and base.

$17.98

plus $1.95 post & hndlg

FERRY HOUSE Dept. BP
Briarcliff Manor, N.Y. 10510





1 Ct. or 2 Ct. ROUND SPINELS. Lionite synthetic spinels with diamond-like brilliance and pronged settings. Specify white or yellow gold plate. Send ring size. 1 Ct. $6.95. 2 Ct. $9.95

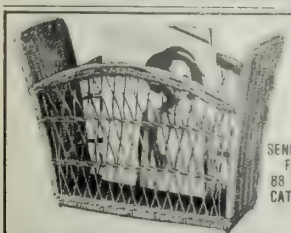
Add 75¢ postage

ELEGANT RINGS. Three separate sparkling rings. Middle ring a band of mock diamond baguettes. Outer guards in mock diamond, emerald, ruby, sapphire, aquamarine, amethyst, jet or topaz. All in silver-look rhodium plate. Sizes 4-9. Band $16.95. Guards $7.95 each

N.Y. residents add sales tax

Send 25¢ for catalogue

Lions
665 MIDDLE NECK RD. GREAT NECK, N.Y. 11023

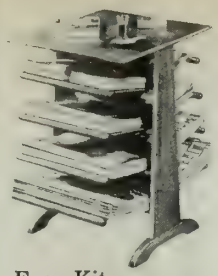


SEND 50¢ FOR 88 PAGE CATALOG

MAGAZINE RACK—Handwoven of natural rattan, lightweight. Holds favorite magazines and newspapers at your fingertips. 12" x 17" High. **$8.95** plus $2.00 postage

WALL ALL—Attractive and practical, keeps mail, notes, receipts etc., at your fingertips. 7" x 18" H. **$8.95** plus $2.00 postage

FRAN'S BASKET HOUSE
Route 10, Dept. BH-5, Succasunna, N.J. 07876

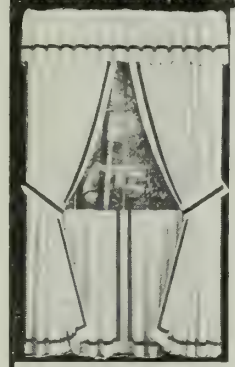


Magazine End Table holds over 100 issues on 8 shelves. Pine & hardwood, finished in dark pine. 16" dia. top. 23"H18"W21"D

Easy Kit $27.95
Finished $39.95
Add $4.00 postage each

Yield House®
Dept. D15B
North Conway N.H. 03860

COLONIAL MAID CURTAINS
Curtain & Bedspread Specialists Since 1947



GRAINED RIBBON

bands of rust, natural or royal blue skillfully appliqued onto natural color poly/ctn. blend muslin. Washable, no-iron. 80" wide.

30" or 36"	14.50 pr.
45" or 54"	17.50 pr.
63" or 72"	21.00 pr.
84"	25.00 pr.
Tiebacks	3.00 pr.
Valance	8.00 ea.

Satisfaction guaranteed. Add. 2.50 post. Send check, M.O., Master Charge, Visa or Am. Ex.

SEND FOR FREE COLOR CATALOG

Colonial Maid Curtains, Dept. 45, Depot Plaza, Mamaroneck, N.Y. 10543

Introductory Offer
BUY 1...Get 1 FREE!



THE "SUZY" THONG
Available in
• WHITE • BONE
• NAVY • RED
• BLACK • GREEN
• YELLOW • ORANGE
• GOLD • SILVER
SIZES 5 TO 10
NO HALF SIZES

A $36.00 VALUE
NOW TWO PAIRS only $18.00
Please send 2nd COLOR CHOICE!

Don't miss this great offer. You'll love "Suzy", the most comfortable thong around! U.S. crafted for superb fit & wearability. Soft patent uppers, padded insoles, ½" heel. MONEY BACK GUARANTEE. Add $2.50 P/H. Save more - 4 prs., $36 PPD. VISA/MC welcome. Send No. & exp. date.
Faye Lynn-BH, 1535 Delcrest Pl., Lakeland, FL 33803



Windmills on your mind?

Uniquely beautiful ornamental windmills. 4½ to 10 ft. high to perfect scale. Ideal for yard and garden.

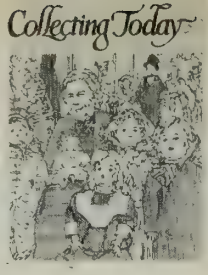
FREE BROCHURE
Write to:
HOLST, INC. Dept. BM-581
1118 W. Lake P.O. Box 370
Tawas City, MI 48763



COLOR PHOTOS
YOUR CHOICE **$2.20** FULL COLOR
24 Wallet Photos or 3 - 5 x 7 or 1 - 8 x 10 Enlargement

COLOR LAB 1076M Springfield Ave. Irvington, N.J. 07111

Collecting Today



Informative articles on collecting for pleasure as well as profit; special values on limited edition sculpture, fine art, rare coins, collectors plates, and more. Send $1. Collecting Today, Dept. 6119-EGAB, 7274 Bush Lake Rd., Box 9474, Minneapolis, MN 55420.

Dried floral bouquet



Baby Breath & Cordone Puffs in earthtone with your choice of accent; specify orange, yellow, green, blue or natural. With basket, 16" H x 12"W; $17.95 + $3 post. Color Portfolio 50¢. Tropical Island Imports, Dept. BH5, 901 NW 8th Ave., Ft. Lauderdale, FL 33311.



Beautifully plated

Solid metal baby shoes $3.99 pair. A keepsake forever. Available: Portrait Stands (shown), Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-Ee-2, Bexley, OH 43209.



Satin water lily

A handcrafted, everlasting beautiful arrangement. The 7 stems are each approx. 21" long. Includes 2 water lily flowers, 4 leaves and 1 bud. They are *Not Plastic.* Petals of the flowers open fully to 3" and 5". Please specify color choice of Lily: Yellow or Coral/Pink. $13.95 ppd. (Vase not included.) JayBee Floral, Box 352, Old Bethpage, New York 11804.

Gourmet kitchen shears

If you've worked with kitchen shears to prepare poultry only to have them slip or spread. If you've taken the gourmet's advice to prepare vegetables with shears only to leave fibers and tops uncut. These shears will delight you. So sharp & precise they never slip or spread. $10 + 75¢ post. Fiskars Gourmet Kitchen Shears, Dept. BG-5, 10261 Yellow Circle Drive, Minnetonka, MN 55343.



Great for dog lovers in general and Scottie lovers in particular. Black cast iron pooch stands by himself at the door or fireside. 8 pounds, 17" high. $18.95 + $2.45 postage. Holst, Inc., Dept BH-581, 1118 West Lake, Box 370, Tawas City, MI 48763.

Genuine stained glass
Suncatcher kits anyone can put together. Over 50 different styles including Mickey Mouse. Everything needed included in kit. Prices from $2 to $35. Send $2 for color brochure. Rainbow Art Glass, Catalog Dept. BH, 49 Shark River Rd., Neptune, NJ 07753.

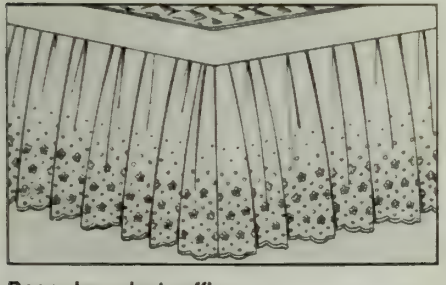




Kenya Gem® pendant
The real Kenya gem is manmade to rival the finest blue-white diamond with even more fire and brilliance. Heart-shaped, round, pear, 14K gold chain. From $125 a carat. Earrings avail. Catalog free. Kenya Gem, Dept BH5, 1760 N. Howard St., Phila., PA 19122

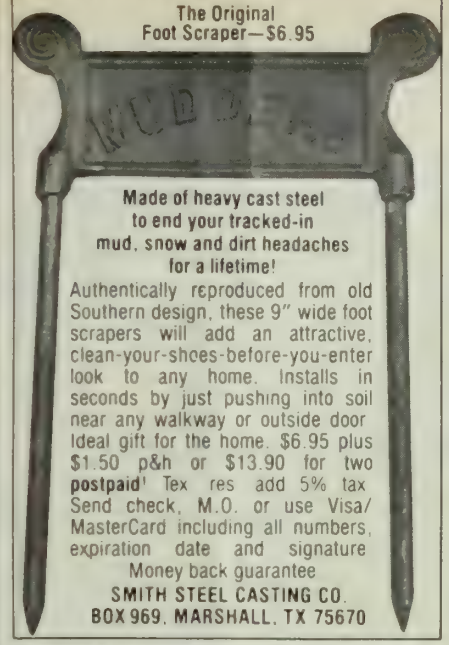


Bargain silverplating
Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-5, 1919 Memory Lane, Columbus, OH 43209.



Deep drop dust ruffle
To enhance your bed and bedroom. Embroidered eyelet, split corners, on platform in Natural or White no-iron polyester/avril. Available in drop lengths of 14", 18", or 22". Twin, $39.50, Double $45, Queen $50; King $55. Please add $2.50 postage each order. Free Color 56 page Catalog. Order from Colonial Maid Curtains, BH5, Depot Plaza, Mamaronneck, New York 10543.

ANTIQUE BLACK "MUDDER"
The Original
Foot Scraper—$6.95



Made of heavy cast steel to end your tracked-in mud, snow and dirt headaches for a lifetime!

Authentically reproduced from old Southern design, these 9" wide foot scrapers will add an attractive, clean-your-shoes-before-you-enter look to any home. Installs in seconds by just pushing into soil near any walkway or outside door. Ideal gift for the home. $6.95 plus $1.50 p&h or $13.90 for two postpaid! Tex res add 5% tax. Send check, M.O. or use Visa/MasterCard including all numbers, expiration date and signature. Money back guarantee.

SMITH STEEL CASTING CO.
BOX 969, MARSHALL, TX 75670

RELIGIOUS COLLECTION 30¢



Enormous selection of 51 all different religious stamps of the world. Represented are monasteries, shrines, cathedrals, abbeys, saints, religious dancers, nativity and special pilgrimage issues. EXTRA! Also includes scarce Holy Family painting of Spain in mint condition. Send 30¢ today. Wonderful approvals included.

D. M. Darling & Co. Dept. HK Rockville, Md. 20850



REMOVE HAIR PERMANENTLY

PERMA TWEEZ® is a simple electrolysis instrument that PERMANENTLY removes undesirable hair from face, arms, legs and body. Its 'tweezer-like' action is safe and easy to use with no adjustments to make. **Perma Tweez created the original patented safety feature that prevents skin puncture.** Over 15,000 instruments sold to doctors and almost two million purchased by people like yourself—by far the leading electrolysis system. Save hundreds of dollars on salon electrolysis by doing it yourself. Clinically tested—recommended by dermatologists.

14 DAY MONEY BACK GUARANTEE

$19.95—Check or Money Order

Cal. res. add 6% sales tax

☐ I enclose $19.95.
☐ MasterCard ☐ Visa

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

#_____ Exp. date_____

☐ COD requires $4.00 deposit. Balance includes COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-190
1935 Armacost Ave., W. Los Angeles, CA 90025

© 1981 GENERAL MEDICAL CO.

Select Your LOG HOME



Use your custom plan or select one of ours. **Select Cedar** or **Pine Log** homes, leisure homes and cabins from $5900. New full color Plan Book with 40 designs $5.00. Dealership Information Pack $7.75.

Wilderness Log Homes™
Route 2-BHG-51, Plymouth, WI 53073

☐ Plan Book $5.00 ☐ Dealership Info Pk. w/Plan Book $7.75

Enclosed is $ _____
Name _____
Street _____
City _____ State _____
Zip _____ Phone (____) _____
Town a lot ☐ Yes ☐ No
Building Date _____

greenhouses

Shatterproof fiberglass/California Redwood. Designed for the home gardener. Freestanding and lean-to models and accessories. Use my "guaranteed lay-away" plan.

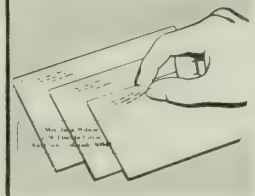
Send $1.00 (refundable) for my color catalog, plus a regular $1.50 greenhouse booklet.

Peter Reimuller
—The Greenhouseman®
980-17th Ave., Dept. 7-E, Santa Cruz, CA 95062



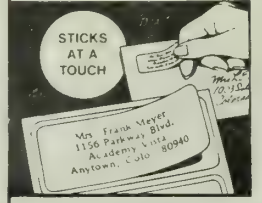
1000 RETURN ADDRESS LABELS **$1.00**

1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) . $1.00



250 Crystal-Clear RETURN ADDRESS LABELS **$1.98**

The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**

Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake 3055 Drake Bldg. Colorado Springs, CO 80940

NAME _____
ADDRESS _____
CITY & STATE _____ ZIP____

____S717 1000 Labels @ $1 each $_____
____P2031 Crystal-Clear Labels @ $1.98 ea $_____
____P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____

The Man Next Door®

"If the grass looks greener on the other side of the fence," advises my friend Bill Norman, "your yard probably needs more fertilizer."

At age 13, Burt, Jr., is frustrated by trying to please two divergent groups. While Burt worries that the other guys will notice that he has a new haircut or pair of trousers, he's also concerned that the girls won't.

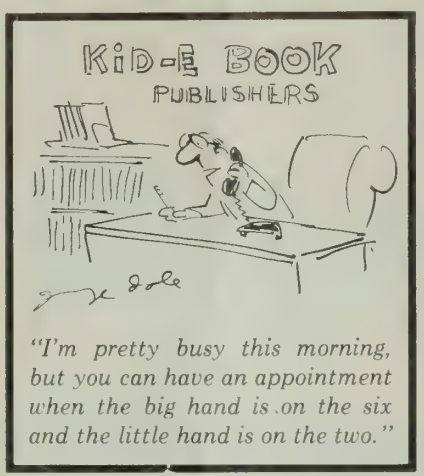
Strolling by Sue Pharr's music shop I noted this sign: "Out to lunch. Bach at one."

Ken Floyd says he finally realizes why the metric system is so difficult for him to remember: He still doesn't have pints, quarts, gallons, and barrels straight in his head.

"Poise," says Grandma Hillis, "is being the only one who knows when you're shaking in your boots."

This year, Christine says we're going to solve our garden problems with semantics. Henceforth, all weeds will be called wildflowers.

Everyone I know "deplores" junk mail—but I think it makes us all feel more popular to have a full mailbox.

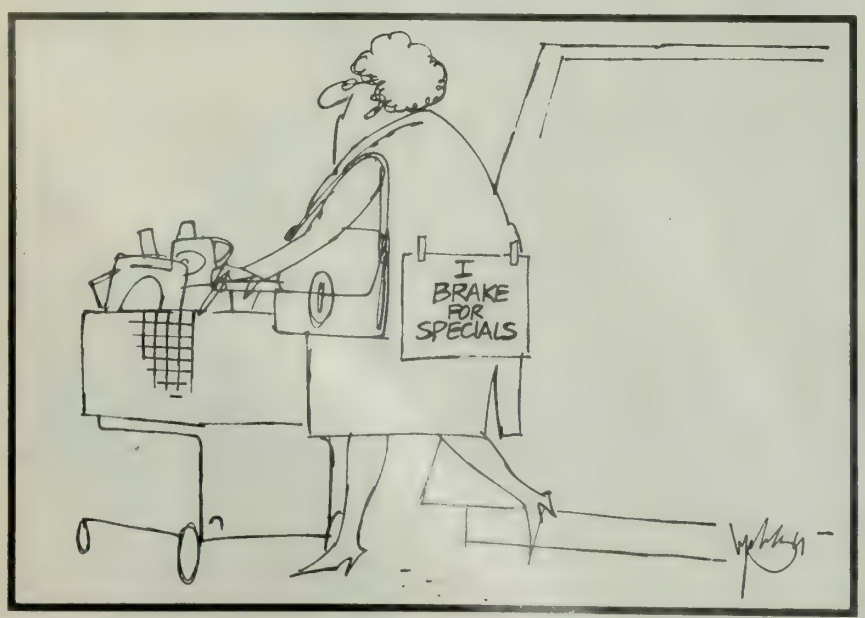


"I'm pretty busy this morning, but you can have an appointment when the big hand is on the six and the little hand is on the two."

Although she qualifies for a senior citizen's discount, one of our older friends still pays full fare on the bus. "I like to keep the driver guessing about my age," she says with a wink.

After encountering a lost child at the shopping center, Christine concluded it would be a good idea if children—like clothes—came with "care labels" attached.

Doc Hannelly was slicing his birthday cake when someone remarked that it's lucky for the doctor's patients that he isn't a surgeon. He was cutting with the back of the knife.



Marge Lumpkin says she's committed, like some towns, to a no-growth policy—and she has the diet books to prove it.

Christine has taken to explaining economy moves by saying "Remember, we're saving for our trip." Unfortunately, the "trip" isn't to Bermuda or Europe—it's to the supermarket.

Our Judy, anything but a scholar, is the last person I would have expected to show an interest in letter writing. But I was wrong.

Last summer at the Hillis family reunion Judy, age 11, struck up a friendship with her great-uncle Henry, age 76. Improbable as it might seem, the two found they shared many interests —most notably major-league baseball and space exploration. Their conversations were the start of a heartwarming relationship.

A few weeks later, Judy received a letter from Uncle Henry. To my surprise, Judy—without any prodding—sat down and drafted an immediate reply. The two have corresponded regularly ever since.

I get a kick out of seeing Judy's face when she spots a letter from Uncle Henry in the mail. As for Uncle Henry, he says Judy's letters are positively therapeutic; last winter they helped him weather a long recuperation at home following surgery.

I'm glad the art of letter writing hasn't been lost in our family. It's too easy to put off writing until we "find the time" or "have some news." All too often, that moment doesn't arrive.

Of course, the communication provided by long-distance phone calls is more immediate. But to me, letter writing is satisfying in other respects—it requires that we sit down, organize our thoughts, and put our language skills to work.

That reminds me—I haven't heard from Aunt Alice in a while. I think I'll send her a letter . . . if Judy hasn't used all the stamps and envelopes.

Burton Hillis

ETTER HOMES & GARDENS
June 1981

June 1981 • $1.75

BURLINGAME
MAY 21 1981
LIBRARY

Better Homes and Gardens®

Decorating: Furniture arrangements that make the most of space

Gardening: Get instant flowers with bedding plants

Food: Easy-does-it summer parties with pointers from the pros

Survey: How is work affecting American families?



EASY & ELEGANT

CANDY BAR CAKE

recipe inside

06
140055

The Man Next Door®

"If the grass looks greener on the other side of the fence," advises my friend Bill Norman, "your yard probably needs more fertilizer."

At age 13, Burt, Jr., is frustrated by trying to please two divergent groups. While Burt worries that the other guys will notice that he has a new haircut or pair of trousers, he's also concerned that the girls won't.

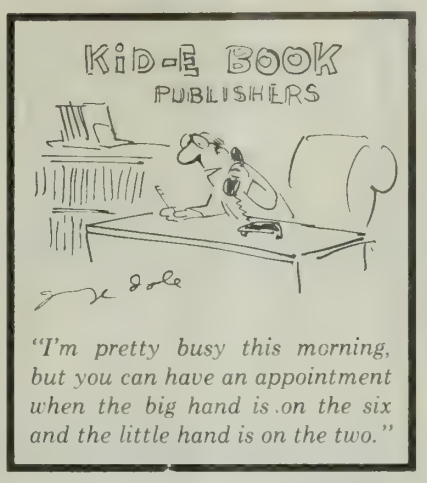
Strolling by Sue Pharr's music shop I noted this sign: "Out to lunch. Bach at one."

Ken Floyd says he finally realizes why the metric system is so difficult for him to remember: He still doesn't have pints, quarts, gallons, and barrels straight in his head.

"Poise," says Grandma Hillis, "is being the only one who knows when you're shaking in your boots."

This year, Christine says we're going to solve our garden problems with semantics. Henceforth, all weeds will be called wildflowers.

Everyone I know "deplores" junk mail—but I think it makes us all feel more popular to have a full mailbox.

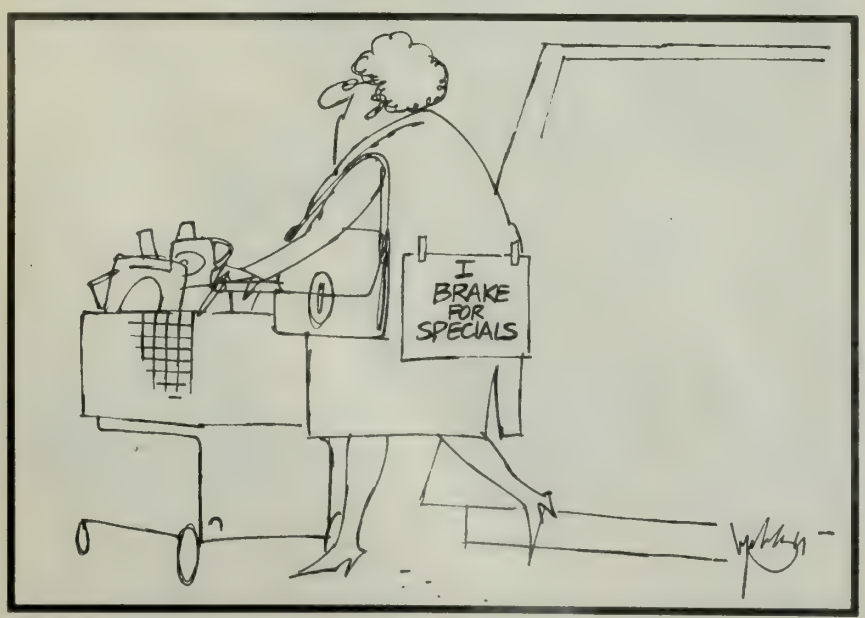


"I'm pretty busy this morning, but you can have an appointment when the big hand is on the six and the little hand is on the two."

Although she qualifies for a senior citizen's discount, one of our older friends still pays full fare on the bus. "I like to keep the driver guessing about my age," she says with a wink.

After encountering a lost child at the shopping center, Christine concluded it would be a good idea if children—like clothes—came with "care labels" attached.

Doc Hannelly was slicing his birthday cake when someone remarked that it's lucky for the doctor's patients that he isn't a surgeon. He was cutting with the back of the knife.



Marge Lumpkin says she's committed, like some towns, to a no-growth policy—and she has the diet books to prove it.

Christine has taken to explaining economy moves by saying "Remember, we're saving for our trip." Unfortunately, the "trip" isn't to Bermuda or Europe—it's to the supermarket.

Our Judy, anything but a scholar, is the last person I would have expected to show an interest in letter writing. But I was wrong.

Last summer at the Hillis family reunion Judy, age 11, struck up a friendship with her great-uncle Henry, age 76. Improbable as it might seem, the two found they shared many interests—most notably major-league baseball and space exploration. Their conversations were the start of a heartwarming relationship.

A few weeks later, Judy received a letter from Uncle Henry. To my surprise, Judy—without any prodding—sat down and drafted an immediate reply. The two have corresponded regularly ever since.

I get a kick out of seeing Judy's face when she spots a letter from Uncle Henry in the mail. As for Uncle Henry, he says Judy's letters are positively therapeutic; last winter they helped him weather a long recuperation at home following surgery.

I'm glad the art of letter writing hasn't been lost in our family. It's too easy to put off writing until we "find the time" or "have some news." All too often, that moment doesn't arrive.

Of course, the communication provided by long-distance phone calls is more immediate. But to me, letter writing is satisfying in other respects—it requires that we sit down, organize our thoughts, and put our language skills to work.

That reminds me—I haven't heard from Aunt Alice in a while. I think I'll send her a letter . . . if Judy hasn't used all the stamps and envelopes.

Burton Hillis

June 1981

June 1981 • $1.25

BURLINGAME
MAY 21 1981
LIBRARY

Better Homes and Gardens®

Decorating: Furniture arrangements that make the most of space

Gardening: Get instant flowers with bedding plants

Food: Easy-does-it summer parties with pointers from the pros

Survey: How is work affecting American families?



EASY & ELEGANT

CANDY BAR CAKE

recipe inside

06
140055


NOW. SOLARI

AN® SUPREME.

When there's no room for an ordinary floor.



There's never been an Armstrong floor so luxurious. So uncommonly elegant in styling. So unusually rich in color and pattern.

Yet Solarian Supreme's luxury is meant to be lived with. Its solid vinyl inner layer offers built-in toughness and excellent resistance to indentation. And its extra-durable Mirabond® surface resists scuffs and scratches, so it stays lustrous and looking like new—without waxing—far longer than ordinary vinyl no-wax floors.

See the extraordinary Solarian Supreme floors at your Armstrong retailer, listed in the Yellow Pages under floor materials.

For a free sample and color brochure, send us the coupon below. Or just call the toll-free Armstrong Consumer Line, 800-233-3823 (in Pennsylvania, call collect 717-397-0523).

Armstrong, Dept. 16FBH
P.O. Box 3001, Lancaster, PA 17604

Please send your free Solarian Supreme sample and color brochure.

Name_____

Street_____

City _____

State_____ Zip_____

Armstrong

CREATORS OF THE INDOOR WORLD®

Ormandy Court Solarian Supreme, Pattern #88000

Floor design copyrighted by Armstrong



George, Jr., Mrs. Lang, Maryelizabeth, Mr. Lang.

"A working mother's best friend is her Maytag," writes Mrs. Lang.

Between her family and her job, who has the time to wait around for repairmen?

"Thank you for making a washer a working housewife and mother can count on," writes Mrs. Nancy Lang, Hampton Bays, New York.

"11 years ago, I purchased a Maytag. It wasn't till just this past spring that it needed its first repair."

Mrs. Lang knows from experience that Maytag Washers are built to last longer and save you money with fewer repairs. She also knows that they can save you the hassle of waiting around for repairmen.

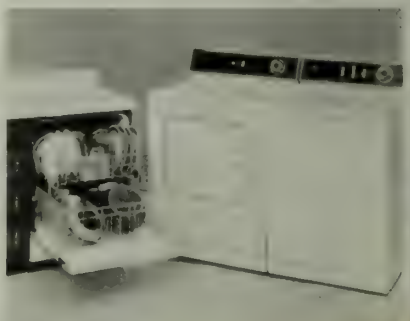
Mrs. Lang adds that she is also delighted with her Maytag Dryer. "As for my Maytag Dishwasher, I would be lost without it," she concludes.

Of course, we don't say all Maytags will equal that record. But long life with few repairs is what we try to build into every Maytag product.

See our washers, dryers, dishwashers and disposers.

MAYTAG

THE DEPENDABILITY PEOPLE



The Maytag Company, Newton, Iowa 50208

Beauty that's more than skin deep.



Architect Wendell Lovett, FAIA, Seattle, Washington

The beauty of wood. It's what makes your home look warm and inviting.

The beauty of Olympic Oil Stain. It enhances the natural beauty of wood. Protects wood, too.

That's because Olympic Oil Stain's specially-treated oils penetrate into wood's fibers. To protect from within. And to give your home a natural beauty that lasts for years.

See all 66 colors at your Olympic dealer. He's listed in the Yellow Pages. Or write Olympic, Department C, P.O. Box 1497, Bellevue, WA 98009.

OLYMPIC

Because you care about your home.



What to do when your rug reminds you of last night's party.



Clean and deodorize it with Lestoil Deodorizing Rug Shampoo.

Lestoil's cleansing foam penetrates deep into rug fibers to get rid of dirt and odors at their source. And its special deodorant actually fights the odors instead of only masking them. So your party lives in your memory, not in your rug.

LESTOIL®
The rug shampoo that deodorizes too.

EDITOR at large

A few pages farther along in this issue you'll discover an intriguing four-page questionnaire called "How is work affecting American families?" It was created by a cross section of the *BH&G* staff, and it follows by 15 months our previous survey, "Is government helping or hurting American families?" On that occasion, nearly 47,000 respondents gave vent to an overwhelming consensus: "Hurting!" The letters accompanying their answers showed such bitter frustration that those of us who read them made an early prediction which proved to be more accurate than the pollsters' final forecasts. "Reagan is going to win by a handy margin," we told our colleagues.



This new survey strikes me as even more significant than our last one. It deals with basic forces that many Americans have trouble reconciling. From one side we feel pressures that give our jobs high priority. Inflation breeds the need for two-income families. Strong competition calls for raised productivity ("Are we going to let the Japanese and Germans show us up?"). Higher levels of education, especially among women, open new opportunities and stir loftier ambitions. Combined, these factors chant a ceaseless challenge in our ears: "Work harder! Go faster! Earn money! Achieve!"

But from the other side come warnings that getting too wrapped up in work can seriously weaken family bonds. The divorce rate keeps climbing, with job pressures often blamed. Millions of young children grow up with lax guidance because the number of American mothers employed outside the home has increased more than tenfold in the past generation. Families that survive are sometimes jittery and fragile, and urgent voices beseech us night and day: "Come home. Spend more time with your children; they need you. Don't let your job be a threat to your marriage."

How are Americans handling this onslaught of divergent pressures? Well, that's what our survey is designed to find out. I suspect we'll hear from many who are doing very nicely, thank you, people who have happily come to terms with their lot, whether career men or women, full-time homemakers, or those who manage to mix the best of both worlds. Others will probably answer on a sadder note, revealing loneliness, exhaustion, disappointment, regret.

Only one thing is certain: The response will be fascinating. Each time we run one of our family questionnaires, I'm impressed once again by our readers' offhand eloquence, the openness and sensitivity of the comments they attach. Reading them is one of the most stimulating aspects of my job, and I'm eager to learn what insights they'll offer us this time.

Many prominent people pay close heed to our questionnaires, probably on the theory that a sampling from our mailbag represents the mood of millions of middle-class families. Among the correspondence triggered by last year's survey results are the letterheads of eight U.S. senators, 13 state governors, and all three finalists for the presidency.

When we publish the results of this new questionnaire, I hope they include your family's opinions.

Gordon Greer

Gordon Greer, Editor

Better Homes and Gardens (ISSN-0006-0151) is published monthly at $12 a year by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50336 U.S.A. Second-class postage paid at Des Moines, Iowa, and at additional mailing offices. POSTMASTER: Send address changes to BETTER HOMES AND GARDENS, P.O. Box 4536, Des Moines, IA 50336. June, 1981, Vol. 59, No. 6.

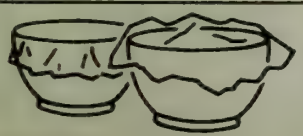
It's Reynolds Wrap®, the good food wrap...

for a country that loves its food.





All across the country, most people feel only Reynolds Wrap will do. They know the only way to get Reynolds Wrap quality is to get Reynolds Wrap. It molds and closes tightly. Helps keep food fresh in the fridge and out. Protects meat in the freezer. Helps cook in the oven. Lines grills and pans for care-free clean-up. For your good food, make sure you get Reynolds Wrap, too.



Sometimes plastic wraps cling, sometimes they don't. You can always rely on Reynolds Wrap.

Grilled Vegetable Trio

1 med. onion, sliced thin
2 med. zucchini, ⅛-in. slices
¼ C. Parmesan cheese
½ tsp. thyme leaves
½ clove garlic, minced
dash pepper
2 Tbsp. butter, cut into bits
2 med. tomatoes, quartered

Tear off a length of Heavy Duty Reynolds Wrap. Place onion in center of foil in single layer; top with zucchini, cheese, seasonings, and butter. Bring four corners of foil up together in pyramid shape. Fold openings together loosely for heat circulation and expansion. Seal by folding over ends and pressing to package. Grill over medium-hot coals 20 minutes. Carefully open bundle; add tomatoes; reseal. Grill 20 to 30 minutes longer or until zucchini is tender and tomatoes heated through. Makes: 4 servings.



The good food wrap

A Bedtime story from BedSack®....

Goldilocks and The 3 Beds.



Once upon a time and all the time Goldilocks looks for a good night's sleep. She tries a typical old mattress. Too worn and torn. Too dirty. Too lumpy. It offers little comfort and ease, and no peace of mind. Not for me, says Goldilocks.

Next she tries a bed with an ordinary pad on the mattress. She lay down but soon became restless. And as she shifted and moved, the pad shifted and turned and bunched. No matter how hard she tried, Goldilocks just couldn't get comfortable. Not the bed for me, quoth she.

About to give up and settle for less, Goldilocks found a BedSack® bed. Mattress and boxspring were covered on top and all four sides. Sonically quilted, no threads to snag or break, it was filled with fluffy PerfectPuff® bonded polyester. Machine washable, it needed no ironing, lay flat and smooth and soft and sanitary. It slipped on and off like a fitted sheet. BedSack had everything. Easy care, comfort, luxury. And protection for mattress and boxspring. Goldilocks sleeps happily ever after on just right BedSack.

See BedSack–PillowSack, too–at linen departments everywhere.

BedSack—for every bed, every budget.



THE ONE AND ONLY, THE INCREDIBLE

BEDSACK®

BEDCLOTHING

© 1981 Perfect Fit Industries, Inc., Monroe N.C. *Patent Pending



This Howmet Temp-Trol™ Room will cost up to 45% less to heat and cool than patio enclosures which do not have the unique Howmet Thermal Barriers.

Thermal barriers save energy.

A typical promotional patio enclosure has 300 square feet of metal surface that will transfer heat or cold from the outside to the interior. Howmet thermal barriers virtually eliminate this problem. This superior insulating system has earned the Good Housekeeping Seal.

A Howmet Temp-Trol Room can solve your leisure time space problems, quickly and at an affordable cost. Since this is not costly conventional construction, you can enjoy a Howmet patio enclosure in days rather than weeks.

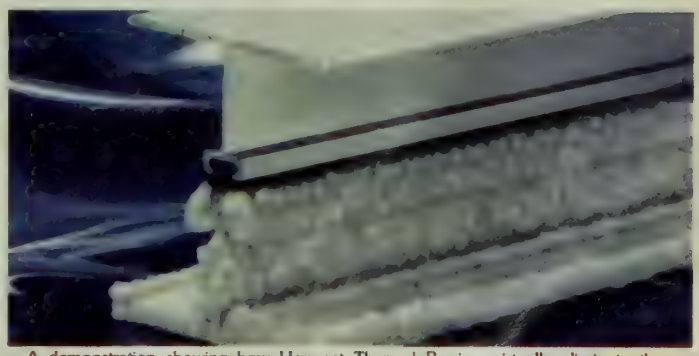
Solid construction throughout with beefy 3" thick load bearing walls. Even the oak finished wood doors are insulated.

We have a wide variety of natural wood panels to choose from. You can enjoy any look from a cozy game area to a charming country retreat.

For a free, 20 page, full color brochure showing Howmet Temp-Trol Rooms and Patio Covers, call us toll free or send this coupon today.

Call TOLL FREE
ask for Operator 74

1-800-241-8444
Except in Alaska and Hawaii / In Georgia 1-800-323-1717



A demonstration showing how Howmet Thermal Barriers virtually eliminate the problem of condensation and frost on the interior of the enclosure.

Please send me your 20 page full color brochure showing Howmet Temp-Trol Rooms and the address of my independent Howmet Dealer.

HOWMET ALUMINUM CORPORATION
A Member of The Pechiney Ugine Kuhlmann Group
BUILDING SPECIALTIES DIVISION
P.O. 163 Mesquite Texas 75149
59

Where Ideas and Imagination Are Only The Beginning.

Name _____ Phone _____

Address _____

City _____ County _____

State _____ Zip _____

HOWMET Skylight Patio Covers
. . . quality you can see.

©Howmet Aluminum Corporation 1981



Ultrafloor® Esteem™ Mohawk® #62170
Daydreamer Sofa by Congoleum

Timeless Beauty.



stige™ Clabourne™ #45081



Contempora® Legacy® #21033



traflor® Esteem® Oriental Majesty #62005



Spring® Colonade® #4253

Captured in vinyl flooring by

Congoleum

Floors of Timeless Beauty.

Beauty that lasts, with minimum care. That's the beauty of Congoleum floors, from the sculptured elegance of Ultraflor,® to Contempora®— so revolutionary, it lays down over your old vinyl floor without adhesives. See the whole dazzling collection at your Congoleum Studio Showcase of Floors™ retailer. Call toll-free 800-447-2882; in Illinois, 800-322-4400.

NOW

The Lowest



Box
Less than
0.01 mg tar

Box 100's
0.1 mg tar

Also available:
Soft Pack 85's
and 100's



or Menthol

BOX: Less than 0.01 mg. "tar", 0.0
BOX 100's: 0.1 mg. "tar", 0.01 mg. nicoti
SOFT PACK 100's, FILTER, MENTHOL:
av. per cigarette by FTC method: SOFT PACK FILTER
2 mg. "tar", 0.2 mg. nicotine, av. per cigarette,
FTC Report DEC. '79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

CONTENTS

June 1981 Vol. 59, No. 6

Better Homes and Gardens®
THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES

OF CONCERN NOW

HOW IS WORK AFFECTING AMERICAN FAMILIES? 17

FOOD

CANDY BAR CAKE 28

Cover photograph: William Sladcik

EASY-DOES-IT SUMMER PARTIES 126

- *Now's the time to go all out with the best party ever! To make it as easy as possible, we've orchestrated three complete party plans for 12 to 75 guests. And we called in some catering pros to share their expertise and festive recipes.*



Prize Tested Recipes 161
- *Fish and seafood entrées*
- *Mushroom side dishes*

He cooks: Breakfast Pizza 164
Win money for your recipes 166

KITCHENS

Storage wall plus 30
How to make the most of a small kitchen 40

GARDENING

GET INSTANT COLOR WITH BEDDING PLANTS 35

- *For spectacular color in your garden this summer, set out a host of brightly flowering annual plants. You can use them to fill flower beds on the patio or to band your front sidewalk or driveway with colorful blooms.*



Gardener's log 65

CRAFTS

Quick-as-a-snip paper collages 44
Handmade paper how-to 76

CONTENTS CONTINUED ON PAGE 12

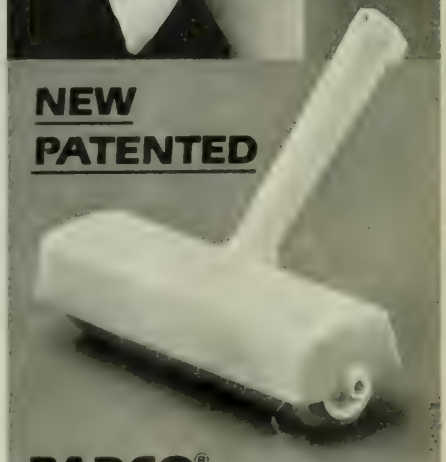
This issue is published in multiple editions. **Subscription Prices:** One year $12 in the United States and its possessions. Canada, add $3 per year. Other countries, add $7 per year. Trademark registered in Canada and Australia. Marca Registrada en Mexico. **Manuscripts and photographs:** They must have return postage. If they're unsolicited, we cannot be responsible for them.

© Copyright Meredith Corporation 1981. All rights reserved. Printed in U.S.A.

Less mess.



NEW PATENTED



PADCO® SPATTER-SHIELD™ PAINT ROLLER

NO ONE LIKES ROLLER SPATTER- so it makes good sense to switch to the roller with the built-in shield.

It catches spray and spatter, and you have less mess.

Comes with a top grade roller fabric, but accepts any 9-inch refill.

Available at most of these participating stores & home centers:

K-MART
ACE HARDWARE
PERGAMENT
LINDSLEY
KING'S
TWO GUYS-VORNADO
CENTRAL HOME
SHERWIN WILLIAMS
MONTGOMERY WARD
TRUE VALUE HOME
HECHINGER
FRED MEYER
WARNERS
TWIN FAIR

PADCO, INC. Minneapolis, MN
Manufacturers of home improvement tools.



ORANGE YOUR

bar-b-q

Bar-B-Q is everybody's favorite. So you have to add a new twist from time to time to keep the compliments coming. TABASCO® pepper sauce can help. It's from the juices and pulp of red peppers instead of flakes from ground peppercorns. And, TABASCO has been aged to develop the aroma and flavor. Just as wine is aged. Try this simple recipe to add new life to your favorite homemade or store-bought Bar-B-Q sauce.

ORANGE YOUR BAR-B-Q

½ cup Bar-B-Q sauce
½ cup orange marmalade, Or,
(¼ cup grated fresh orange rind and ¼ cup orange juice)
1½ teaspoon TABASCO sauce

Combine all ingredients and baste on your favorite meat.

©1981. TABASCO is a registered trademark of McIlhenny Company. Avery Island, Louisiana, 70513.

CONTENTS

continued

BUILDING

Tin ceiling revival: What's new (and old) overhead 52

Seven super entryway decks 111

- *A good-looking front entry makes any home much more inviting. If your entryway doesn't say "welcome," one of these cleverly designed decks might rectify the situation. Look them over, pick the one that suits your taste and needs, then deck out your house in style.*



A quick-change gazebo 118

Deck-building basics 182

CARS

How to find and stop auto body noises 58

MONEY

Disability income insurance: The hidden gap in family protection 68

PETS

How to help your pet beat the heat 83

HEALTH

Are you getting enough vitamins? 90

Health update 99

DECORATING

Bathroom spruce-ups 104

FURNITURE ARRANGEMENTS THAT MAKE THE MOST OF SPACE 120

- *Even if the rooms in your house are short on floor space and poorly proportioned, you can make them work for you. The trick is to arrange your furnishings to make the most of whatever space you have. Let our six well-planned furniture arrangements show you how.*



FEATURES

Good news 107

Environmental shopping 169

TABLE SETTINGS

Table settings for a posh backyard picnic 116

TRAVEL

Leave-your-car-at-home vacations: The Pacific Coast 171

SHOPPING

Buying guide 80

How to order material from the magazine 184

Shopping editor's choice 185

CUSTOMER SERVICE:
For service on your magazine subscription, including change of address, write to Robert Austin, P.O. Box 4536, Des Moines, IA 50336. Please enclose an address label from a recent issue.

Colgate protection doesn't fall asleep when she does.



Awake, asleep, at school or at play, Colgate® keeps fighting cavities. That's because, with regular brushing, Colgate's MFP® fluoride actually joins tooth enamel, to build up extra strength against cavities.



The Penetration Principle: Painting a piece of chalk with colored liquid illustrates how, with regular brushing, Colgate's fluoride joins the surface of tooth enamel to strengthen it against cavities

And while Colgate gives kids the fluoride protection they need, it gives you a fresh, clean taste that's rated #1 among fluoride toothpastes by parents all over America. So for unbeaten fluoride protection and great taste, get Colgate today!

Colgate helps stop cavities before they start.

It stays wide awake fighting cavities.



Accepted Council on Dental Therapeutics American Dental Association

"Colgate® with MFP® fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics, American Dental Association.

See your dentist, limit sweet snacks, brush regularly with Colgate.

© 1980, Colgate-Palmolive Company.



Take Your Yard Back With FLOWTRON®

The Bug killer

Nothing breaks up a barbecue or outdoor party faster than biting insects. That's why you need Flowtron, the electronic bug killer. With Flowtron, your back yard belongs to you—not the bugs.

Flowtron's ultraviolet light attracts flying insects to an electrostatic grid which kills them instantly. Flowtron is environmentally safe, using no harmful sprays or chemicals. Economical too: protection for just pennies a day.

Get a Flowtron electronic bug killer today. Available at leading retail outlets.

FLOWTRON®
Takes The Bite Out Of Bugs.

Flowtron, Two Main Street, Melrose, MA 02176
Toll Free 1-800-343-3280. In Massachusetts call 321-2300.

Better Homes and Gardens®

Editor GORDON G. GREER
Managing Editor KATE KEATING Art Director GERALD PREATOR

Food and Nutrition Editor DORIS EBY
Senior Food Editor NANCY BYAL *Senior Food Editor—Books* SHARYL HEIKEN
Senior Food Editor—Special Interest Publications SALLY PEDERSON
Recipe Development Editor MARION VIALL
Associate Editors ROSEMARY HUTCHINSON ELIZABETH WOOLEVER
SANDRA GRANSETH SANDRA DAY MARLENE BROWN PAT TEBERG
JOY TAYLOR MARCIA STANLEY BONNIE LASATER
DIANA McMILLEN JULIA MARTINUSEN DIANE YANNEY

Building and Remodeling Editor JOAN McCLOSKEY
Senior Building and Remodeling Editor DAVID R. HAUPERT
Senior Building Editor—Special Interest Publications DOUGLAS M. LIDSTER
Senior Building Editor—Books LAWRENCE D. CLAYTON
Remodeling Ideas Editor CHERYL SCOTT
Kitchens and Bath Ideas Editor JOANNE JOHNSON
Associate Editors CAROLANN SHINDELAR PAUL KRANTZ
LINDA JOAN SMITH R. LA MONTE JENKINS JIM HARROLD

Furnishings and Design Editor SHIRLEY VAN ZANTE
Interior Design Editor ROBERT E. DITTMER
Senior Furnishings Editor DENISE L. CARINGER
Senior Furnishings Editor—Books PAMELA WILSON CULLISON
Senior Furnishings Editor—Special Interest Publications PATRICIA POLLOCK
Associate Editors HEATHER SCHRADLE KAROL BROOKHOUSER

Garden and Outdoor Living Editor BEVERLY GARRETT
Senior Garden Editor STEVEN COULTER
Senior Garden Editor—Special Interest Publications DOUGLAS A. JIMERSON

Money Management and Features Editor MARGARET DALY
Travel and Pets Editor BARBARA HUMESTON
Health and Education Editor DAN KAERCHER
Automotive and New Products Editor KIM GARRETSON
Associate Editors JUDY CRAWFORD MELL MEREDITH
Special Assignments Editor GEORGE S. BUSH

Crafts Editor NANCY LINDEMEYER
Senior Crafts Editor DEBORAH DUGAN
Senior Crafts Editor—Special Interest Publications JOAN CRAVENS
Senior Crafts Editor—Books ANN LEVINE
Associate Editors COLEEN DEERY GARY BOLING
LAURA HOLTORF REBECCA JERDEE

Copy Chief MARY ANN ROBERTSON *Makeup Editor* KATIE NORRIS
Associate Makeup Editor DOROTHY GRANT *Assistant Makeup Editor* NANCY HALL

Associate Art Director (Creative) BRYAN E. McCAY
Associate Art Director (Managing) DON NICKELL
Senior Graphic Designer KRISTIN FRANTZ
Senior Graphic Designer (Covers) SHERYL VEENSCHOTEN
Graphic Designers MARISSA CONNER CHRIS GRECO JUDY HALL
Art Production Director RAY WOODS *Art Production Manager* JOHN BERG
Art Production Associates JOE HEUER DONNA RUSSELL

New York—Eastern Editor MARGARET McMAHON
Shopping Editor ANN LIVELY *Associate Editor* STACEY SMITH

Editor-in-Chief **NEIL KUEHNL**
Group Editorial Services Director **DUANE L. GREGG**
Executive Art Director **WILLIAM J. YATES**

Special Interest Publications: *Editor* RICHARD W. ROYER
Art Director JON SNYDER *Associate Art Director (Managing)* EVA PIETRZAK
Associate Art Director (Creative) RICK BEAULIEU *Assistant Art Director* DAVE WEBSTER
Graphic Designers RUDY EVANS KAREN HUBER JACK YOUNG
JILL CAREY RHONDA BLACK
Copy Chief ELIZABETH BROOKS *Senior Writer* RUSSELL O'HARRA

Books: *Editor* GERALD KNOX *Art Director* ERNEST SHELTON
Associate Art Director (Managing) RANDALL YONTZ
Associate Art Director (Creative) NEOMA ALT WEST
Assistant Art Director HARIJS PREIKULIS *Senior Graphic Designer* FAITH BERVEN
Graphic Designers LINDA FORD TOM WEGNER ALISANN DIXON
LYNDA HAUPERT LYNE NEYMEYER
Production and Copy Editors DAVID KIRCHNER DAVID WALSH LAMONT OLSON

Meredith Publishing Services: *Editor* DOUGLAS A. HOLTHAUS
Managing Editor SYLVIA MILLER
Special Projects Editors MIKE HOLMBERG DON JOHNSON
GREG ERICKSON MARJORIE GROVES
Art Director ROGER IHLENFELDT *Associate Art Director* C. L. GATZKE
Assistant Art Director DEETRA LEECH
Graphic Designers LINDA BENDER ROBERT RILEY STEVE LUEDER

Director, Editorial Research C. RAY DEATON *Associate* CAROLYN A. HAMILTON
Administrative Editor ROSE ANDERSON *Art Business Office Manager* CECILEE LEWIS
Test Kitchen Director SHARON STILWELL *Photo Studio Manager* DON WIPPERMAN
Manager, Editorial Planning and Development DON DOOLEY

PUBLISHING GROUP PRESIDENT **JACK D. REHM**
Publishing Group Vice-Presidents: JAMES A. AUTRY General Manager, Magazines
NEIL KUEHNL Editor-in-Chief
JAMES R. NARBER General Manager, Publication Marketing Services
ROBERT E. GERHARDT Controller
FRED STINES General Manager, Books and Newspapers

Publisher and Advertising Director J. WESLEY SILK
Publishing Services Director AL NEY
Associate Advertising Sales Director LENNOX E. H. STUART

CORPORATE OFFICERS: **Chairman of the Board E. T. MEREDITH III**
President ROBERT A. BURNETT
Group Presidents JACK D. REHM, Publishing JOHN GREGG, Printing
JAMES CONLEY, Broadcasting JAMES A. RIGGS, Real Estate
Vice-Presidents DONALD L. ARNOLD, Corporate Relations
THOMAS G. FISHER, General Counsel and Assistant Secretary
HERB SCHULTE, Corporate Planning WILLIAM H. STRAW, Finance
GERALD D. THORNTON, Administrative Services WALTER A. VOSS
Controller Wm. DEAN ANKRUM Secretary BETTY CAMPBELL MADDEN
Treasurer MICHAEL A. SELL

NOW KITCHENAID USES LESS ENERGY, USES LESS TIME, USES LESS WATER.

Our new dishwashers are the most energy efficient we've ever made. They even heat their own hot water for superior cleaning every time.



Most dishwashers depend on the temperature of the hot water in your home. But that can vary quite considerably.



If you've ever had a hot shower suddenly turn cold, you know what we mean.

Now KitchenAid automatically heats its own hot water in every complete cycle. Heats it as high as a steamy 150° for superior cleaning every time.

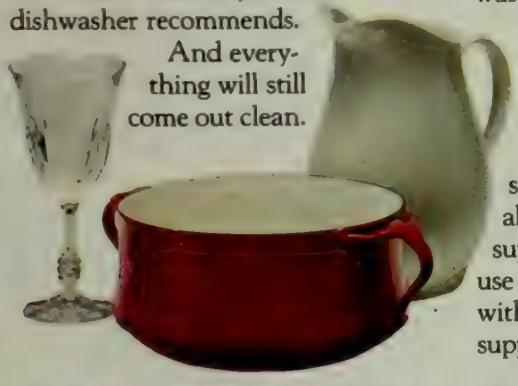
Save energy, time and water.





Our new Low Energy Wash Cycle uses 25% less energy,* 30% less time, and 30% less water than the Normal Wash Cycle it replaces. There's even optional Heat Off Drying for additional energy savings. And you can save even more energy by setting your home water heater 20°F lower than any other dishwasher recommends.

And everything will still come out clean.



More loading convenience.

Only KitchenAid gives you a completely usable lower rack. No lost space. No cut-out portion to accommodate the wash system.

And KitchenAid also gives you true upper rack loading flexibility. Our exclusive 16-position adjustment lets you lower one side or raise the other. The dividers even fold down. So odd-shaped items fit in easily.



Quick change color front panels.

Each new KitchenAid comes with a Stainless Steel Trim Kit and two front panels installed one behind the other. The flip side of each is a different color. Almond. Harvest Wheat. White. Onyx Black. Or you can insert your own custom wood panel. Easily change your kitchen's decor.

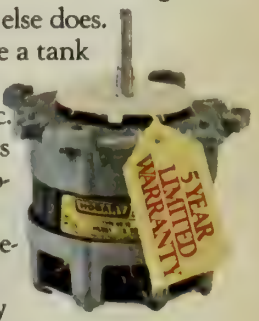
Weigh the alternatives.

KitchenAid dishwashers are the heaviest you can buy. Because we build them sturdy and strong.

We use a rigid steel frame to give all the parts solid support. Others use just a base plate with a few struts for support.



We use a solid steel tank with two coats of porcelain and a tough overglaze. No one else does. Some even use a tank or inner door made of plastic.



Most others settle for a motor with only one-third horsepower or less. We use a hefty one-half horsepower motor.

A stronger motor strains less. So it's a lot less likely to wear out.

Triple Protection Warranties.

We're so confident of the quality that goes into a KitchenAid we give a 10 Year Limited Warranty on the porcelain tank and inner door. A 5 Year Limited Warranty on the motor. And a One Year Full Warranty on the complete dishwasher. Check what the others offer.

Don't settle for less.

Certainly there are dishwashers that cost less than KitchenAid. Because they give you less than KitchenAid. Compare for yourself. We think you'll find the difference in dishwashers is a lot bigger than the difference in price. For additional information, write KitchenAid Division, Troy, Ohio 45374.

KITCHENAID.® DON'T SETTLE FOR LESS.

Hobart Corporation, Troy, Ohio 45374

*Based on current Department of Energy test procedures.

Luvs® creates The Comfortable Diaper.



Luvs' Flexible Gathers and exclusive Hourglass Design fit your baby more comfortably than any other diaper.

Luvs has redesigned the diaper for your baby's comfort. Luvs snuggles up comfortably to the shape of your baby. Because Luvs has Flexible Gathers.

So there's no sagging. No gapping.

Only Luvs cradles your baby in comfort.

Because only Luvs has a tailored Hourglass Design.

So there's no uncomfortable bunching.

And Luvs is so absorbent, one size helps keep your baby comfortably dry, day or night.

Luvs. In three comfortable sizes.

Small (up to 14 lbs.) Medium (12 to 26 lbs.) Large (over 24 lbs.)

Your baby's comfort begins with Luvs.

© 1980 Procter & Gamble

How Is Work Affecting American Families?



For some families, work and family demands balance each other perfectly and needs on both fronts are well met. In other households, the balance is out of whack and the result is trouble either at work or at home, or more likely, at both. (You'll find our editor's comments elaborating on this in his column on page 4.)

Your responses to this survey will be of enormous help to us in sorting out the factors that most contribute to a harmonious relationship between work and family requirements, as well as those disruptive factors that cause stress.

Some of our questions necessarily apply only to readers employed outside the home, but most apply equally to homemakers not employed outside the home. To make answering easier, we've divided our questions into categories. The first category applies to everyone regardless of employment; the second, to women and men employed outside the home; the third, specifically to homemakers; the fourth, to dual-job couples with children; and the last, again, to everyone.

We'll report the results of this study in a future issue (respecting your confidentiality, of course) and we'll use what we learn about your concerns as a springboard to helpful and timely articles.

I. Questions to be answered by everyone

1. Do you think most people like their jobs?
10-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

2. Do you believe that hard work and self-sacrifice lead to success?
11-1 ☐ Most times 2 ☐ Sometimes 3 ☐ Seldom

3. Do you feel that your spouse often is too involved with his or her work at the expense of the time your family spends together?
12-1 ☐ Yes 2 ☐ No 3 ☐ No spouse

4. In your household, who is responsible for the following:

	Woman of house	Man of house	Older children	Other person	Does not apply
Child care	13 ☐	14 ☐	15 ☐	16 ☐	17 ☐
Attending school meetings, etc.	18 ☐	19 ☐	20 ☐	21 ☐	22 ☐
Getting child(ren) to doctors', dentists', etc., appointments	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐

5. How often do work or career pressures (yours or spouse's) create a serious strain on your marriage?
28-1 ☐ Frequently 3 ☐ Never
2 ☐ Occasionally 4 ☐ Does not apply

6. Other than preparing or eating a meal, what do you usually do at the end of the day? (Check the three or four that most apply.)
29 ☐ Engage in cultural activities
30 ☐ Clean house/do household chores
31 ☐ Exercise/participate in sports
32 ☐ Stop for a drink with co-workers
33 ☐ Watch television
34 ☐ Spend time with family
35 ☐ Spend time with friends
36 ☐ Do house and/or yard maintenance
37 ☐ Pursue hobbies or other interests
38 ☐ Attend night classes or self-help group meetings
39 ☐ Do job-related work
40 ☐ Work at a second job
41 ☐ Just too tired to do anything
42 ☐ Other_____

7. Do you believe it is important to socialize with co-workers and managers in order to "get ahead"?
43-1 ☐ Yes 2 ☐ No 3 ☐ No opinion

continued

Illustration: Mike Engstrom; Les Hays Studio

continued

How Is Work Affecting American Families?



8. Do you think that self-employed people are happier with their work than are people who are employed by someone else?
44-1 ☐ Yes 2 ☐ No 3 ☐ Don't know



8a. Do you think they work harder?
45-1 ☐ Yes 2 ☐ No 3 ☐ Don't know

9. It has been suggested that single employees are more productive workers because no demands are made on them by spouses or children. Do you:
46-1 ☐ Agree 2 ☐ Disagree 3 ☐ No opinion

10. Which *two* or *three* of the following family-supportive benefits would you most like to see employers offer employees?
47 ☐ Day care for children
48 ☐ Counseling for personal/family problems
49 ☐ Equivalent family leave instead of sick leave
50 ☐ Paternity leave as well as maternity leave
51 ☐ Flexible hours
52 ☐ Four-day work week
53 ☐ The opportunity for two people to share a single job
54 ☐ Other_____

11. Do you view retirement primarily as a time: (Check as many as apply.)
55 ☐ To relax, pursue hobbies/interests
56 ☐ To start another career
57 ☐ To become active in community affairs
58 ☐ To move to a retirement community
59 ☐ To share more activities with your spouse and family
60 ☐ You would like to postpone as long as possible
61 ☐ When your marriage might suffer from too much togetherness
62 ☐ When you/your spouse will miss the stimulation of your job and contacts with co-workers
63 ☐ When you'll have to drastically lower your standard of living
64 ☐ You dread because you expect to feel bored and/or useless
65 ☐ Other_____



12. Do you think that finding and holding a job is an important factor in developing a teen-ager's sense of responsibility?
66-1 ☐ Yes 2 ☐ No



13. Does your teen-age child(ren) have a before- or after-school or summer job?
67-1 ☐ Yes 3 ☐ No
2 ☐ No teen-age child in family

II. Questions to be answered by women and men who are employed outside the home (either full time or part time)

14. How do you feel about your job?
68-1 ☐ Like it very much 3 ☐ Don't care for it
2 ☐ It's OK 4 ☐ Hate it

15. What do you *like* most about your job? (Check the three or four that *most* apply.)
69 ☐ Good income/benefits/financial security
70 ☐ Recognition and advancement
71 ☐ Creative satisfaction/fulfillment
72 ☐ Employment security
73 ☐ Opportunity for professional growth
74 ☐ Job requirements match your abilities and interests
75 ☐ Stimulating work environment
76 ☐ Good communication with co-workers
77 ☐ Having adequate time and energy left for family and leisure
78 ☐ Making a meaningful contribution to society
79 ☐ Producing a high-quality product or service
80 ☐ Employer appreciates suggestions and initiative
10 ☐ Employer is fair and concerned about employees' well-being
11 ☐ None of the above
12 ☐ Other_____

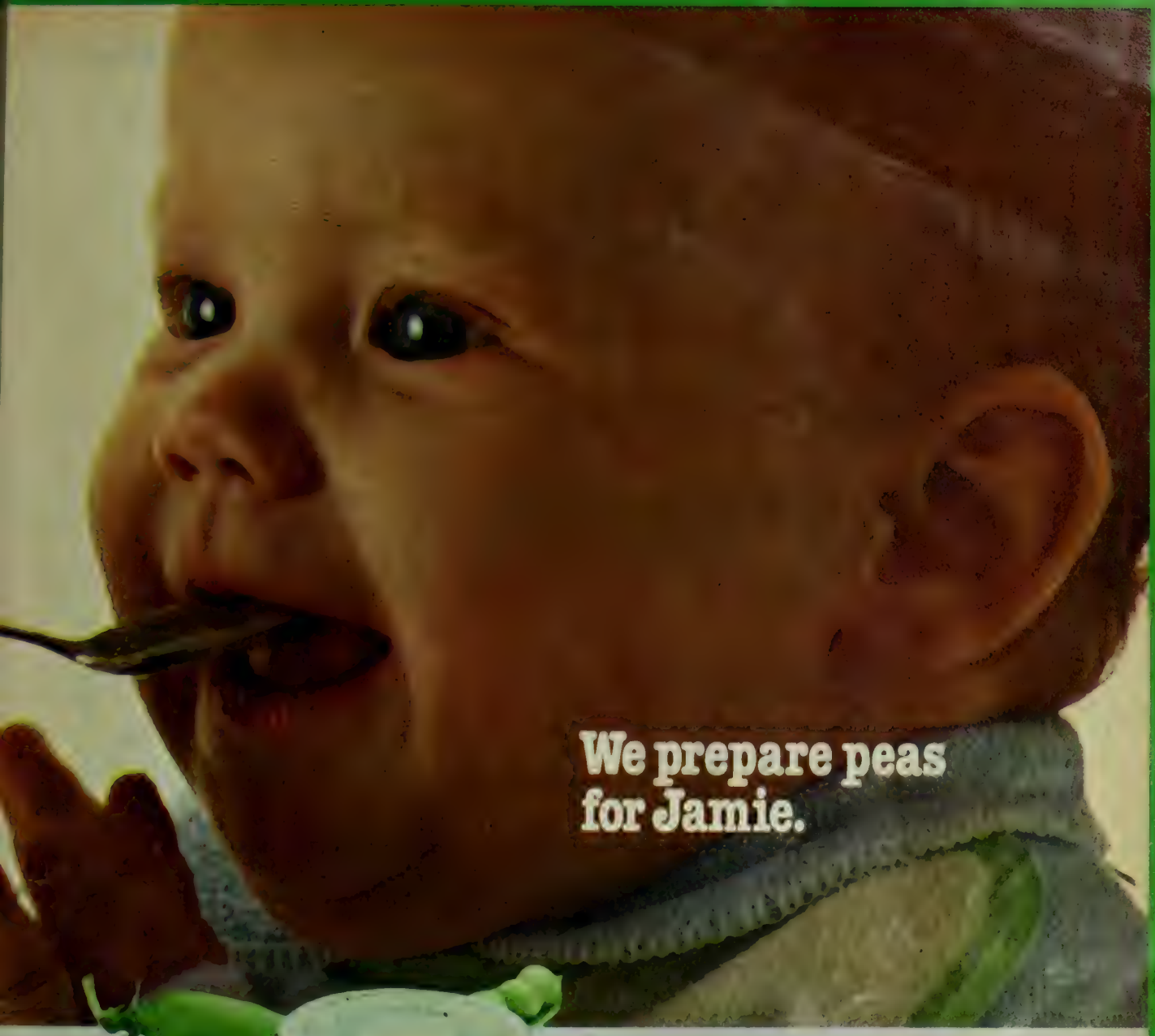




16. What do you *dislike* most about your job? (Check the three or four that *most* apply.)
13 ☐ Repetitious, boring, and/or exhausting work
14 ☐ Little opportunity for recognition and advancement
15 ☐ Little opportunity for professional growth
16 ☐ Annoying or hazardous physical surroundings
17 ☐ Conflicts with co-workers and business associates
18 ☐ Low pay
19 ☐ Worry about being laid off
20 ☐ Inadequate benefits
21 ☐ Job requirements do not match your abilities
22 ☐ Long hours and/or excessive job demands detract from time with family
23 ☐ Little pride in the product/service involved
24 ☐ Suggestions and initiative are stifled by employer
25 ☐ Feeling that your work isn't really appreciated
26 ☐ Feeling that employer is unfair and unconcerned about employees' well-being
27 ☐ None of the above
28 ☐ Other_____

17. Supposing you suddenly became financially secure for life, would you continue to work?
29 ☐ Yes, would continue doing same job
30 ☐ Yes, but would look for a different job
31 ☐ No 32 ☐ Don't know

continued





At Gerber, we think Jamie is a very special person. So we prepare peas in a very special way. Although the common garden pea is uncommonly rich in vitamin A, important B vitamins and C, some of these riches last for only a few hours after the pea is picked. In that short time, we begin to capture the nutrients so essential to Jamie's good health. Peas are just one example of the Gerber commitment to produce wholesome baby food. And there are probably easier, less costly ways to prepare them. But we didn't skimp on the other 30 million babies we've helped feed since we began. And we aren't about to start with Jamie.



Gerber®

Babies are our business... and have been for over 50 years.

Gerber Products Company, Fremont, MI 49412

We've learned a lot about food because we care a lot about babies.

Important news for ultra low tar smokers.

Merit Launches New Merit Ultra Lights!

Now the MERIT idea has been introduced at only 4 mg tar– New MERIT Ultra Lights. A milder MERIT for those who prefer an ultra low tar cigarette.

New MERIT Ultra Lights. It's going to set a whole new taste standard for ultra low tar smoking.

Only 4 mg tar
Regular & Menthol



4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC Method

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

© Philip Morris Inc. 1981

MERIT Ultra Lights

continued

How Is Work Affecting American Families?

18. What are the main reasons you are staying with your present job?

33 ☐ Like what you're doing better than anything else you can think of
34 ☐ Good prospects for advancement
35 ☐ The pay is good
36 ☐ Need the money and couldn't do as well elsewhere
37 ☐ Not qualified to do anything else
38 ☐ Too old to change
39 ☐ Amount of free time job gives you
40 ☐ Would lose company benefits if you changed jobs
41 ☐ Friendship of your co-workers
42 ☐ Fills the time/gets you out of the house
43 ☐ Other_____

19. In general, are you happier at home or at work?

44-1 ☐ Home
2 ☐ Work
3 ☐ Happy at both places
4 ☐ Happy at neither

20. When you're upset by a work situation, do you generally:

45 ☐ Discuss the problem with your spouse
46 ☐ Discuss the problem with a co-worker or friend
47 ☐ Forget it when you're at home/deal with it when you get back to work
48 ☐ Become moody at home
49 ☐ Other_____

21. Does your family have a basic understanding of what your job is and what it means to you?

50-1 ☐ Yes
2 ☐ No
3 ☐ Don't know

22. Do you frequently work overtime and/or bring work home to do on evenings and/or weekends?

51-1 ☐ Yes
2 ☐ No



23. If your employer asked you to transfer to a new location, would you:

52 ☐ Accept the transfer because you would consider it a positive experience for yourself and your family
53 ☐ Accept the transfer to please management and secure your job regardless of family feelings
54 ☐ Decline the transfer because you feel it would be too disruptive for you and your family
55 ☐ Decline the transfer because selling your present home and buying another would be too costly
56 ☐ Decline because of spouse's job
57 ☐ Talk it over with your family and abide by a vote
58 ☐ Does not apply
59 ☐ Other_____

24. If you were given the option, would you prefer to do your present job in your home (rather than going to an office or plant every workday)?

60 ☐ Yes
61 ☐ No
62 ☐ Already work at or from home
63 ☐ Not possible to do present job at home

25. Some people who work outside the home may be envious of full-time homemakers because they believe homemakers have more time to do the things they want to do, more time to spend with their families, etc. Do you feel this way?

64-1 ☐ Yes
2 ☐ No
3 ☐ Sometimes



26. Overall, how would you assess your employer's attitude toward and/or effect on family life?

65 ☐ Is sensitive to and supportive of employees' family life
66 ☐ Contributes to tension and difficulty in family life
67 ☐ Doesn't have much effect one way or the other
68 ☐ Does not apply

III. Questions to be answered by homemakers who are not employed outside the home

27. How do you feel about being a homemaker?

69-1 ☐ Like it very much
2 ☐ It's OK
3 ☐ Don't care for it
4 ☐ Hate it

28. In general, are you happy at home, or would you be happier if you were employed outside your home?

70 ☐ Happy at home
71 ☐ Would be happier employed outside home
72 ☐ Happy at neither

29. Some full-time homemakers may be envious of people who work outside the home because they think employed people lead more interesting lives, are financially independent, and/or are achieving professionally. Do you feel this way?

73-1 ☐ Yes
2 ☐ No
3 ☐ Sometimes

30. What do you *like* most about being a homemaker? (Check the three or four that *most* apply.)



74 ☐ More time to spend with children
75 ☐ Making a meaningful contribution to society
76 ☐ Creative satisfaction/fulfillment
77 ☐ Feeling secure about spouse's continued financial support
78 ☐ Satisfaction of providing for your family's needs
79 ☐ Pleasure of being at home
80 ☐ Contact with neighbors, friends, etc.
10 ☐ Your family's appreciation of what you do
11 ☐ Having enough time to do household chores properly
12 ☐ Having enough time for leisure pursuits
13 ☐ Other_____

continued

continued

How Is Work Affecting American Families?

31. What do you *dislike* most about being a homemaker? (Check the three or four that *most* apply.)

14 ☐ Feeling of dependence
15 ☐ Repetitious, boring, and/or exhausting work
16 ☐ Not getting out enough
17 ☐ Family takes you and what you do for granted
18 ☐ Isolation from other adults
19 ☐ Long hours and/or excessive demands by family
20 ☐ Worry about how you would manage if spouse left you
21 ☐ Lack of stimulation and fulfillment
22 ☐ Other_____

IV. Questions to be answered if both parents (or one parent if a single-adult household) are employed outside the home and there are youngsters living at home.

32. How do you handle child care during work hours?

23 ☐ A baby-sitter comes to your home
24 ☐ Take child(ren) to a baby-sitter
25 ☐ Take child(ren) to employer-sponsored day-care center
26 ☐ Take child(ren) to private or community day-care center
27 ☐ Let child(ren) take care of themselves
28 ☐ Work different hours; an adult is always home
29 ☐ Other_____

33. Are you satisfied that your child(ren) generally are getting enough parental attention even though their parents are working outside the home?

30-1 ☐ Yes 2 ☐ No

V. Background questions to be used in analyzing the study results. To be answered by everyone.

34. Who filled out this questionnaire?

31 ☐ Woman of the house 33 ☐ Man of the house
32 ☐ Other family member (specify)_____

35. What is the occupation of the woman of the house? Of the man of the house?

	Woman:	*Man:*
Job title	_____	_____
Type of business	_____	_____

36. What is the current employment status of the woman of the house? Of the man of the house?

Woman:	*Man:*	
34 ☐	42 ☐	Employed outside home in full-time job
35 ☐	43 ☐	Employed outside home in part-time job
36 ☐	44 ☐	A full-time homemaker
37 ☐	45 ☐	Self-employed
38 ☐	46 ☐	Work in your family-owned business
39 ☐	47 ☐	Retired
40 ☐	48 ☐	Unemployed/looking for work
41 ☐	49 ☐	Other_____

37. What is the age of the woman of the house? Of the man of the house?

Woman:	*Man:*
50-1 ☐ Under 35 years	51-1 ☐ Under 35 years
2 ☐ 35 to 54 years	2 ☐ 35 to 54 years
3 ☐ 55 years and over	3 ☐ 55 years and over
4 ☐ No woman of house	4 ☐ No man of house

38. Are you:

52-1 ☐ Married
2 ☐ Single/never married
3 ☐ Divorced, widowed, separated
4 ☐ Living with someone

39. Do you have children? (Check all that apply.)

53 ☐ 5 years and under
54 ☐ 6 to 12 years
55 ☐ 13 to 15 years
56 ☐ 16 to 18 years
57 ☐ 19 years and over
58 ☐ No children

40. What is the last level of school the woman of the house completed? The man of the house completed?

Woman:	*Man:*
59-1 ☐ Grade school	60-1 ☐ Grade school
2 ☐ High school	2 ☐ High school
3 ☐ Some college	3 ☐ Some college
4 ☐ Graduated college	4 ☐ Graduated college
5 ☐ Postgraduate work	5 ☐ Postgraduate work
6 ☐ No woman of house	6 ☐ No man of house

41. What is the approximate total income of the household?

61-1 ☐ Less than $15,000
2 ☐ $15,000 to $19,999
3 ☐ $20,000 to $24,999
4 ☐ $25,000 to $29,999
5 ☐ $30,000 to $34,999
6 ☐ $35,000 to $39,999
7 ☐ $40,000 to $49,999
8 ☐ $50,000 and over

42. Where you live, do you:

62-1 ☐ Own your home
2 ☐ Rent an apartment
3 ☐ Rent a house
4 ☐ Other_____

43. Which of these categories best describes where you live?

63-1 ☐ A large city—over 500,000 population
2 ☐ The suburban area of a large city
3 ☐ A medium-sized city—under 500,000 population
4 ☐ A small city—under 100,000 population
5 ☐ A small town—under 10,000 population
6 ☐ A rural area

Name_____

Address_____

City_____ State_____ Zip_____
64-65 66-67-68-69-70

If you would like to comment on any of the issues we have raised, or on any other issues you think relate to how work affects families, please write your comments on another sheet of paper and attach it to this questionnaire. Mail to: **Better Homes and Gardens, Family/Work Questionnaire, P.O. Box 10688, Des Moines, IA 50336.**

If anything should tear our home apart, we know it can be put back together again.



When a house protects you and your family, you want to protect the house.

That's why, as homeowners, we just bought one of the best policies you can buy. It's from Metropolitan and it's called The Safekeeper Deluxe.* It gives us peace of mind in a lot of ways.

First of all, our policy provides us with inflation protection* on our home and also has an optional feature,* so any covered damage to our personal property will be replaced at today's costs rather than the original costs.

Secondly, Metropolitan has a 24-hour claims service. So you can report your problem anytime, day or night. This way your claim gets handled faster.

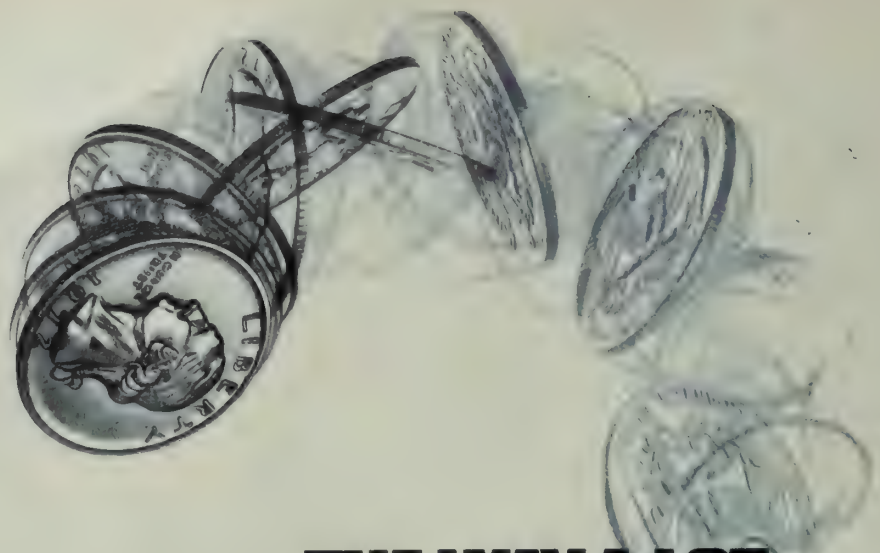
With all the benefits our homeowner policy offers us, we know that no matter what happens, we'll always have a roof over our heads.

Your Metropolitan representative is a trained professional who understands the needs of homeowners. So whatever your insurance needs, Metropolitan will really stand by you.

*Available in most states.
©1981 Metropolitan Property and Liability Co., Warwick, R.I.

Metropolitan

Metropolitan really stands by you.
LIFE/HEALTH/AUTO/HOME/RETIREMENT



THE WAY A LOT OF AMERICANS SELECT A REAL ESTATE PERSON IS SHOCKING.

They don't select at all. They guess. Or start working with the first real estate person they meet and guess it will be all right.

They guess all real estate people are pretty much the same. That's too bad. They're not. And a bad guess can mean thousands of dollars. Or a slow sale. Or no sale.

Here's how Better Homes and Gardens® selects real estate firms as members.

We look for a leader in the market.

We look for firms that promote aggressively and take the time to train their sales associates.

We look into business reputation, ethics, and the ability to help buyers get financing.

We look so carefully, in fact, that only a few hundred...one out of 72...are good enough to become Better Homes and Gardens® Real Estate Service Members.

The point is this: if Better Homes and Gardens® takes such care in selecting member firms, you might do well to select one of our members.

So go with the sign that has two names you can trust: Better Homes and Gardens and our real estate leader in your community.

THE REAL ESTATE MEMBERS OF

Better Homes and Gardens®

For relocation service call:
1-800-247-5050
(In Iowa call: 1-800-532-1430)

An association of independent brokers.









SHOWN ACTUAL SIZE

The Flowers of the Year

PORCELAIN MINIATURES COLLECTION

Twelve individually handcrafted porcelain sculptures — marvelous works of art in miniature — yours for just $17.50 each.

Please order by June 30, 1981.
Limit: One collection per order.

The magic of finely detailed miniatures has always fascinated collectors—perhaps more today than ever before. Now, at a time when miniatures are reaching new heights of popularity, Franklin Porcelain is proud to present *The Flowers of the Year Porcelain Miniatures Collection.*

This intriguing collection makes it possible for you to have a year-round garden in your home abloom with favorite flowers from every month of the year . . . 12 lovely varieties in all, each captured forever at the height of its beauty. And you can display this miniature garden on a small table, a mantel piece or in a corner cupboard.

Each month of the year is represented in the collection by a captivating bouquet, and each bouquet is an incredible example of old-world craftsmanship. For every petal and leaf of these whimsical bouquets will be painstakingly sculptured *by hand,* then *individually assembled* in a porcelain container. Next, the bouquet will be personally painted by a skilled artist.

The result is a collection of original sculptures in miniature that is amazing for its remarkable attention to detail, captivating for its charming approach to an ever-popular subject matter. And because each bouquet is individually handcrafted in the Capodimonte region of Italy by skilled

ZR

BUSINESS REPLY MAIL
FIRST CLASS PERMIT NO 1 FRANKLIN CENTER, PENNSYLVANIA

POSTAGE WILL BE PAID BY ADDRESSEE

FRANKLIN PORCELAIN
Franklin Center, Pennsylvania 19063

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

Tiny flower bouquets to collect, to cherish, to add new beauty to your home . . .

porcelain masters, each is a separate and unique work of art.

Dainty bouquets to charm the collector

If you'd like to start a collection of fine miniatures, these sculptured porcelain bouquets are a perfect place to begin. Their intricate detail is fascinating, the floral theme has universal appeal, the designs are captivating and the quality of the sculpture is impeccable. The established collector will also find it hard to resist the intrinsic appeal of these dainty miniatures. In fact, arranged on an end table or grouped on a shelf, *The Flowers of the Year Porcelain Miniatures Collection* will enchant all who see it.

Because each bouquet in the collection is so different from the others, your friends may think you acquired them one at a time over a period of many years. But you can obtain this collection far more easily and conveniently. It will be sent to you at the rate of one bouquet each month. However, the bouquets are available *only* as a collection and *only* from Franklin Porcelain, with a limit of one collection per subscriber.

Affordably priced . . . just $17.50 each

The price for each bouquet is a modest $17.50 to be billed on a monthly basis. This favorable price is *guaranteed* for the entire collection. To add to your enjoyment, a booklet describing the flower portrayed will accompany each bouquet. A Certificate of Authenticity will also be provided with each collection attesting to its original design and handcraftsmanship.

Since it will take time to craft these porcelain miniatures, the subscription application below should be signed and mailed to Franklin Porcelain, Franklin Center, Pennsylvania 19091, by June 30, 1981.

© 1981 FP

SUBSCRIPTION APPLICATION

The Flowers of the Year

PORCELAIN MINIATURES COLLECTION

Franklin Porcelain
Franklin Center, Pennsylvania 19091

Please mail by June 30, 1981.
Limit: One collection per order.

I wish to subscribe to *The Flowers of the Year Porcelain Miniatures Collection* consisting of twelve porcelain flower bouquets, each a different original design. The bouquets will be individually crafted and painted by hand.

I need send no money now. The bouquets will be sent to me at the rate of one per month and I will be billed $17.50* each, prior to shipment.

**Plus my state sales tax and $1 for shipping and handling*

Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

State, Zip _____

Signature _____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE









Each bouquet is individually sculptured, assembled and painted by hand.

ick of the Crop
aste is just what
ou've come to
xpect from KRAFT
llies, jams and pre-
erves. Because you
now we use only
pe, sweet berries



and fruits for rich, all-natural flavor. And we're offering Pick of the Crop prizes in our 1981 "Pick of the Crop" Sweepstakes ... $66,000 worth of prizes to be awarded!





TWO $10,000 GRAND PRIZES:
EACH INCLUDES A MAZDA GLC AND A KITCHENFUL OF TAPPAN APPLIANCES.

The 1981 GLC custom 3 door hatchback is an all new front wheel drive economy car that offers superior styling, quality workmanship, excellent value and outstanding fuel economy. (Manufacturer's suggested retail price $5,295.00) The assortment of top of the line Tappan appliances, includes the spectacular Converta-Cook® range top with accessories, a built- in electric oven/microwave, a refrigerator/freezer, an undercounter dishwasher, a trash compactor and food waste disposer. (Manufacturer's suggested retail price: $4,980.00.)



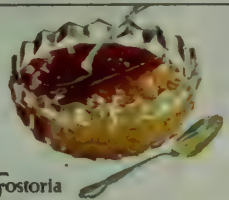
TECHNICOLOR Video Cassette Recorder... compact, portable, 7 lb. with battery... plus Tuner, and Technicolor Color Video Camera with electronic viewfinder. (Manufacturer's suggested retail price: $2,125.00.)

8 FIRST PRIZES



SEAL-A-MEAL II by Dazey—combines home-cooked flavor and economy with boil-in-the-bag convenience. (Manufacturer's suggested retail price: $32.95 each.)

450 SECOND PRIZES



Fostoria 'American Pattern' divided party server, with two serving spoons. (Manufacturer's suggested retail price: $13.95 each.)

1,000 THIRD PRIZES

OFFICIAL SWEEPSTAKES ENTRY **10¢**

To be automatically entered in the sweepstakes, fill in your name and address and USE THIS STORE COUPON BY JUNE 30, 1981, or see rule #2 for alternate entry method.

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

REDEEM PROMPTLY. ONE COUPON PER ITEM PURCHASED

STORE COUPON

Save 10¢ on KRAFT jelly, jam, or preserves.



Mr. Grocer: Kraft, Inc. (Retail Food Group) will reimburse you for the face value of the coupon plus 7¢ handling allowance provided you redeemed it on your retail sales of the named product(s) and that upon request you agree to furnish proof of purchase of sufficient product to cover all redemptions. Coupon is void where taxed, prohibited, or restricted by law, and may not be assigned or transferred by you. Cash value 1/20¢. Customer must pay any applicable tax. For redemption mail to: KRAFT, INC. RFG, P.O. Box 1600, CLINTON, IOWA 52734

KRAFT

COUPON EXPIRES JUNE 30, 1981.

21000 106225 B1-5

10¢ 10¢

© 1981 KRAFT, INC.

Storage Wall Plus

Builders and remodelers alike could learn a lesson from this handsome kitchen storage wall. In addition to supplying the abundant storage a family kitchen needs, the wall provides extra work space and a comfortable play place.



Photographs: Ernest Braun
Architect: Moyer Associates Architects

The storage wall runs the entire 18-foot length of the kitchen and dining area. Toward the dining area end of the room, a cushioned window seat welcomes the children in the family. Beneath the window seat are deep drawers for storing games and small toys. A cabinet for corralling additional playthings is located under the TV platform to the left.

The center portion of the wall is devoted almost entirely to a generous pantry, with enough shelf space to store canned goods and staples for even the hungriest clan. The double ovens are located here, too—making oven-to-table serving a simple operation.

The handy home office was located in the center portion of the storage wall to take advantage of an existing window with a pleasant view.



Field editor: Barbara East Cathcart

The same careful planning that went into the storage wall is evident throughout the kitchen. One particularly nice feature is the two-way storage unit between the kitchen and the dining area. All items used in the dining area are stored on the back side of the peninsula, within easy reach of the table.



140 tasty, satisfying main-dish recipes. And would you believe ...no meat?

That's right. Not one of these hearty, family-pleasing main dishes contains a single ounce of meat. Not one. And yet each delicious dish contains nourishing protein just as if it had been made with meat, chicken or fish.

Brought to you by the food editors of Better Homes and Gardens®, *Meatless Main Dishes* is for the creative cook who's looking for new ways to satisfy healthy appetites.

If you'd like variety, great taste, and dollar-saving economy, take a look at the 140 non-meat recipes in *Meatless Main Dishes*. Hardcover, 96 pages, priced at just $4.95. Available wherever books are sold.

Better Homes and Gardens® Books
IDEAS YOU CAN USE

Prices slightly higher in Canada.

"Are you kidding? Switch toothpastes? Lover boy here needs his fluoride paste."



"He can still get cavities. So he still needs a fluoride."



"Ah, Mom, I want a gel for fresh breath."



"We switched to Aqua-fresh. Now we fight cavities and freshen breath."



HERE'S HOW IT WORKS: Aqua-fresh gives you all the cavity-fighting fluoride of the leading paste...



And all the breath freshener of the leading gel...



Concentrated in one tooth-paste. That's double protection.



Double-protection Aqua-fresh® fights cavities and freshens breath.

Accepted COUNCIL ON DENTAL THERAPEUTICS AMERICAN DENTAL ASSOCIATION

"Aqua-fresh has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics — American Dental Association.

© 1980, Beecham Inc.

VIRGINIA SLIMS *Lights*



In the crush-proof purse pack.

9 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.


You've come a long way, baby.
Fashions: André Van Pier

Mattel introduces the Littles.™

A wonderful world of dolls & dollhouse fun!



½" scale
Shown here: Littles Furnished Home
Also sold separately: Unfurnished Home, furniture, dolls and room groupings.
Home requires adult assembly.

Our die-cast metal furniture collectibles are made for years of play.

Welcome to the wonderful world of the Littles! It's a world where dresser drawers really open and close. Tiny fireplace lamps and logs light up with a friendly glow.* Real metal beds gleam like polished brass. And the metal stove feels heavy, like cast-iron.

Here, in the big Littles Family Home, Mr. & Mrs. Littles are bringing up Baby. And trying to keep up with their four beautiful daughters. Flossie just loves her brass bed. Belinda can't wait to serve lunch. And Daphne takes *forever* in the bath. Oh, those Littles!

Your little girl can collect all these things piece by piece and create her own wonderful Littles world. And the fun will grow as she grows.

*Battery not included.

MATTEL®

©Mattel, Inc. 1981. All Rights Reserved.

GET INSTANT FLOWERS WITH Bedding Plants



You can count on a bright summer when you plant a rainbow of annual flowers. This time of year, garden centers and nurseries have blooming-size plants of alyssum, petunias, impatiens, marigolds, salvia, geraniums, pansies, and a host of other flowering favorites. So for instant color outdoors this summer, set out groups of annuals in your perennial border. Mass others in pots or planters on your deck or patio or cluster them along your walk.

FILL A WINDOW BOX

In the rustic window box, *above,* petunias and geraniums share the space amiably. Both thrive in full sun. If you want to save money and are willing to wait awhile for your color effects, sow seeds of zinnias, marigolds, or nasturtiums. By midsummer you'll have bountiful bouquets of cut flowers daily.

Photograph: Jessie Walker

BEAUTY IN THE SHADE

Don't let a shady area stymie you at planting time. You can turn the trouble spot into a focal point with foliage or flowering plants in brilliant colors. Here, a semicircle of white Super Elfin hybrid impatiens curves around the base of a venerable tree. This dwarf strain of impatiens gives you the choice of scarlet, salmon, pink, orange, and fuchsia blooms as well as white. Set out started plants for surefire color.

Other reliables for shady areas are fibrous and tuberous begonias, fancy-leaved caladiums, and jewel-toned coleus.



COLOR ON A SLOPE

By interspersing starts of permanent ground cover and temporary annual plants, you can beautify a bare slope or bank in a single season. Here, Cherry Pink verbena provides smashing summertime color on the parking between the street and driveway. Young plants of perennial euonymus ground cover are spaced out between the blooming annuals. (Plant verbena in full sun; it isn't fussy about soil type and is resistant to drought.)

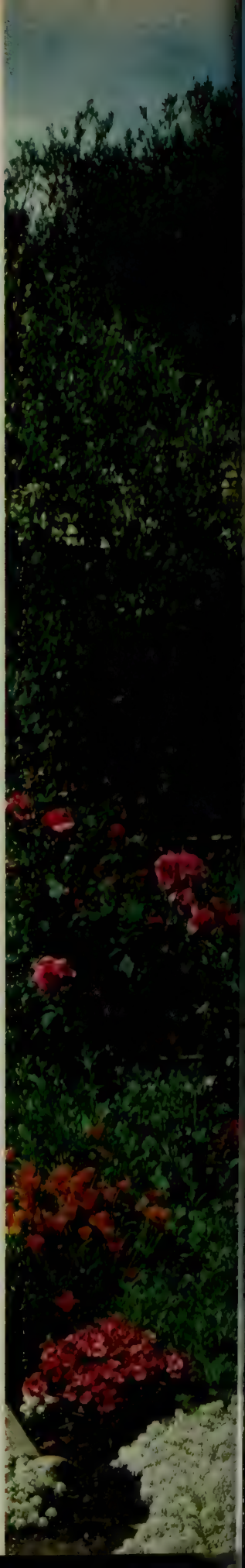


MIX COLORS IN A BOX

For an old-fashioned look, mix a crazy quilt of flower colors in your deck-side planter. The Peter Pan zinnias and Sunburst and White Cascade petunias carpet the planting box, *right,* with multicolored blooms. The All-America prizewinning Peter Pans grow just a foot high, so they don't tower over the petunias. Set out started plants of petunias; buy nursery starts of the zinnias or sow seeds.



GET INSTANT FLOWERS WITH Bedding Plants





SHOW-OFF FLOWERS OUT FRONT

A front-yard garden can be the talk of the neighborhood, especially when the garden is as spectacular as this one planted along a drive (on the left, out of camera range). In the late spring, nemesia, violas, johnny-jump-ups, annual poppies, perennial candytuft, and roses put on the show pictured here. An earlier display of color featured daffodils and Dutch iris. In the late summer and fall, chrysanthemums, dahlias, and gladiolus dominate the scene.

Stepping-stones and white gravel provide paths through the flowers, so it's easy to get into the bed to perform gardening chores or just enjoy the flowers up close. A wood edging keeps the lawn from encroaching.

Photographs: (left) Ernest Braun; (far left, top and bottom) Fred Lyon; (center) George de Gennaro. Landscape architect: (far left, top and bottom) Josephine Willrodt. Field editors: (left and far left top and bottom) Barbara East Cathcart; (far left center) Pauline Graves

A WELCOMING WALKWAY

Lining the steps with flowers makes an entry especially inviting. This flagstone walk is flanked with two-foot-wide planting beds filled with clumps of pink, white, and purple petunias and white and purple alyssum. All the plants are low-growing (under 14 inches) so they combine into even ribbons of color. To duplicate this effect, buy started plants and alternate pinks and purples with generous-sized clumps of white.



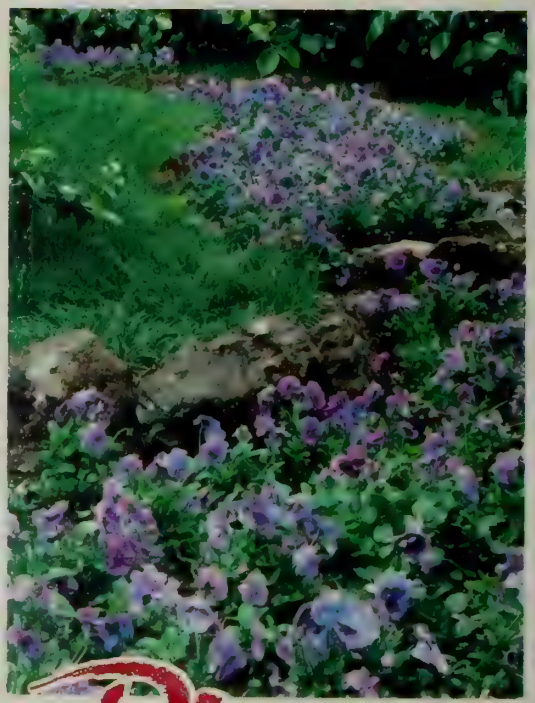
FRONT-YARD FLOWERS

A cheerful border of annual flowers can glamorize street-side steps or terraces. A lavish mix of pansies and white alyssum perk up this informal border which measures two feet across at the front sidewalk and gradually widens to six feet at the top near the front door. Dwarf marigolds combine well with alyssum, too, so you could substitute them for the low-growing pansies if you prefer. If trees throw the area into shade, rely upon impatiens, tuberous and fibrous begonias, and coleus for color.



A NATURAL STREAM OF BLOOMS

Well-spaced rocks and massed flowers can turn a gentle slope into a river of beauty. This planting area, *right,* simulates a real river by curving and winding through the lawn area at the corner of the garden. Blue Perfection violas thrive in the dappled light. At planting time, the viola plants were set in every four inches from center to center. They were kept evenly moist until they were well established.



GET INSTANT FLOWERS WITH *Bedding Plants*



A FENCE-LINE GARDEN

You can point up the country charm of a white picket fence with an informal mix of annual and perennial flowers. In this warm-climate garden, perennial stocks send up pink spikes of bloom (in northern, cold-winter areas, substitute pink phlox). The ivy geraniums are almost always in bloom. Dahlias and chrysanthemums will replace the stocks when they are cut back. Annual petunias, pansies, and snapdragons provide additional colors.

When planting a border like this, set low plants like the petunias and pansies along the front edge. Make your plantings in clumps or clusters, so the resulting overall colors will not look too spotty. A mass of one color is more dramatic.

Photographs: (left) Sandra Williams; (far left, top and center) Jordan Miller; (bottom) Ernest Braun. Designers: (left) Gerry MacCartee; (far left, bottom) Robert Poyas of Robert's Garden. Field editors: (left) Sharon Haven; (far left, top and center) Pauline Graves; (bottom) Barbara East Cathcart

HOW TO MAKE THE MOST OF A SMALL KITCHEN

By Linda Joan Smith

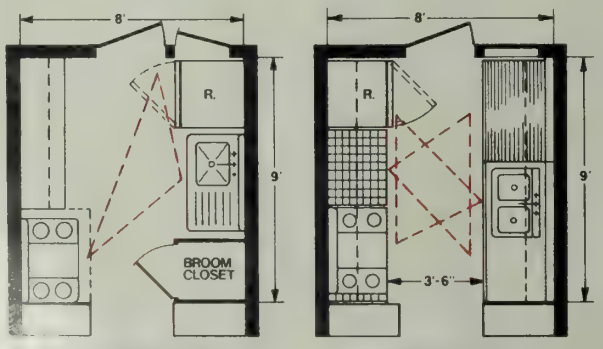


A REAL-LIFE MAKE-OVER WITH GOOD IDEAS TO GO!

At one time or another most of us have had to live with a small kitchen, so we know the inconveniences firsthand. Dirty pots pile up on the only counter top, precariously stacked canned goods threaten to tumble from jam-packed cupboards, and dishes are relegated to the dining room for lack of kitchen shelf space.

It doesn't have to be that way. To prove it, we remodeled an undersized 1920s kitchen and transformed it into a compact work center that few large kitchens could rival for efficiency. To find out how we went about the remodeling, read our Kitchen Design Guidelines, *opposite below,* then follow along as we demonstrate each one.

Our "Before" kitchen *(photo, above right)* was marred by peeling linoleum, broken latches, and cracked plaster. Besides being in dismal physical condition, the kitchen was poorly arranged (see "Before" plan). A large broom closet usurped needed kitchen space, there was no counter top whatsoever along the right-hand wall, and the refrigerator opened the wrong way. Along the left-hand side of the room, the counter was only 18 inches deep, and the gas stove was dangerously close to the wall.



BEFORE AFTER

Delete the unessential

Before we tore out a single cabinet, we shuffled things around on paper to see where we could gain some sorely needed space. By deleting the broom closet from the plan, we gained 2½ extra feet along the sink wall—a bonanza in a room of this size.

Rearrange the work areas

By moving the refrigerator to the opposite side of the kitchen corridor (see plans), we accomplished three very important changes: Now the refrigerator opens the right way, the appliances are arranged in an almost perfect triangle, and there is counter space adjacent to each appliance. All by moving the refrigerator!

The original porcelain single-bowl sink took up too much space, so we replaced it with a double-bowl stainless steel model. We retained the old gas stove, and shifted it only a few inches to avoid the cost of changing the gas hookup.

In any remodeling, you're bound to run into problems that require innovative solutions. We discovered some pipes sticking out of the wall where the right-hand counter had to go. To circumvent the problem, we built the backsplash three inches out from the wall and topped it with a narrow maple shelf. The shelf turned out to be a favorite feature—it's handy for storing the small but essential items that usually clutter counter tops.

continued



KITCHEN DESIGN GUIDELINES

Before you begin your remodeling, plot it out with a pencil and graph paper, keeping these pointers in mind:

*1) **DELETE THE UNESSENTIAL.** What's in your kitchen that doesn't have to be there? Eliminate all nonessentials.*

*2) **REARRANGE THE WORK AREAS.** Try for a perfect triangle of sink, range, and refrigerator, with ample counter space next to each appliance.*

*3) **DETERMINE THE WORK FLOW.** Where will you customarily do each task—from slicing vegetables to pouring cold cereal? Your work patterns will determine what counter materials and storage units you will need.*

*4) **CONSIDER THE STORAGE OPTIONS.** List all items to be stored in each area, according to your work flow plan. What type of storage will best accommodate each group of items—conventional cabinets, open shelving, drawers, a combination? After careful measuring, determine the optimum dimensions of the storage units.*

*5) **PUT ON THE FINISHING TOUCHES.** Choose all materials with an eye first to function, then to design. Try to be consistent, to streamline, to unify the space. Choose compatible wall and ceiling finishes, floor material, cabinet finish, and hardware. Plan lighting carefully.*

SMALL KITCHEN

Determine the work flow

After we determined the most workable cooking and cleanup patterns, we chose the surfacing materials for the three areas of counter top. We installed ceramic tile to the right of the stove *(photo, opposite),* so that hot pans or casseroles could be set down without worry. (A very narrow storage unit with a five-inch-wide tile top was added at the left of the stove to move it a safe distance from the wall.) For the dish-draining area next to the sink, plastic laminate was a good choice because it's impervious to water. The butcher block counter top in the food preparation area to the left of the sink is equally handy for slicing vegetables or rolling out pastry dough. A narrow band of maple outlines each area of counter top and ties the areas together visually.

Consider the storage options

We sat down again with our pencil and paper and sketched out where all supplies and utensils should go, and allotted storage space accordingly.

Below the counter tops, we opted for drawers of various depths and widths *(top photo, near right)* to hold everything from wine and canned goods (beneath the sink) to pots and pans (next to the stove). The wastebasket, which had previously been stashed in the broom closet, is now closer to the food preparation area in a pullout "drawer" of its very own *(center photo,* this page). The style of the drawer fronts was kept as simple as possible, to avoid competing with the kitchen's other design elements.





Design: Linda Joan Smith. Photographs: William N. Hopkins



To maintain the old-fashioned feeling appropriate to the house, we wanted to install glass-front upper cabinets along the sink side of the kitchen. But custom-built glass doors can run into a lot of money, so we used inexpensive, mass-produced window frames instead. The windows come with the glass already in place and cost only eight dollars apiece. They're available in a variety of sizes at most home center stores.

Open shelving between the glass-front units now displays favorite cookware. A monstrous shelf protruding over the stove was cut back flush with the upper cabinets to provide a storage spot for bulky pots and bowls *(photo, opposite*). Garage-organizer hardware mounted next to the stove on the back of the dining room china closet is perfect for hanging smaller pots and pans.

To provide storage for unattractive items best kept out of sight, we stripped and repainted four of the existing kitchen cabinets and reinstalled them on the stove side of the room. Two of the four cabinets (not shown) were small ones rescued when we tore out the lower bank of cabinets; the short doors fit perfectly over the refrigerator when it was



installed in its new location.

Put on the finishing touches

Beneath the kitchen's rotting linoleum floor, we discovered salvageable oak. After a lot of scraping, stripping, and sanding, as well as staining and varnishing, the new oak floor matches the floor in the adjacent dining room.

To cover up an ugly ceiling (complete with an electrical raceway channel), we installed a pressed metal ceiling with a matching cornice—wonderful building materials from the turn of the century that are still manufactured today *(bottom photo, opposite).* For additional information on pressed metal ceilings and their installation, see page 52.)

Track lighting now illuminates all areas of the kitchen equally. And for additional eye saving, we hooked up inexpensive incandescent display lights under the upper cabinets.

The backsplash area was originally scheduled for a paint job, but when we saw how nice the tile counter top next to the stove looked, we opted for tile on the walls, too (you can't always plan *everything* in advance).

We painted the cabinets, upper walls, and the ceiling with three compatible shades of latex semigloss and oil base paint: cream, light taupe, and white. Although the shade changes are subtle, they give the small space added dimension. The cabinets and drawers all have simple wire pulls that blend into the overall kitchen design.

Buying information, page 80







Quick-as-a-snip

PAPER COLLAGES



to capture summer memories

By Nancy Lindemeyer and Ann Levine

When we decided to feature some light-and-breezy summertime craft projects, we turned to one of our favorite no-sew techniques—the paper collage. You don't need any special stitchery skills or hard-to-find materials to create these imaginative works of art. By simply cutting snippets of paper and pasting them to a background, you can make distinctive wall hangings and charming cards.

There's no better place to spend a warm summer day than on an airy front porch. And you can preserve that pleasant image with this appealing paper collage, *opposite*, made from an assortment of papers with subtle colors and textures.

To capture another facet of summertime, snip and paste this balmy nautical collage, *above left*. You can bask in the summer sun while you work on this project or take it inside and work from a sketch.

Instead of settling for "wish-you-were-here" postcards, why not express yourself with extra-special cards like these, *left*? You can use this set of crafty cards for any occasion—or no occasion at all!

Complete how-to begins on page 49.

Designs: Janet N. Harrington. Photographs: Bradley Olman

Buying information, page 80



You can count on Sears to make sure it will do the job

"Will those paints stand up to the weather?" is one of thousands of questions about thousands of products that the Sears Laboratory answers every year. Founded in 1911, it is among America's biggest and oldest labs devoted to testing consumer products.

In our photograph you see a few of some 20,000 paint panels taking a beating from Florida weather at Sears laboratory in Fort Myers.

Which paint best resists mildew in the humid Florida climate? Which fades the least under the scorching Florida sun?

No new paint appears on the shelves at Sears until the lab has tested formula after formula—sometimes for as long as *five years*.

All this is on top of extensive testing conducted in the north, by the manufacturer, under Sears watchful eye.

Other products, other tests. Every day, Sears electrical, chemical, and mechanical engineers turn dozens of products upside down and inside out. Sears laboratories in Chicago and Fort Myers test over *ten thousand* products a year. At the Chicago lab you might see machines slamming weights onto seats of children's swings to learn which of a variety of plastics is strongest. You might see dozens of new fabrics undergoing tests for color fastness, shrinkage, and flame resistance.

Sears

© Sears, Roebuck and Co 1981

◄ *A Sears technician checks the effects of Florida sun and humidity on samples of potential Sears paints. There are some 20,000 panels, each with up to four paint samples, many under test for five years.*

"I'm More satisfied."



More. For that extra measure of satisfaction.



©1981 R.J. REYNOLDS TOBACCO CO.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

21 mg. "tar", 1.8 mg. nicotine av. per cigarette by FTC method.

begins on page 44

Paper collages

FRONT PORCH COLLAGE, page 44

Materials

Construction paper and various handmade or purchased papers in assorted colors; 15x19½-inch piece of mat board; adhesive spray glue; white glue; fine-point craft knife; scissors; pinking shears; small piece of lace fabric; brown craft paper; clear acrylic spray (optional); frame.

Instructions

1. Enlarge the pattern, *below,* onto brown craft paper. Begin cutting the pattern pieces from assorted papers, referring to the photograph on page 44 for colors. Use scissors to cut straight edges and simple shapes, and a craft knife for small, intricate pieces.

To secure large pieces, apply spray glue to the back of each piece. Let the piece dry several seconds (until tacky) and press it in place. Use small amounts of white glue to secure small pieces.

2. Arrange the pattern pieces on the mat board, referring to the enlarged pattern for placement. The pieces should cover the entire surface of the mat board. Position the pieces carefully so they are layered or overlapped as necessary. (Some of the pieces should fit together like a jigsaw puzzle so the edges are adjacent but don't overlap.)

3. Use a craft knife to cut out open areas in the trellis, railing, 3 chairs, shutters, windowpanes, potted plants, and mail basket.

4. Cut horizontal strips of medium-weight paper for the house siding. Glue the strips in place, leaving a small space between each 2. Construct the porch floor in the same way, cutting the planks from gray paper and gluing them to a brown paper background .

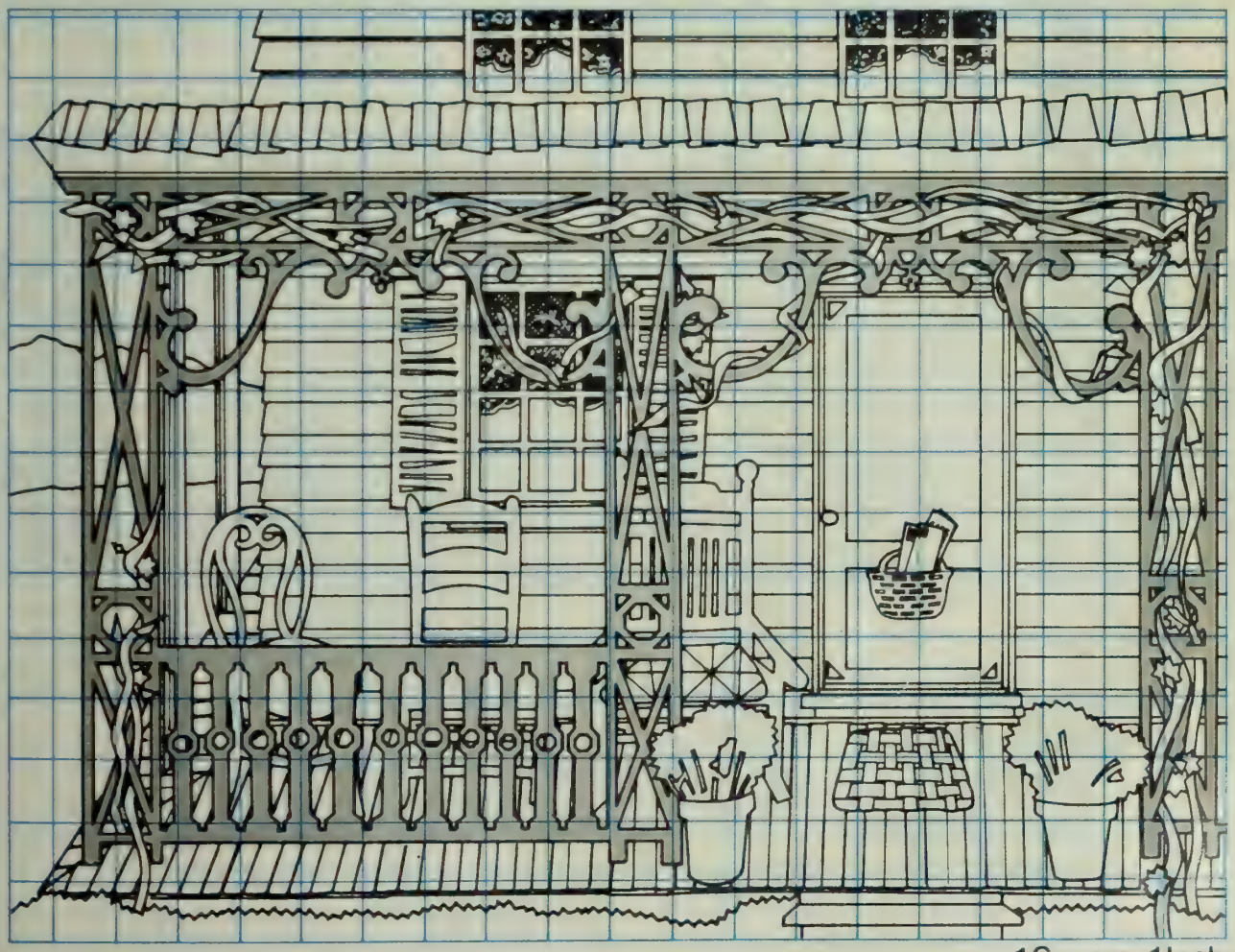
Fill the remaining mat board surface with pieces for the sky, trees, and grass. For the grass, add a strip of green paper with a pinking-sheared edge across the bottom of the mat board.

5. Layer the pattern pieces on top of the house and porch, referring to the enlarged pattern for placement. Cut small, irregular rectangles for roof shingles. Add the windowpanes and shutters, placing them on top of black paper. Use lace fabric for curtains.

Add the door, front steps, and mail basket; then, weave small brown paper strips together to make the doormat. (To make the door, glue the pieces onto a gray background, as shown in the photograph on page 44.) Position the chairs in place on the porch. (Glue small multicolored paper triangles together to make the seat cushion.)

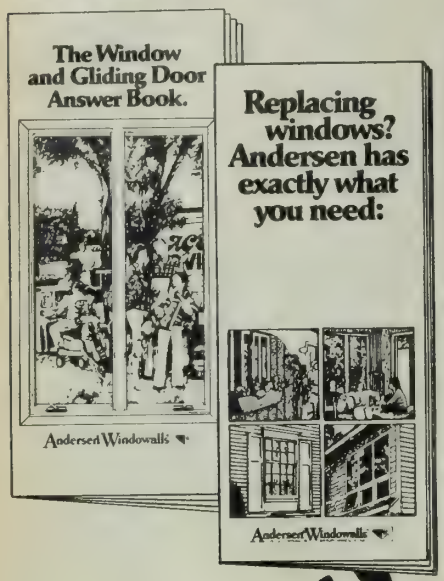
Cut the trellis and railing from white paper and glue the pieces in place. (The trellis is a symmetrical design, as indicated on the pattern.) Weave strips of green paper in and out of the trellis for the vine, adding small blossoms.

continued



1 Square = 1 Inch

Remodeling? Replacing windows?



FREE!

If it's home improvement time don't overlook windows. They're one design element that affects your home's appearance both inside and outside. So to help you make the best choice, Andersen offers these colorful booklets. Free.

Please send me the free literature.
Mail to: Andersen Corporation
Box 12, Bayport, MN 55003
I plan to: ☐ Build ☐ Remodel
☐ Replace windows/gliding doors

002-0681

Name
Address
City State
Zip Phone( ) Area Code

The beautiful way to save fuel.

Andersen Windowalls

AW.

©1014 Copyright © 1981 Andersen Corp., Bayport, MN

continued

Paper collages

Use pinking shears to cut the 2 plants and position them inside clay pots cut from rust-colored paper.

6. Let the collage dry thoroughly and weight it overnight. Finish with clear acrylic spray, if desired; frame and hang the collage.

SEASCAPE COLLAGE, page 45

Materials

Sheets of Pantone paper (available at art supply stores) in assorted colors such as green, blue, gray, brown, and red (or use a similar substitute such as construction paper); adhesive spray glue; white glue; fine-point craft knife; scissors; clear acrylic spray (optional).

Instructions

1. Sketch a rough design on a 15x20-inch sheet of paper, using the seascape collage shown on page 45 for inspiration. Begin cutting pattern pieces from paper for your design. Do *not* draw the shapes (except the woman's body) directly on the mat board or on the Pantone papers; let your scissors do most of your design work so your collage will be spontaneous.

2. Secure the sky to the top half of the mat board and the water to the center section of the mat board. To hold these pieces in place, apply spray adhesive to the back of each piece. Let the adhesive dry for several seconds (until it feels tacky) and position the pieces on the front of the mat board.

3. Using a fine-point craft knife, cut and peel away narrow strips of the blue water for a wavelike effect.

4. Add a strip of green paper between the sky and the water for the horizon. Add a piece of gray or brown paper to the bottom of the mat board for the sand beach.

5. Begin adding design details such as sailboats, seagulls, rocks, and pebbles to the collage in assorted colors. Cut the pieces with scissors and use white glue to secure them in place.

6. Draw the woman's body on the back of light brown paper and use scissors to cut the design. (Sketch this particular design on paper first since the shape is more complicated than other shapes in this collage.) Add hair and a bathing suit and glue the woman's body to a piece of red paper (for the beach towel). Position the beach towel along the lower right-hand corner.

7. To cut the grass, use the entire length of 1 sheet of green paper and use a craft knife to cut the negative spaces. Use spray adhesive to glue the grass in place along the bottom edge.

8. If desired, finish the collage with a coat of clear acrylic spray. Frame and hang the collage as desired.

PAPER COLLAGE CARDS, page 45

Materials

Premade plain note cards and matching envelopes in various sizes (or plain construction paper to make your own cards); large selection of handmade or purchased paper, such as wrapping paper, silver and gold Mylar paper (available at art supply stores), shiny, colored lacquered paper, paper doilies, snapshots, clear acetate, sheets of Pantone paper in a variety of colors (available at art supply stores), and pieces of scrap paper; adhesive spray glue; white glue; fine-point craft knife; scissors; pinking shears; straightedge or ruler; clear acrylic spray (optional).

Instructions

1. Begin by measuring the front of each note card. This helps you determine the amount of space you have for each composition. Make a rough sketch for each card, using the cards on page 45 for inspiration.

2. Begin cutting the pattern pieces from desired papers, using scissors for large pieces and a craft knife for smaller, more intricate pieces. (Use pinking shears for a zigzag edge.)

Do *not* draw directly on the note card or on the papers; let your scissors do most of your design work so each composition looks spontaneous.

3. If desired, cover the front of each card with background paper for added color and pattern. To secure the background to the front of the card, spray the back side of the background piece with spray adhesive. Let the adhesive dry for several seconds until it feels tacky. Press the background piece in place to the front of the card.

4. Begin composing your design by arranging the paper pieces on the front of the card. Once you have a pleasing arrangement, secure each piece in place with spray adhesive or white glue. Let the glue dry and weight the cards overnight. Finish the front of the cards

continued

TOP OF THE MORNING FROM OUR FAMILY TO YOURS.



Enjoy our whole family of great tasting cereals. NABISCO® Shredded Wheat and SPOON SIZE® Shredded Wheat for the natural taste of 100% whole wheat with added sugar. Or NABISCO 100% Bran for a wholesome, hearty taste that's flavored with natural fruit juices. And for a *Team of Taste*, just pour yourself some TEAM® Flakes. Wheat, corn, oats and crunchy rice in every flake. Whichever is your favorite, you can bet that breakfast with the NABISCO family of cereals is always something special.



©NABISCO Inc. 1981



TAKE A DIP!

DORITOS® CHIPS AND KRAFT DIPS. Dive into the delectable taste of KRAFT Ready-to-Serve French Onion Dip with crunchy and delicious DORITOS® Brand Tortilla Chips. These All-American favorites are famous for flavor.

© 1981 Kraft, Inc.

Thematics™ Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., NY, NY 10022 (212) 751-2253

3 ways to brighten a barbecue.



1 Hefty Foam Plates. A good start. One plate is stronger than three plain paper plates—at about the same price. You can heap Heftyware high with your favorite picnic food and it stays rigid.

2 Lea & Perrins Worcestershire Sauce. Whether you use it as a barbecue sauce or salad dressing ingredient, or just pour it on, Lea & Perrins is indispensable to any barbecue. It's the Original Worcestershire Sauce, made with all-natural ingredients and aged for flavor in wooden casks.

3 Pepperidge Farm® Croutons. Toasty, crisp, 'n full of flavor...as tasty as they are crunchy. Pepperidge Farm Croutons top off a perfect salad. The better the bread, the better the crouton... 'cause Pepperidge Farm remembers.

Look for 75¢ refund offer at your participating grocery store.

Thematics® Stand-Out Insert™ is a trademark of **SYNERGISTIC MARKETING, INC.**, 477 Madison Ave., NY, NY 10022 (212) 751-2253

SIMPLY DELICIOUS. DELICIOUSLY SIMPLE.

NESTLÉ® EASY-BAKING PAN COOKIES.



Summertime's the time to take things easy. That's why Nestlé created the easy-to-bake Pan Cookie. With a few ingredients, one pan, and only 20 minutes, you've got a delicious summertime treat. They're the same, great-tasting recipes for making the Original Toll House® Cookie and Oatmeal Scotchie—only easier.

The Original Toll House Pan Cookie and the Oatmeal Scotchie Pan Cookie recipes are on this page and specially marked Nestlé Morsels packages.

c 1981 The Nestlé Co., Inc.



Welch's® Frozen Concentrate.

Vitamin C tastes better when it's purple.

Thematics" Stand-Out Insert™ is a trademark of SYNERGISTIC MARKETING, INC., 477 Madison Ave., NY, NY 10022 (212) 751-2253

FREE LETTUCE

FOR YOUR SAN FRANCISCO SALAD



Use mail-in certificate for free lettuce (75¢ refund coupon).
San Francisco Salad: Toss 2 qts. of bite size mixed salad greens, 1 cup sliced mushrooms, and 1 can (11 oz.) drained and chilled mandarin oranges. Just before serving, pour on 1 can (3 oz.) Durkee/O&C Real French Fried Onions, and ½ cup Wish-Bone® Italian Dressing. Toss gently. Makes 6 to 8 crunchy delicious servings.

Granola's Answer to Candy!



The answer is Granola Clusters.™ Nature Valley® makes this sweet and chewy, family treat with caramel-nougat inside and toasty granola outside. No additives or preservatives. 100 percent natural. In Caramel, Almond and Raisin.

NATURE VALLEY.

with a coat of clear acrylic spray.

Specific instructions for the cards shown on page 45 follow *below*.

Beach scene card: Adhere a piece of blue paper to the center half of the card to make the water; then cut and peel away narrow strips of blue paper to make a wavelike effect (so the white background shows through). Secure a light blue sky to the top of the card and a brown sand beach across the bottom. To finish, glue other design elements (sailboats, inner tube, shells) in place.

Birthday cake card: Use red and white polka dot paper for the background. Cut the cake from colored craft paper and construction paper. Arrange the cake on top of a paper doily.

Bouquet of violets card: Use colored craft paper for this design. Rip lavender paper along 1 edge; then cut 5 petal shapes for each flower, using the ripped edge as the inner edge of each petal. Glue 5 petals on top of a small yellow center, making a small cluster. Cut the leaves with pinking shears.

Seashell card: For a wavelike effect, rip, rather than cut, blue Pantone paper. This will leave a thick, white edge. Use a tapestry needle to punch holes for the sand dollar design.

Cut small, irregular shapes of construction paper and glue the pieces in place to a long shell shape. For a grooved effect, use a razor blade to cut separate sections along the bottom edge of the scallop shell.

Lobster card: Use graph paper (or any grid design) for the background of this card. Sketch a lobster design on the back of red lacquered paper and cut the design with a craft knife. Use a souvenir menu for the napkin and silver Mylar paper for the utensils.

Basket of fruit card: Arrange the paper pieces on a black background, weaving brown paper strips together to resemble a basket. To make the basket handle, twist 2 strips of brown paper together and lay the pieces in place. Secure the fruit pieces to the background and lay the basket on top. Arrange a cluster of grapes on top of the basket along the right side.

Vacation memorabilia card: This card is a montage of summer vacation keepsakes. Collect small mementos of your trip such as maps, snapshots, matchbooks, menus, and theater ticket stubs. Arrange the pieces as desired on the card and glue them in place.



Discover a collecting tradition.

The delightful children of Sister M.I. Hummel, handcrafted by Goebel of West Germany, have been sought after for nearly 50 years. There are more than 400 — enough to fill a book! Introduce yourself or a loved one to a great heritage.

For a Hummel catalog and other colorful Goebel brochures, send 50¢ to: Goebel, P.O. Box 525, Dept. BG, Tarrytown, N.Y. 10591.

Hummel: The Complete Collector's Guide and Illustrated Reference is available wherever "M.I. Hummel" collectibles are sold.

W.Goebel Porzellanfabrik, Rödental, W.Germany.
Sole manufacturer of the world famous "M.I. Hummel" figurines, plates and bells.

The #1 window decorating guide in America



Now available by mail.

It's "Windows Beautiful" Vol. VII by Kirsch. With hundreds of colorful ideas for decorating and redecorating. The complete guide to window treatments. How to plan, measure, buy...even how to make your own draperies. Only $2.50.

NAME _____

ADDRESS _____

CITY & STATE _____ ZIP _____

Mail to: **Kirsch Co., Dept. B-681, Sturgis, MI 49091.**

Tin Ceiling Revival:

What's new (and old) overhead

Take a good look upward the next time you step inside an aging warehouse, old-time hardware store, or other turn-of-the-century building. Chances are the ceiling will be covered with decorative pressed metal—a delightfully ornate building material that was once *de rigueur* in all respectable establishments. Although it's been out of vogue for the past 40 years, pressed metal is currently resurfacing in restaurants, stores, and homes—new and old. Why the sudden revival? Besides having a certain nostalgic appeal, metal ceilings are great-looking, easy to install, and relatively inexpensive.

A brief history

Embossed metal ceilings were first developed during the mid-1800s as a means of covering up hopelessly damaged plaster. During the Gay Nineties and early 1900s, the material became popular for new installation as well as repair work in older buildings.

Despite drastic changes in architectural styles early in this century, pressed metal maintained its place as a preferred building material well into the 1930s. Design flexibility was the primary reason for the material's long-lived success: pressed metal motifs appropriate for Victorian mansions, art deco drawing rooms, and main street drugstores were all available during the 50-year peak of the industry.

A widespread revival

During our current decade of architectural nostalgia, it's not surprising that decorative pressed metal is undergoing a renaissance. Only *avant-garde* designers used metal ceiling material a few years ago, but now the general public is catching on. And, rather than sticking to traditional applications, people are using this versatile material almost anywhere they can nail it up. Walls, cabinets, and the fronts of kitchen appliances are only a few of the possibilities.

Many of the companies that manufacture pressed metal ceiling components have been doing so ever since the material first arrived on the scene a century ago. The companies still use many of the original dies, so the patterns are antique even though the panels and cornices you purchase are brand-new. And because of its industrial character, the "antique" pressed metal goes as well with contemporary interiors as with vintage settings. It's an intriguing mixture of high tech and down home.

What is decorative pressed metal?

Metal ceiling panels and cornices are stamped out of lightweight tin plate or sheet steel. The decorative metal comes in 2x8-foot sheets embossed with a variety of designs. Because each design is based on a uniform grid (ranging in size from three to 24 inches), matching the pattern repeat is not a problem. Nipples spaced at six-inch intervals along the edges of the panels will ensure the correct overlap.

The perimeter of a pressed metal ceiling can be finished off with a wide variety of cornices that reach from 2½ to almost ten inches down the wall. Note: You can use metal cornices all by themselves to enliven a plain ceiling—the four-foot lengths of metal cornice are far less expensive than carved wooden moldings.

Metal ceiling panels are relatively inexpensive ($1.50 to $2 a square foot), durable, and surprisingly easy for do-it-yourselfers to install. If you're lucky enough to live near one of the suppliers that also specialize in ceiling installation, you may choose to have professionals install

continued

Illustration: Tom Nachreiner, The Art Factory



Sears magnificent $299 wool classic rug



8 ft. 2 in. by 11 ft. 4 in., $299

With these important quality features found in our $499 Dynasty Classic rug

100% virgin worsted wool pile. 5/16-inch high—a full 35 oz. per sq. yd. Its luxurious texture and fine quality will give you years of beauty and wear.

Skillfully woven on jacquard looms for long-lasting pattern definition and intricate detail. Expert craftsmen in this country are now using the traditional European skills and jacquard looms that make our superb Dynasty Classic imported rugs.

Inspired by centuries-old classic designs. This beautiful Kirman pattern is one of the oldest and most treasured of all oriental designs.

Starting May 31, Sears will be offering this magnificent rug at the extraordinary price of $299, while quantities last. Come and choose from five glorious color combinations. In three popular sizes: 4 ft. x 6 ft., $89; 5 ft. 7 in. x 8 ft. 2 in., $179; 8 ft. 2 in. x 11 ft. 4 in., $299.

This rug is a special purchase. Though not reduced in price, it is an exceptional value.

Prices may vary in Alaska and Hawaii. Available in most larger Sears retail stores.

You can count on Sears

©Sears, Roebuck and Co. 1981

Tests prove perk™

keeps your no-wax floor looking better than the other leading brands.



98% of consumers tested picked the look of Perk over the other two leading no-wax products!

- Perk doesn't build up like other brands can.
- Perk *gently* cleans, so you can use it as often as you like.
- With regular use, Perk brings out the built-in beauty of your floor better than other leading no-wax products.

continued

Tin ceiling revival

the panels for you. Once the ceiling is up, you can paint the metal with oil-base paint or coat it with polyurethane for a shiny metallic finish.

Choosing a pattern

When you choose a pattern for ceiling application, keep these tips in mind. Large or ornate patterns will look best on a high ceiling in a big room; smaller patterns are more subtle and therefore more adaptable to a wide variety of spaces. Keep in mind that if there's too much pattern or the paint color is too dark, the ceiling may be overwhelming, especially if it's low or if the room is too long or wide for its height.

How to order

Decorative pressed metal can be ordered by mail—a real boon for the do-it-yourselfer since the material is available over the counter in very few cities. Write to the companies listed below for current information about their patterns and prices. Once you've narrowed your choice to two or three patterns, write to the manufacturer and ask for a sample of the material in those patterns. Most companies will oblige for a nominal fee.

To determine how much ceiling material you will need, make a scaled drawing of your ceiling on graph paper. Draw in the 2x8-foot panels, using as many whole panels as possible and leaving an even border around the perimeter of the ceiling. The metal panels can be cut to size with tin snips. If a repeat of the main pattern won't fit around the perimeter of the ceiling, you'll need to order some filler plate to bridge the gap between the embossed panels and the cornice. Order extra material to allow for mistakes. Determine how many running feet of cornice you will need, then add 10 to 20 percent to the total to allow for matching the cornice pattern.

Installation procedure

You'll receive installation instructions from the manufacturer, but

here's a brief rundown to acquaint you with the basic procedure.

Nail furring strips around the perimeter of the ceiling 1½ inches away from the wall. Then nail furring strips 12 inches on center across the entire ceiling, perpendicular to the ceiling joists. Push shims between the furring strips and the ceiling to level any uneven spots.

Although the ceiling panels are light, they're unwieldy. The job will take at least two people on ladders, or one person on a ladder doing the nailing and one person holding up the far end of the panel with a wooden T bar. Put on a pair of leather gloves before you begin: the panel edges are sharp.

Begin installing the ceiling panels on the side of the room farthest from the door. (That way, the overlapping seams will not be noticeable.) Attach the ceiling panels to the furring strips with one-inch nails. Nail the body of each panel up first, then lap the next panel over the preceding panel's leading edge, match the nipples, and nail directly into them. You'll need to insert crosspieces of furring to join the two-foot ends of the panels. (When our editors installed the ceiling shown on page 43, they used an electric nail gun, and it made the work go a lot faster.)

Nail the cornice strips over the edges of the ceiling panels directly into the furring strips underneath. Then nail the bottom cornice edge to the wall at 12-inch intervals. Carefully cut miter joints for the inside and outside corners of the cornice with tin snips. Practice with a scrap piece of cornice material before you try cutting the real thing. For outside corners, leave some overlap in the joint, and tap the joint closed using a hammer and the head of a large nail. Tap the ceiling joints closed the same way, or use a hammer and a wide-blade chisel.

Paint the ceiling with an oil-base primer and oil-base paint, or coat the bare metal with clear polyurethane. Note: Once it's installed, a varnished metal ceiling will look darker than you might expect. If you like, you can caulk unsightly joints before you paint the ceiling, though this is straying from the traditional method of installation.

Current suppliers and manufacturers of decorative pressed metal

AA-Abbingdon Ceiling Company, Inc.
2149 Utica Ave., Department BHG
Brooklyn, NY 11234
(212) 236-3251

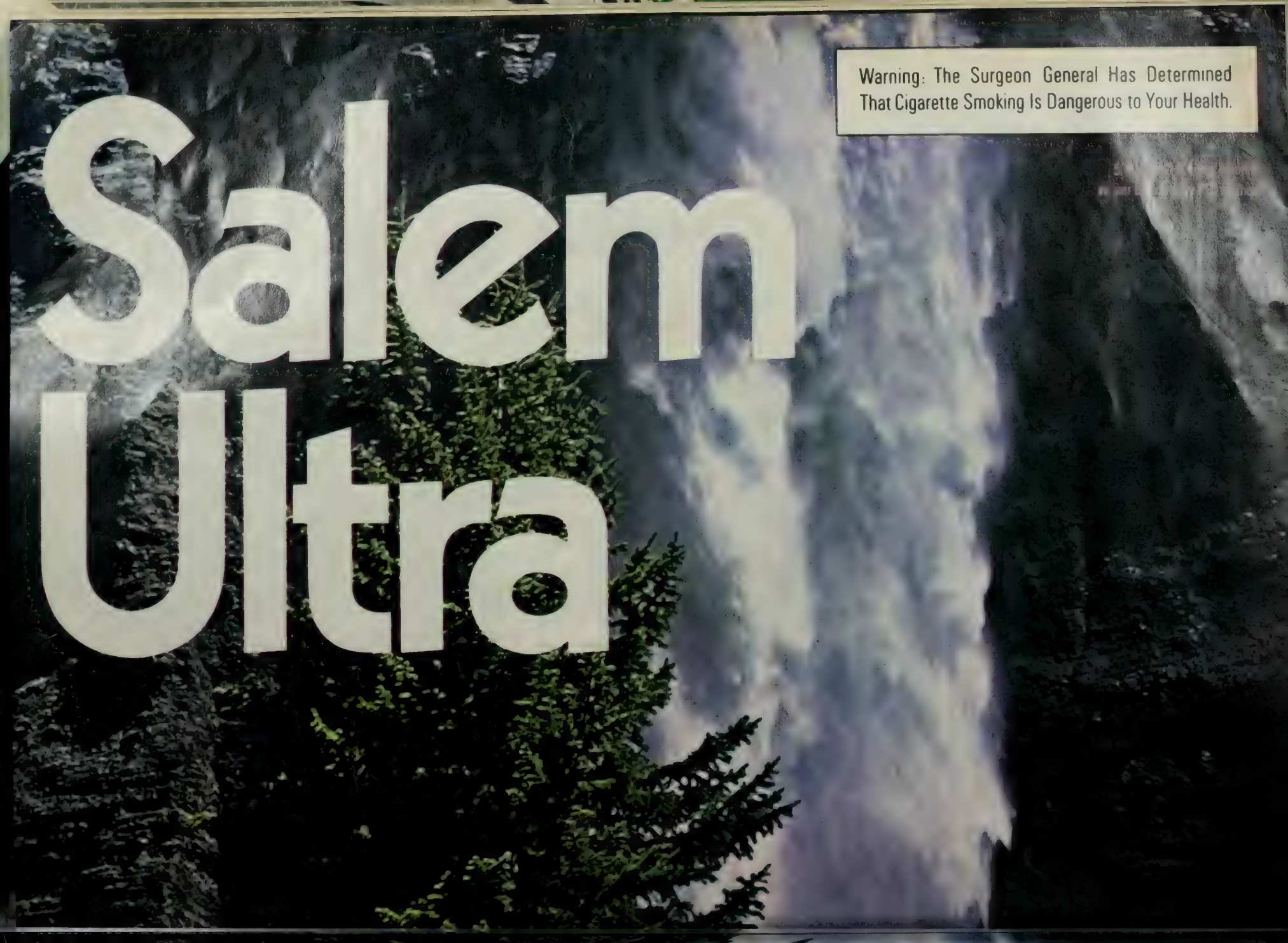
Barney Brainum-Shanker Steel Company, Inc.
70-32 83rd St.
Glendale, NY 11227
(212) 326-1100

Chelsea Decorative Metal Company
6115 Cheena, Dept BH
Houston, TX 77096
(713) 721-9200

Structural Antiques
3006 Classen Blvd.
Oklahoma City, OK 73106
(405) 528-7734

W. F. Norman Corporation
P.O. Box 323
214-32 N. Cedar Street
Nevada, MO 64772
(417) 667-5552




Salem
Ultra
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.


Salem
ULTRA
100s
20 CIGARETTES
Menthol Fresh
Salem
ULTRA
100s
Salem
ULTRA
20 CIGARETTES
Menthol Fresh
Salem
ULTRA
Ultra low tar.
High country taste.
Above all in refreshment.

CARS

Kim Garretson

How to find and stop Auto Body Noises!

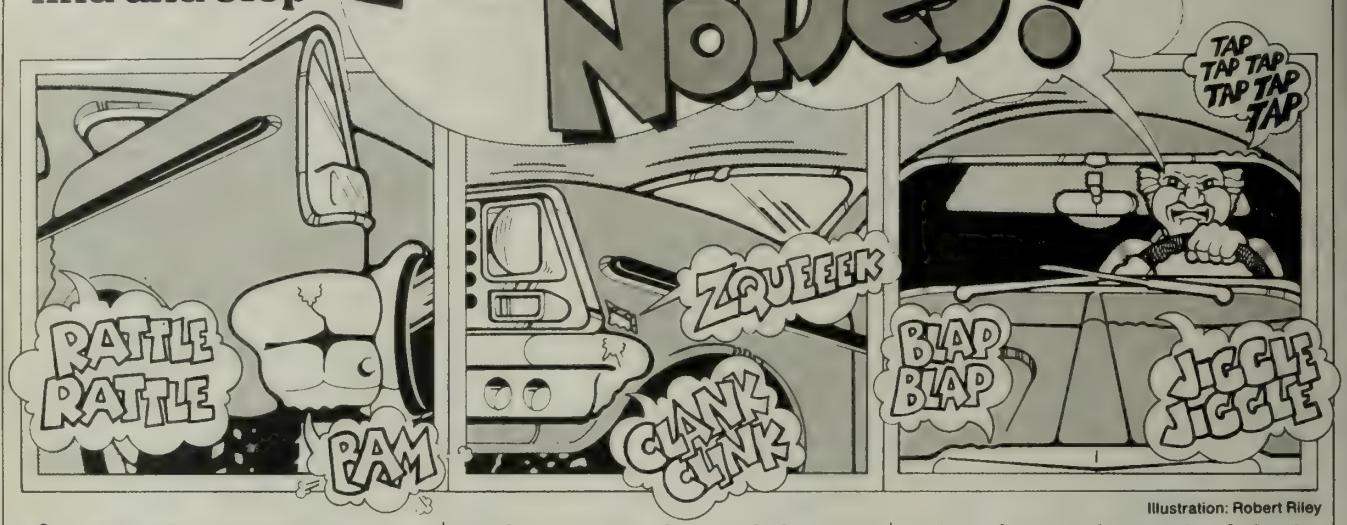


Illustration: Robert Riley

A car doesn't have to be a rattletrap to rattle . . . or squeak . . . or groan and hiss. Most cars make some of these sounds from time to time. They usually don't signal a mechanical problem, just that a part on the car's frame or body is loose or worn. Here's how to pinpoint and silence these nagging noises.

You'll usually know when a sound signals an impending mechanical breakdown—the brakes will scrape, the transmission will grind, etc. But body noise can be baffling—it can start and stop at odd intervals, and it can seem to be coming from one spot one minute and another spot the next. That's why you'll probably have to do some prodding and poking around the car's body to find the sound's source.

Find the spot and define the sound

Some odd sounds can be heard only when the car is idling, some only when the car is moving, and some at both times. If you can't find the source of the sound when the car is parked, take a road test at the speed where the sound starts or over the bumps or dips that seem to cause the sound. Take a friend along for a second opinion; he or she can move around in the car to get a fix on the source.

As a rule, any odd noise you hear when the car is stopped and idling originates in the chassis—the frame, wheels, and suspension parts. For example, a soft squeak or rattle from under the hood often means a mounting bracket, pulley, or motor mount is loose or worn. Most odd sounds occurring at a steady speed also are chassis related; unbalanced wheels, for example, will cause the car to vibrate and rattle at about 45 miles per hour. Unpredictable sounds that come and go depending on road conditions, weather, and temperature usually originate in the body. For example, on a dry day a loose trunk hinge may squeak, but on a rainy day the squeak may disappear as moisture collects on the hinge and temporarily lubricates it.

Quieting a rattle or rumble

Start with the obvious: Are loose objects bumping together or vibrating in the glove box, floor console, or passenger compartment? Are the fastening ends of unused seat belts touching each other and vibrating together? Is your jacking equipment and/or spare tire loose in the trunk? Secure any loose objects you find and cover the floor of the trunk with an old blanket or carpet remnants to deaden sound.

A noise from below. If the bottom of the car sounds as if it's going to rattle off, grasp and wiggle the tail pipe and muffler (after allowing them to cool off). Tighten any loose nuts or bolts on the clamps and fasteners.

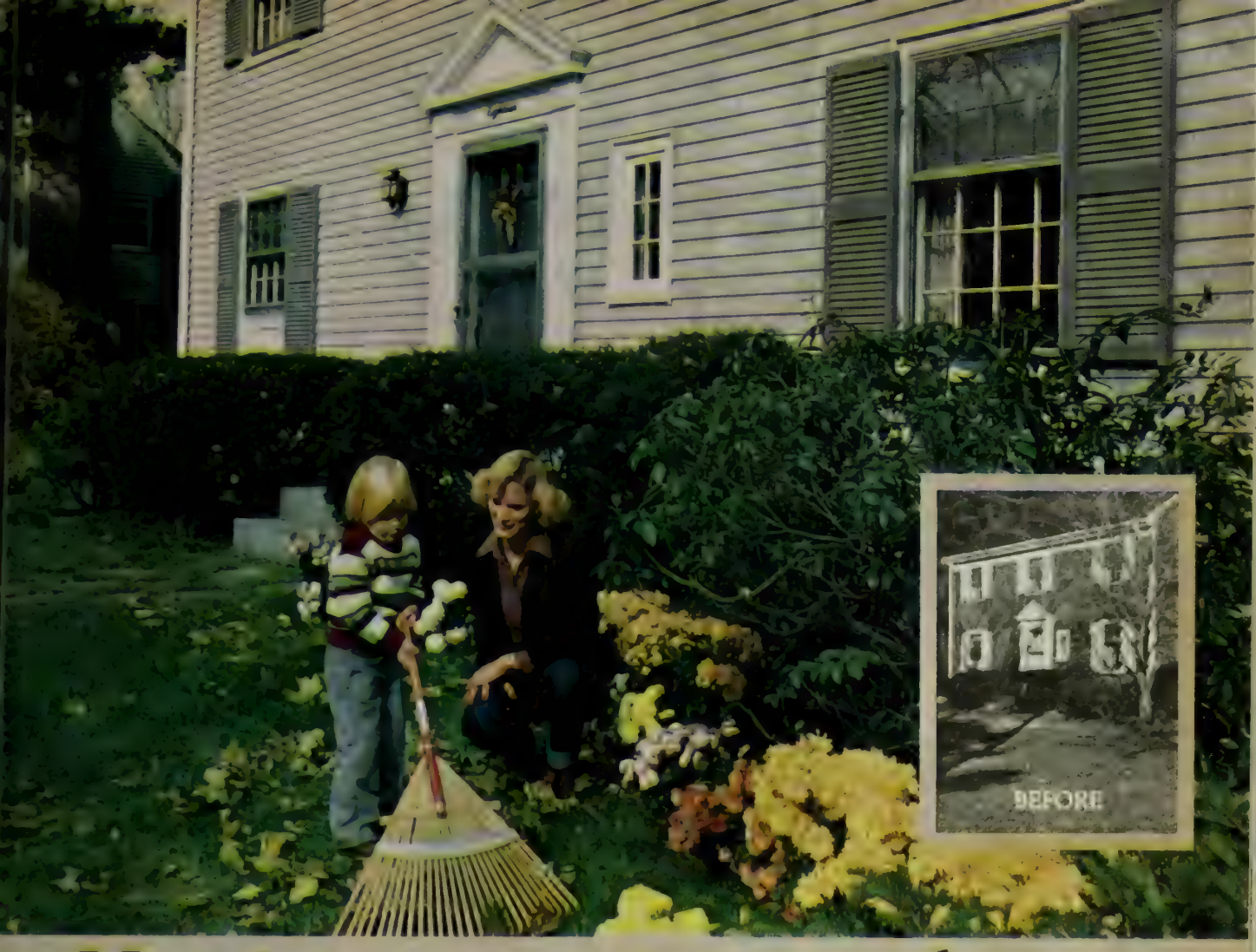
Also look for worn rubber bushings at the top and bottom of shock absorber mounts and examine suspension springs, bars, and mounting bolts for looseness. Another possible source of the noise: a broken rattle-preventing spring in disc brakes or worn brake pads; you'll probably first notice the sound on rough roads at low speeds.

A rattling hood. Check the two rubber bumpers on top of the grille to see if they make contact with the closed hood. If not, you can raise the bumpers to make contact by turning them counterclockwise. The spring tension on the hood's fastener may need adjusting, too. Also check the hood latch for looseness and look for worn or missing rubber anti-rattling pads. A final check: Close the hood and look at the gaps where the hood meets the body at the fenders; if the spacing is unequal on the sides, the hood may be misaligned, and you'll need to adjust the hood hinge screws.

A sound from the rear. You can check the trunk lid alignment in the same manner as above. Another possibility: check the striker brace on the trunk floor that catches the lock; the brace will rattle if its welds are broken.

Rattling inside the door. Open the door and tap on the bottom with a rubber mallet; if a loose object is lying in the door well, it will rattle. If you hear the rattle when you tap the centermost area, the window regulator parts probably are loose. In either case, you'll probably have to ask a mechanic to solve the problem.

continued on page 62



How to move up to a new home without moving out of your old one. Solid Vinyl Siding by Bird.

you'd like a beautiful new home, but
n't want the expense and aggravation
moving, do what this family did. Put
Bird solid vinyl siding. And watch
ur old home become a fantastic new
me, just like that.
And just like that, Bird siding can
se the value and selling appeal of
ur home. It's an investment that
n actually earn you money should
u someday put your house on the
arket. What's more, over the years
u'll save thousands on painting
sts because our siding is virtually
aintenance-free. The 40 year guaran-
e includes a 3 year full warranty and a
year limited warranty.

Of all the low-maintenance sidings, ours has the most natural appearance. That's because each panel is squared off on the bottom, and etched with a rugged woodgrain texture. So it looks like wood clapboard. But unlike wood, Bird siding can't rot, peel, or blister and it never needs to be painted.

Bird's textured finish siding comes in 7 handsome colors. It's available in the classic 4" over 4", the contemporary 8" width, and the V-Groove Vertical.

For more information, or a free estimate, just send in this coupon.

Growing up with America since 1795

BIRD & SON

E. WALPOLE, MA

Bird & Son, inc., E. Walpole, MA 02032
Please send me your colorful booklet, "What you should know about roofing and siding before you build or remodel." I'm sending 50¢ in payment, and I'm planning to: ☐ build ☐ remodel with vinyl siding.

NAME

PHONE

ADDRESS

CITY

COUNTY

STATE ZIP BHG JUNE 1981

It pays to invest in Bird.

81 Bird & Son, inc

A limited edition in fine Gorham China

SCENES FROM A WOODED GLEN

by Jo Polseno



Plates shown smaller than actual size of 9¼" in diameter.

A collection of twelve beautiful china plates each individually decorated with a border of pure 24kt gold. Surprisingly priced at just $38 each.

"The woods are made for the hunters of dreams, the brooks for the fishers of song."
Samuel Walter Foss

There is a magical enchantment in the woods and glens. For here is where beauty flourishes unspoiled, where peace and stillness abide, where Mother Nature's gentlest creatures dwell. The graceful fawn... the mischievous chipmunk... the ring-necked pheasant strutting proudly in brilliant plumage.

It takes a gifted artist to capture scenes from this "enchanted forest" in all their beauty. This is why we are honored to announce *Scenes from a Wooded Glen*, a collection of twelve magnificent china plates showcasing the original art of one of the most distinguished wildlife painters of our time, Jo Polseno.

Twelve Original Works by a Modern Master

Jo Polseno has devoted more than 40 years to the painting of animals. Today he is considered one of the premiere wildlife artists in the world. His art hangs in many of the world's great museums and galleries.

The secret of his appeal is that he combines rigorous scientific accuracy, down to the smallest detail, with an artistic mastery that seems to breathe life itself into his subjects!

When you look upon these exquisite scenes, you feel as if you are right in the wooded glen yourself, a silent and undetected visitor, as these colorful animals scamper, fly, swim, walk and feed within inches of your very eyes!

Look upon the *Fawn* and you can almost hear the muted sounds at the pond's edge as she daintily steps forward to drink.

See if you don't sense the fluttering, heartbeat of the *White Breasted Nuthatch* as he prepares to take flight from the base of a hemlock tree.

Polseno has captured them in their natural habitats with a degree of knowledge and affection you will seldom encounter.

Fine Gorham China

The plates will be produced according to the exacting quality standards of the Gorham China Company, creators of family heirlooms since 1831. Gorham China graces the tables of discriminating families on every continent. And Gorham is one of the leading makers of quality collector plates in the United States.



Faithful Color Reproductions with a Glistening Border of Precious 24kt Gold

The same painstaking attention to detail that Polseno lavished on his paintings will be taken to render them faithfully in fine china. For absolute realism in all the natural tones and shades, an unusually broad palette of ceramic colors will be employed. Then as a crowning touch of beauty, each scene will be framed by a gleaming border of 24kt gold.

An Exceptional Value at Only $38

Plates of comparable outstanding quality often sell for up to $65. Yet the Danbury Mint is making each of the plates in this collection available at only $38. The low price is made possible by the economies of this convenient, direct-by-mail offer -- where "middleman" costs are eliminated and the savings are passed along to you.



Your Satisfaction Guaranteed

If you are not completely satisfied you may return any plate upon receipt for replacement or refund. And you may cancel your subscription at any time.



An Exclusive Edition

Scenes from a Wooded Glen is available exclusively from the Danbury Mint. No plates will be available in even the finest stores. They cannot be obtained anywhere except through this special direct-by-mail offer. The attached reservation can be guaranteed only if postmarked by June 30, 1981. A further offering will be made later this year, and the size of the U.S. edition will be limited to the exact number of collections reserved by the final deadline.

Convenient Acquisition Plan

You can reserve *Scenes from a Wooded Glen* simply by completing the attached reservation application. The twelve plates will be issued at the rate of one every two months. There is no need to send money now. You will be billed for each plate as it is issued, or you may charge each purchase to your VISA or Master Charge.

Act Promptly to Avoid Disappointment

As you look at these plates, you can imagine how beautiful they would be in your home. They are a stunning match for any decor and instantly turn any room into a gallery of breathtaking original art. To avoid disappointment, *return your reservation application today!*

RESERVATION APPLICATION 118

SCENES FROM A WOODED GLEN

by Jo Polseno

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06856

Guaranteed acceptance only if postmarked by June 30, 1981.

Please accept my reservation to *Scenes from a Wooded Glen* by Jo Polseno. I understand this is a collection of 12 original works of art on fine Gorham China decorated with pure 24kt gold. The collection will be issued at the rate of one plate every two months at a cost of $38 per plate (plus $1.50 postage and handling).

I need send no money now. I will pay for each plate as billed at two-month intervals. Any plate I am not satisfied with may be returned upon receipt for replacement or refund, and this subscription may be cancelled by either party at any time.

Name _____

Address _____

City _____ State _____ Zip _____

☐ Check here if you want each plate charged as it is shipped to your:

☐ Master Charge ☐ VISA

_____

Credit Card No. Expiration Date

Signature _____

Allow 8 to 12 weeks after payment for initial shipment.

America's Best Selling Cleaner.

For over 70 years, Hoover uprights have been America's favorite vacuum cleaners. Our latest, the Decade 80,™ carries on that tradition. Because no other upright gives you as much value for your money. Check it out at your Hoover dealer.



America Trusts Hoover.®

A noise from the floor. A squeak coming from the floor area of the front passenger compartment (right or left side) could indicate a lower fender bolt shim is rubbing against the frame. To correct this, raise the hood and locate this bolt behind the steering wheel shaft; then loosen the bolt slightly and move the shim away from the frame.

A squeak coming from the cowl area (below the windshield) probably emanates from loose fender-attachment bolts near the hood hinges. This is a problem for a mechanic.

Squeaking doors and hood. Does your door, trunk lid, or hood squeak when you open and close it? Use a stick of stainless silicone lubricant on the main hinges, then tighten the bolts with a socket wrench. If the hinge rollers are rusted, use penetrating oil before applying grease.

Silencing a whish

When you hear air rushing through a loose part, always first check for open or ajar air vents and windows. Another possibility is wind rushing between the body and a loose piece of side molding. Place masking tape over one molding at a time and road-test the car. If you find a whistling molding, remove the piece (if it's not riveted on) and reattach it with automotive caulking compound.

To find leaks around windows or doors, turn on your heater at a medium setting and slowly move a lighted cigarette around the sealed areas. The smoke will exit the car wherever there's loose weather stripping. To solve the problem, reseal the weather stripping on the door or window with rubber cement or a strong adhesive.

continued from page 58

Auto body noises

Rattling around the door. Grab the door handle and shake it. If the door rattles, it's either misaligned or the door hinge bolts need tightening. To confirm suspected misalignment, hold a ruler across the car's body where the door meets the body. If the surfaces are not flush, this is another problem for a mechanic.

To check for a loose door striker, clean off the striker and door lock, apply a little grease to the striker, and open and close the door a few times. If the impression left in the grease is more than ⅛ inch from the striker plate, an adjustment is necessary.

Do you suspect the rattle might come from a window? Tap on it with the mallet. When you find a rattle, try pressing the nearby weather stripping back into the channel or reglue it down.

Stopping a squeak

Squeaking from below. If the noise comes from the undercarriage near the wheel, check for loose mounting bolts or deteriorated rubber bushings that hold or connect linkage and suspension parts. Worn bushings can be temporarily silenced with a penetrating oil, but replacement is your best remedy. If the noise originates near the center of the undercarriage, crawl under the car to check and lubricate the exhaust system's clamps.

Power-Packed Compact.

No other compact packs as much cleaning power into such a small unit as the Hoover® Portapower™ cleaner. In fact, it gives you more cleaning power than many full-size canisters. Yet, it's lightweight and truly portable. The perfect second cleaner for every home.



America Trusts Hoover.®



"THIS NO-WAX FLOOR DIDN'T SHINE LIKE THIS WHEN THE BENSONS LIVED HERE!"

"Old-looking" no-wax floors are shining again. Because Future's also recommended for no-wax floors.

It's tough. Acrylic. It's clear, like your floor's original shine. In fact, with regular use, Future can add years to the shine of "old-looking" no-wax floors.

So, make *your* no-wax floor look beautiful again with Future.

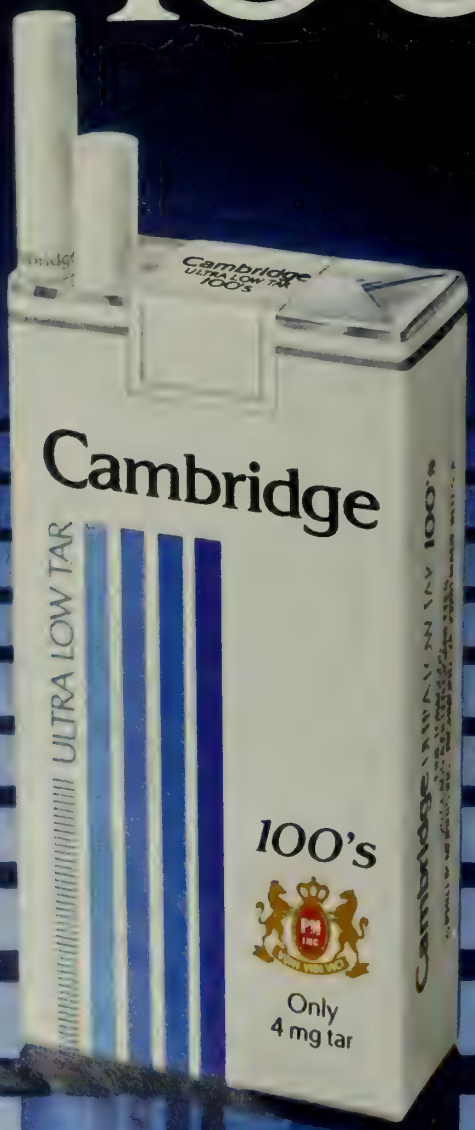
This unretouched photo shows the difference before and after Future.



ALSO RECOMMENDED FOR NO-WAX FLOORS.

© 1981 S. C. Johnson & Son, Inc.

ULTRA LOW TAR
Cambridge 100's



Satisfying taste
at only 4 mg tar.

© Philip Morris Inc. 1981

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

4 mg "tar," 0.4 mg nicotine av. per cigarette by FTC Method.

Gardener's log

"Tell you what I like the best —'Long about knee-deep in June/Bout the time strawberries melts/On the vine,—some afternoon/Like to jes' git out and rest, And not work at nothin' else."

—*Knee-deep in June*, by James Whitcomb Riley



Strawberries

IN THE NORTH

Patrol your berry patch daily

If your June-bearing strawberries were just planted this spring, pinch off all flowers that form this season instead of letting them bear fruit. This lets the plants channel their energy into developing good root systems and sending out runners.

But if your bed is two years old, now's the time to enjoy the fruits of your labor. Check the bed each day and pick berries as they ripen. Be aware that a bright red, ripe strawberry is a neon sign to many birds. To deter your winged neighbors, shroud your rows with nylon netting, cheesecloth, or chicken wire. Ripe berries will not store well, so if you have a bumper crop, figure out how many fresh berries you can eat within a few days and give away, cook, or freeze the excess.

Thin your fruits

Most fruit trees set more fruit than they can mature properly. To get fewer but larger fruits, examine every tree this month and remove excess fruits. Plums should be spaced about four inches apart on the limb, peaches six to eight inches; apples and pears should be thinned to a single fruit in situations where two or three are clustered together. Often only heavily laden branches will need thinning.

IN THE SOUTH

Fool Mother Nature

Want some pink hydrangeas instead of the usual blue? Just work a cup of superphosphate into the soil around each plant you want to bloom pink, then water well. One treatment, applied now, will be sufficient.

Tend your gladiolus

When your early gladiolus fade, cut the bloom stalks off, but do not dig the corms until the foliage is yellow and cured. After you dig the corms, remove the foliage and dry the bulbs in a shady place. Store them until spring in a place where they will not freeze. January is not too early to replant.

Try an alternative to tulips

In the Deep South, you can expect only one season of flowers from tulips. For perennial bloom without yearly replanting, grow narcissus instead of tulips. Narcissus, also called daffodils, come in a wide variety of forms: flat-cup, poeticus, trumpet, miniatures, triandrus or bunch-flowered, split-cup, and cyclamen-flowered. In just a few years' time, they will self-propagate to make big clumps out of small ones.

IN THE WEST

Transplant your overgrown camellias

Find a new spot for your camellias if they've gotten too large for their present locations and you don't want to cut them back. Although the ideal time for shifting camellias is in early spring, immediately after the last of the flowers have faded, the job actually can be done over a longer season in the Northwest. Any time from late spring until late August or September, when the new flower buds first appear, would be permissible.

To make sure the plants are full of moisture, thoroughly soak the soil around them for a couple of weeks prior to the actual transplanting. Wrap the root balls tightly with burlap so the plants can be safely transported to their new locations. Two people probably will be needed to handle large specimens. Set the plants about four inches higher than the level at which they were formerly growing. They will settle down to the proper level in a few months. Should hot weather strike soon after transplanting, be sure to syringe the foliage with cool sprinklings several times daily until the plants have had time to send out new roots and become self-sufficient.

Clean up spring bulb beds

Clear off the dead foliage of spring-flowering bulbs now, and mark the spots with inconspicuous stakes so you won't dig the bulbs up accidentally when you're setting out summer bulbs or bedding plants. Label the varieties on your garden plot plan to aid in future planning.

Illustration: Steven Schindler

Kodak brings th

The new Kodak Colorburst 350. The only

Our built-in flash helps make sure you don't miss a shot in the dark. (You can even use it outdoors to fill in shadows.)

Take pictures horizontally or vertically. So you can frame your shots exactly the way you want them.

Now Kodak gives you a built-in close-up lens that lets you take instant pictures from as close as 2 feet away.



© Eastman Kodak Company, 1981

e instant closer.

nstant camera with a built-in close-up lens.

For this season of graduations and weddings, a Kodak Colorburst 350 instant camera makes a perfect gift.

Take instant pictures from normal distance.

Or from close up. Either way, they're sharp, rich, vivid. And our Satinluxe™ finish gives them a beautiful texture and durability.



Actual Size



Best of all, when you see the Kodak symbol, you know you're getting 100 years of photographic experience.

Kodak brings the instant to life!

Margaret Daly

Disability Income Insurance

The Hidden Gap in Family Protection

What are the chances that an accident or illness will sideline you from work for more than 90 days before you're 65? They're much higher than you might expect—about one out of three if you're 35, for example, and the chances of your being disabled for more than a year are one out of four.

Health insurance may pay most of your medical bills, but what will you and your family live on while you're not bringing in a paycheck? "Many families can be ruined faster through the permanent disability of an income producer than through that person's death," says J. Martin Dickler, a Metropolitan Life Insurance Company actuary.



Benefits under social security, workers' compensation, and short- and long-term group disability insurance on the job may help. But those income supplements won't necessarily cover your needs, and you may not be eligible for benefits at all. For example, social security doesn't even begin to pay until you've been laid up for at least five months. Even then, the disability must be expected to last a year or to result in death. Also, rules differ among various plans about the severity and duration of the disability, the waiting period before you're covered under a plan, and how much income you can receive from other sources, as well as the maximum benefits, and taxability of benefits. You'll find that sorting out all the facts about disability income insurance isn't easy, but it's well worth your time. Here's what to consider.

Start by determining what protection you have at present, keeping eligibility rules and other variables firmly in mind. Your company personnel officers, union counselors, and staff members at the appropriate government agencies may be able to help. If you're having trouble sorting out the variables, ask a qualified insurance agent to help you analyze your present disability income insurance coverage.

Not only can the restrictions set by federal and state disability income plans cause problems; there also can be holes in group plans provided by your employer or union. For example, coverage usually cannot be converted into an individual policy when you switch jobs, yet you may have to wait three months or more to be eligible for coverage at a new job. Also, definitions of a qualifying disability may be limited. And many companies—especially small businesses—provide little or no disability income protection.

If you find there is a gap in your present protection, get the agent to suggest two or three individual disability income policies from reputable

continued

Hope for homemakers?

Since disability income insurance is designed to replace the loss of income, *homemakers generally cannot get coverage—even though loss of the homemaker's services clearly could create economic hardship in the household. According to most insurance companies, one of the main problems is setting an economic value for services for which there has been no demonstrable income. Another problem, say the companies, is policing an individual's ability to resume the regular activities of a homemaker. (Because of similar difficulties, most insurance companies won't cover people who work at home.)*

But a change may be afoot. One state—Ohio—already requires insurance companies to offer some sort of disability coverage to homemakers. Perhaps more significantly, the Lutheran Brotherhood now offers a homemaker's policy (restricted to Lutherans) that may serve as a model for other companies. Benefits are limited to $400 a month and one- or two-year payout periods, and premiums are high compared to prices available to women who are employed outside the home. But if the company can demonstrate that this new plan is economically sound, other companies are likely to follow suit, and premiums may drop. For more information, write Victoria Obenshain, Lutheran Brotherhood, 701 Second Avenue South, Minneapolis, MN 55402.

U-HAUL ..has it all*



* EVERYTHING FOR MOVING

Wherever you're going, whatever you're moving, U-Haul has everything you need. Trucks, trailers, packing boxes, hand trucks, furniture pads, hitches, tow bars. Everything from self-storage rooms to packing and loading help.

* TRIM LINE GAS SAVER FLEET

The rental fleet designed specifically for household moving. For the care and protection of your personal possessions. U-Haul moves families—not freight.

* SAVINGS IN MONEY, TIME & WORRY

U-Haul will match any competitor's rate, discount or guarantee.† And U-Haul has more than 7,000 Moving Centers and Dealers ready to support your move.

* SAFETY & SECURITY

Over 70 million family moves have been made the do-it-yourself way with U-Haul. Your safety and security is our primary objective.

* Plus WIN A MILLION Sweepstakes

Study this ad and discover why millions of families save millions with U-Haul products and services. And you could win a million dollars in the U-Haul "Win A Million" Sweepstakes! Official Entry Forms, rules and full details are available only at U-Haul Moving Centers and participating Dealers. See the White Pages for your nearest U-Haul location.



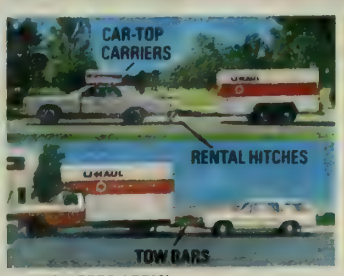
No purchase or rental required. Sweepstakes open to licensed drivers 18 years and over residing in the 48 conterminous United States. Limit one Entry Form per family per visit per week. Void wherever prohibited by law. Sweepstakes ends April 30, 1982. The odds of winning will depend upon the number of entries received. RESIDENTS OF OHIO ONLY may receive an Entry Form and details by submitting a separate, self-addressed, stamped envelope to: U-HAUL OHIO ENTRY FORMS, P.O. BOX 21503, PHOENIX, ARIZONA 85036. Requests must be received by March 31, 1982.

U-HAUL®
MOVING & STORAGE

For Savings, Safety & Security. . U-Haul has it all.









†EXCEPT WHERE DISTRIBUTION FEES APPLY.

continued

Disability income insurance

insurance companies. These policies aren't cheap, but they can be crucial in safeguarding your family's well-being.

Some pointers: Benefits from individual policies you pay for yourself are tax-free, which helps hold down the amount you'll need. Also, most companies limit the amount of protection you buy—typically, up to 50 percent of your income, but no more than $3,000 or $6,000 a month. Peter T. LeClair, an Aetna Life and Casualty insurance company actuary, explains: "Because of the tax break and the probability that you'll be collecting from other resources as well, like social security benefits, it's not necessary to cover your whole income."

However, many group (and some individual) insurance plans often figure "offsets" for social security and other benefits that limit the total amount you can receive. Also, group benefits that are paid for by your employer are taxable.

Individual policies: What should you look for?

Take the time to compare several policies; terms can differ considerably along with costs.

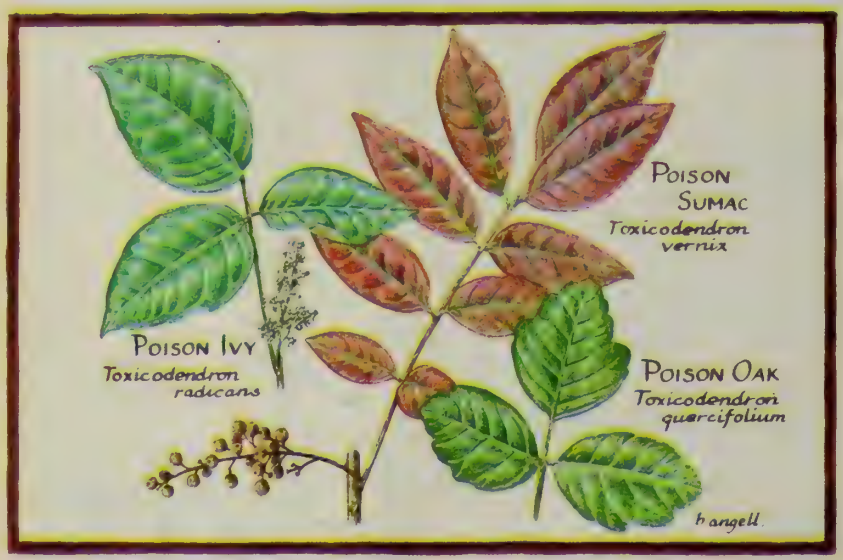
- *Definition of disability.* Some plans (the most expensive) pay if you're unable to perform the duties of your present occupation. Others pay only if you can't do any job for which you're reasonably suited by experience and training. (Injury to a dentist might prevent him or her from practicing dentistry, but not from teaching it.) Others pay only if you cannot work at all—at least after a certain time.

Also examine rules about partial disabilities. What happens to your payments if you return to work part time? What sort of rehabilitation programs are encouraged?

Finally, look for restrictions on certain conditions like mental illness. Preexisting physical problems, such as a chronic back ailment, probably won't be covered or may result in a higher premium. Generally, complications caused by pregnancy are covered by individual policies—but not lost income due to a normal pregnancy. (Most group plans now are required to consider pregnancy as a disability and to pay benefits up to the policy limits as long as a doctor says the patient is disabled.)

- *"Elimination" period.* The longer the time between the onset of the disability and the beginning of payments, the lower the premium. Dovetail your plan with coverage you have already—for example, wage continuation plans ("sick pay") or savings. Typical waiting periods are 14, 30, 60, and 90 days, and the difference in premiums between 14 and 90 days may be as much as 25 percent.
- *Benefit period.* Again, premiums are affected greatly. With one fairly typical plan, there's a 40-percent difference (less at older ages) between a five-year plan and one that goes to age 65.
- *The ability to renew.* The best—and most expensive—policies are "noncancelable" and "guaranteed renewable"

continued

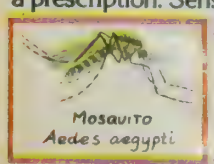


New SensaCort™ breaks the Itch Cycle-before something rash happens.

The dreadful Itch Cycle. It starts with Poison Ivy, Poison Oak, or Poison Sumac. The itch begins on one part of your body. You scratch. Inflammation starts. You scratch some more. And the itch and inflammation appear on other parts of your body.

You're caught in the Itch Cycle.

New SensaCort by Solarcaine helps break the Itch Cycle fast because it contains Hydrocortisone. The most effective medication against itch and inflammation you can use without a prescription. SensaCort helps kill the itch. And killing the itch helps prevent the scratching that spreads inflammation, prolongs discomfort and slows healing. End of Itch Cycle.



And SensaCort by Solarcaine with Hydrocortisone effectively relieves dermatitis (inflammation or skin redness) and the persistent itching and discomfort from mosquito bites and other insect bites.



New SensaCort™ by Solarcaine®

© Plough Inc. 198

Read and follow label directions.



"Mom said it was from my fairy godmother. I thought, 'Could it be?' Oh yes! I love 'em. I've been begging for heels just forever. Yes. Yes. They fit. They're just like the ones I wanted. Oh, Mom told you, didn't she? They'll really go with my new dress for the dance. I feel like Cinderella already! Thanks, Aunt Connie."

Though family and friends move far apart, you can continue to grow together. Just reach out and walk back into each other's lives.

Bell System

Reach out and touch someone.

Marlboro Lights



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Lights & Lights 100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report Dec. '79. Box: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

continued

Disability income insurance

at the same rates no matter what happens to your health after you take out the policy. Policies that are just "guaranteed renewable" cannot be canceled, but the rates may rise, depending upon the company's experience with all people in your "class"—same age, occupation, etc. (In other words, they can't raise the rates just for you.) "Optionally" or "conditionally" renewable policies can be dropped by the company at renewal time—but again, on a "class," not an "individual" basis. Cancelable policies should be avoided altogether.

• *Cost-of-living rider.* Until recently, monthly payments were locked into amounts determined by the policyholder's income at the time the policy was bought or updated. Now, some policies will hike payments according to a specific inflation formula. You'll pay extra for this feature—typically, about 15 percent above the basic premium.

• *Residual payments.* Under residual plans, partial disability payments are guaranteed on a percentage basis relating to your salary when you go back to work part time. Suppose your predisability salary was $2,000 a month and your disability plan pays $1,000 a month while you're not working. You go back to work part time and earn $800 a month—40 percent of your predisability income. Then the policy will pay 60 percent (100 percent minus 40 percent) of its $1,000 benefit, or $600—nontaxable, for an individually purchased plan.

What do individual plans cost?

Premiums vary according to plan provisions and are generally figured in terms of $100-per-month increments up to a specified ceiling. Higher amounts may cost slightly less because of administrative streamlining. Occupation also counts, with more hazardous work groups (such as construction workers) paying a good percentage more than, say, professional groups. (Classifications are based upon years of claims statistics by occupational groups.)

Women pay more than men. The percentage difference widens at various age levels and can run from 15 to 40 percent more, with the greatest gap during middle age. Industry and individual company statistics of past claims dictate the spread; quite simply, at most ages, more women than men file disability claims. (Conversely, women pay *less* for life insurance because they tend to live longer than men.) Take, for example, a noncancelable disability income policy for top-rated occupations (like doctors and attorneys). The policy would pay $1,000 a month in benefits, with a 90-day waiting period and benefits going to age 65. According to figures cited by one major insurance company, premiums for a 40-year-old female would be about $640 a year; for a male of the same age, about $400. The difference in premium costs has been challenged by various groups, but so far the

continued

Paneling for people who appreciate fine hardwood. But never dreamed they'd panel a room.



You're looking at our Firelight™ Companion Oak paneling. And even if you've never considered paneling as a decorating idea, this is probably enough to get you started.

Real wood is the reason why. Because nothing adds warmth and richness to a room quite like real wood.

And we should know, because at Georgia-Pacific, we offer the widest selection of real wood paneling in America today.

And we invite you to see them all at your Georgia-Pacific Registered Dealer.

For Georgia-Pacific Registered Dealer nearest you for Firelight and other Georgia-Pacific real wood paneling, call toll free 800/447-2882 (except Alaska & Hawaii). In Alaska & Hawaii, call 800/322-4400.

FIRELIGHT™ Companion Oak—oak veneered plywood 1/4"

Georgia-Pacific REGISTERED DEALER

Real wood paneling from Georgia-Pacific.

continued

Disability income insurance

statistical disparity has been upheld. In any event, shopping around for the best possible price is very important for women—especially since they tend to be more underinsured than men.

Suppose you have trouble collecting on a claim?

There are specific appeal mechanisms with various government programs, such as social security. The aid of an expert is advisable if you decide to challenge one of those systems.

With private insurance, most claims controversies stem from an initial misunderstanding of the policy—say, the definition of "total" disability is misunderstood. That's one reason why it pays to have a good agent from the start, as well as a reputable company, and to study the policy before you buy.

If you do dispute the decision, start by writing the head of the company's claims department or the company president. Your next appeal should go to the state insurance commissioner's office. The commissioner usually can revoke a company's license to do business in the state—though that's rare. Nevertheless, the commissioner probably can put considerable pressure on a company to review and, if appropriate, adjust a claim decision.

Why the restrictions?

The criteria set by both government and private insurance for paying disability income benefits may seem unreasonably strict to some people. For example: Social security applies only when someone is "permanently and totally disabled." Only the most expensive individual insurance plans will pay benefits—after certain time periods—if the policyholder can perform some sort of work. And, ceilings are set on monthly payments, depending upon your salary.

The reasons for such restrictions lie in the history of disability income claims. Whenever the economy is in a slump, for example, there's a demonstrable rise in the number and duration of disability claims. Jarrett Davis, recent president of the American Society of Chartered Life Underwriters (CLU), explains the difficulty of evaluating those claims: "Disability is a very subjective matter. What is crippling lower back pain to one person might not prevent another person from returning to work. We want to pay all legitimate claims, but we also want to encourage people who are capable of working to go back to work."

For the same reason, both government and insurance companies have developed various concepts such as "offsets" (see article), dollar ceilings per month, and increasingly liberal rehabilitation programs that continue partial disability payments when the worker has returned part time. All these measures are designed to discourage malingering and encourage a return to productive employment.



Enjoy Smucker's Great American Variety Show.

It's a natural!



Freedom of Choice

Smucker's has over 30 red, right and blueberry flavors for ou to choose. No wonder we're merica's natural choice for reakfast, lunch and snacks.



America's favorite Strawberry

When you use America's fine trawberries—but never, never se preservatives, artificial oloring or flavoring—you're ure to please millions.



Natural Born American Fruit

Plump, juicy grapes...strawberries bursting with goodness... tangy oranges, red ripe raspberries...Smucker's always picks great American crops. That's why every jar has the just-picked flavor Smucker's is famous for.



As American as...

Apple Pie. Or Red Raspberry Cookies. Or a perfect Orange Marmalade Glaze for chicken. Smucker's is a natural right out of the jar... and a naturally great ingredient, too!

Great American Recipes

We've got a lot of great ideas for enjoying Smucker's. Just write for Smucker's Great American Recipe Booklet. Mail this coupon and 25¢ for handling with a self-addressed stamped envelope (legal size please) to: Smucker's Great American Recipes, P.O. Box 717 Dept. 44, Medina, Ohio 44258.



Name_____

Address_____

City_____ State_____ Zip_____

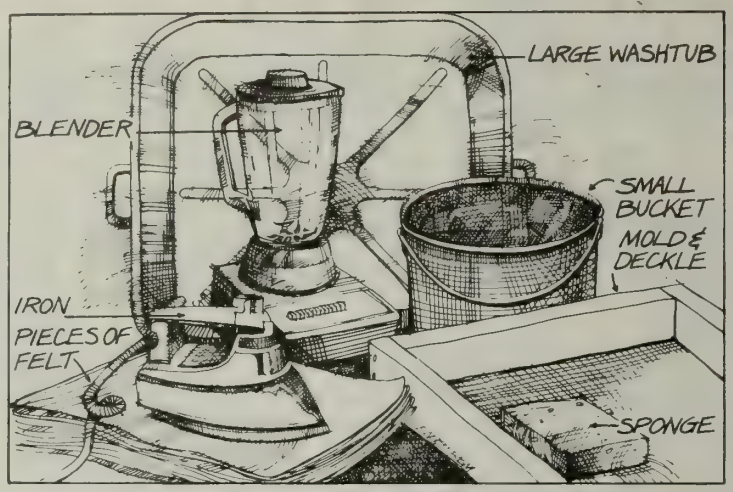
With a name like Smucker's, it has to be good.®

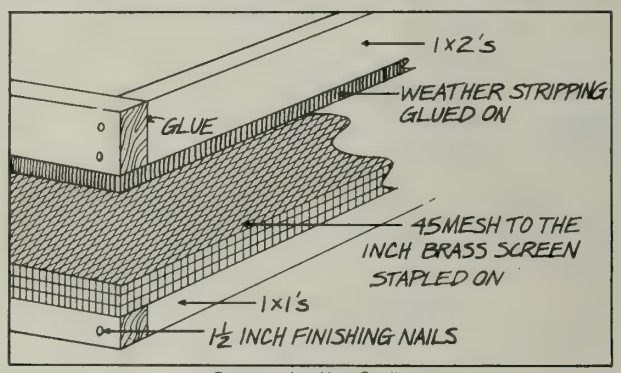
Handmade Paper How-To

Traditionally, handmade paper has required a great deal of expensive equipment, such as custom-made molds, a laboratory beater, large vats, and a professional press. But today, you can do the job handily at home with a few readily available materials.

The paper you create can be shaped or molded, plain or colored, layered or embedded, depending on how it's to be used. You might, for example, use the paper for watercoloring, drawing, writing, or for making unique paper collages, like those on pages 44 and 45.

To produce handsome handmade paper every time, simply follow the step-by-step instructions *below*.





Drawings: Les Hays Studio

Materials:

To begin the papermaking process, you will need the following materials: a large washtub, iron, sheets of scrap paper cut into small pieces, a small bucket, a heavy-duty kitchen blender, old wool blankets or pieces of felt cut into 2-foot squares, sponges, and a mold and deckle (see *below*).

Instructions:

1. To make a mold and deckle, refer to the diagram *above right*. Use standard-size pine lumber to build your mold and deckle (or use a harder wood, such as mahogany, to reduce the chance of warping). Wrap and staple 45- or 50-mesh-per-inch brass screening to a 14x16-inch frame made of 1x1-inch pine and nail another frame made of 1x1-inch pine to the bottom. Build a 14x16-inch deckle from 1x2-inch pine and glue rubber weather stripping to the bottom edge to ensure a tight bond and prevent slippage during the papermaking process.

2. Place 2 cups of water and 2 tablespoons of finely cut paper (about ½-inch pieces) into a blender and blend the paper and water for about 30 seconds, or until the pulp is completely macerated. (Use 100-percent rag paper or any newsprint, keeping colored stock separate from white stock.) Pour the blended pulp into a small bucket and repeat this procedure about 5 or 6 times more for each sheet of paper.

If desired, remove flecks or imperfections in the pulp with a spoon.

3. Stir the pulp with a spoon until the pulp is evenly mixed in the water. Add more water, if necessary, so the mixture is mostly water. To keep the finished paper from being too absorbent, add sizing to the mixture, such as 1 envelope of unflavored gelatin and 1 cup of hot water, 2 teaspoons of cornstarch and 1 cup of water, or 2 to 3 drops of white glue.

Add other additives to the mixture to achieve the desired color and texture. (A few suggestions are liquid fabric dye, dried flowers, natural grasses, grated vegetables, rope, and fur.) Stir the mixture thoroughly.

4. Place the deckle on top of the mold and place both pieces on the bottom of a large washtub. Fill the washtub with water until the water is 1 inch below the top of the deckle. (Make sure the water covers the screen completely.) Stir the pulp mixture again and pour it evenly over the screen.

Let the pulp settle for a few seconds. If some areas appear thin, stir the remaining pulp and pour it over the thin areas.

5. Let the screen remain in the tub for several minutes until the pulp forms an even coating on the screen. Lift the mold and deckle levelly out of the water and let the screen drain over the washtub to remove excess water.

6. Place the screen on a flat surface and remove the deckle, being careful not to disturb the wet paper. (The rough edges along the sides of the paper should now be visible.)

7. Turn the screen onto a wool blanket or a piece of felt to remove the paper from the screen. Press a damp sponge evenly on the back of the screen to remove as much excess water from the paper as possible. Tap the screen lightly to remove the paper and lift the screen completely off the paper. Cover the paper with a dry blanket or piece of felt. Press the blanket or felt with a hot iron to remove excess water. Turn the felt over and press the other side; then carefully peel off the top piece of felt. (If the paper sticks to the felt, replace the felt and press again.)

8. After you've removed the top piece of felt, cover the paper with a clean, dry sheet and press lightly.

Turn the piece over and press the felt side; carefully peel off the felt. Cover the paper with a sheet and press again.

9. Stack each piece of paper between clean sheets or pieces of felt to dry; cover the stack with a weighted board. Change the sheets or pieces of felt daily until the paper is completely dry.

There are over 3000 imported whiskies in America. Only one can be the best-seller.
That's V.O.
There's a reason why.

Taste!



More V.O. is bought than any other imported distilled spirit in America. More than any Scotch, Canadian, Rum, Gin, Vodka, Tequila. You name it.
Enjoy our quality in moderation.

V.O.

CANADIAN WHISKY. A BLEND OF CANADA'S FINEST WHISKIES. 6 YEARS OLD. 86.8 PROOF. SEAGRAM DISTILLERS CO., N.Y.C.

The Lowdown on Fiber Rugs

Once natural fiber rugs—those made of grasses, rushes, vegetable fibers, and corn husks—were confined to the solarium, but now they've moved into every room in the house.

Before you shop for a natural fiber rug, you'll need to know about its fiber content, quality, cost, and care. Here are the basics.

Types of fibers

Fiber rugs are made of many different materials. To select the rug that's best suited to your needs, you must know how different fibers perform.

Coir, made from unripe coconuts, is the strongest and most durable fiber used to weave rugs. But it's scarce, so coir rugs may be difficult to find. Coir fibers are naturally dark brown, but they also can be dyed other colors.

Sisal, made from the mature leaves of the tropical giant agave plant, is another durable fiber. When woven, it has a coarse texture. Sisal is creamy yellow in its natural state, though it may be bleached white.

Maize, a product made from corn husks, is woven into rugs in the Republic of China. This strong fiber is highly flexible and can be woven into many patterns. Maize is naturally white or tan, and the two shades are often interwoven into duotone squares.

Rush is a fairly strong grasslike fiber that varies in color from soft green to faded yellow. It is often woven into a circle-within-a-square pattern. Rush rugs from China are usually woven tighter than those made in Haiti.

Hemp is a cord, not a grass. This tough, durable fiber is usually woven into small squares that can be pieced.

Rice straw is used to make rough-textured, tightly woven rugs that are



most often golden brown in color.

Sea grass, a fragile fiber grown in Taiwan, is usually woven into delicate lacy patterns. It's the least expensive of the natural fibers.

Sizes and costs

Fiber rugs are available in small scatter-rug sizes, in individual nine- or 12-inch squares that can be pieced together, and by the yard in three-, nine-, and 12-foot widths.

Cost varies according to the fiber and the weave of the rug. A 9x12-foot sea grass rug can be purchased for under $100. A sturdier maize or corn husk rug of the same size costs about $130. A four-foot-diameter round rug can be purchased for as little as $15 to $25. The cost of an individual 12-inch-square starts at around 70 cents.

Use and care

Natural fiber rugs that are coarsely woven hold up well under heavy traffic. But their rope-like texture is not appropriate for barefoot areas such as bathrooms and bedrooms.

Lacily woven natural fiber rugs are usually made of more delicate fibers. Because of their fragility, these rugs should be used as decorative wall hangings, rather than floor coverings.

Natural fibers are antistatic, so they don't attract much dirt. You can remove everyday soil with the floor brush of your vacuum cleaner. If only one side of the rug looks soiled, simply flip the rug over. You also can clean a fiber rug with detergent and water. Brush the rug's surface with a mild detergent and water solution, then rinse the rug off with a hose. Hang the wet rug over a clothesline to dry in the sun. (Make sure the fibers dry quickly. If they remain damp, they will mildew and in time disintegrate.)

Because moisture can cause fiber rugs to deteriorate, they shouldn't be used on open porches or patios, or in damp basements. High humidity also can cause the fibers to shrink, so wall-to-wall fiber carpet isn't recommended for sultry climates.

Make this light 'n fruity pie in just 8 minutes with fresh fruit, COOL WHIP Topping, and any flavor JELL-O Gelatin. Delicious. Refreshing. Easy.

1.



Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice.

2.



Blend in Cool Whip®
non-dairy whipped topping; then whip until smooth.

3.



Fold in fruit. Chill, if necessary, until mixture will mound. Spoon into crust. Chill 2 hours. Garnish, if desired.

Light 'n Fruity Pie

1 pkg. (3 oz.) JELL-O® Brand Strawberry Flavor Gelatin, or any other flavor
⅔ cup boiling water
2 cups ice cubes
1 container (8 oz.) COOL WHIP® Non-Dairy Whipped Topping, thawed
1 cup fresh sliced strawberries (or sliced peaches, bananas or whole raspberries or blueberries)*
1 packaged graham cracker crust

*Optional

1 can (8¾ oz.) apricots, sliced peaches, drained and diced, or fruit cocktail, drained
1 can (8¼ oz.) crushed pineapple, drained



© 1981 General Foods Corporation
®Birds Eye, Cool Whip, and Jell-O are registered trademarks of General Foods Corporation.



KitchenAid versus other compactors.

The KitchenAid trash compactor has many advantages cheaper compactors don't give you.



A Litter Bin® door for quick throwaways.



A large capacity drawer with a Tilt-Away basket that can be used with or without trash bags. And an activated charcoal filter that eliminates odors.



Once you've used a KitchenAid compactor to squeeze a week's trash into one small load, you'll wonder how you ever got along without it. Find out more by sending for our free point-by-point comparison.

KitchenAid.®

Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

Buying Guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

HOW TO MAKE THE MOST OF A SMALL KITCHEN

Page 41: Track light, Lite-Trend by the Lighting Products Division, McGraw-Edison, 400 Busse Road, Elk Grove Village, IL 60007. Pressed metal ceiling—AA-Abbingdon Ceiling Co., 2149 Utica Ave., Dept. BHG, Brooklyn, NY 11234. Mixer—KitchenAid, Div. of Hobart Mfg. Co., Troy, OH 45374. Laminate—Wilsonart, 600 General Bruce Dr., Temple, TX 76501. Tile—Florida Tile Industries Inc., Box 447, Lakeland, FL 33802.
Page 43: Table and chairs—Sears, Roebuck & Co., Sears Tower, Chicago, IL 60684.

QUICK-AS-A-SNIP PAPER COLLAGES

Pages 44-45: Pantone papers—Letroset USA, Inc., 40 Eisenhower Dr., Paramuse, NJ 07652. Handmade papers—80 Papers, 80 Thompson St., New York, NY 10012. Spray adhesive—3M Company, Box 33211, St. Paul, MN 55133.

TABLE SETTINGS FOR A POSH BACKYARD PICNIC

Page 116 (table foreground): Dinnerware "Velvet"—Grindley Of Stoke, 277 Route 46, Fairfield, NJ 07006. Glassware "Adams"—Pilgrim Glass Corp., 225 Fifth Ave., New York, NY 10010. Stainless flatware "Hillsborough"—Lunt Silversmiths, 298 Federal St., Greenfield, MA 01301. Plaid napkins—Descamps, 723 Madison Ave., New York, NY 10019. Lace-bordered napkins—Walker Kitchens, P.O. Box 99166, San Francisco, CA 94109. Solid sheet as cloth "Rose Ultracale"—Wamsutta Mills, 111 W. 40th St., New York, NY 10018.
Page 117 (table background): Dinnerware "Lotus"—Metlox Potteries, P.O. Box 8, 1200 Morningside Dr., Manhattan Beach, CA 90266. Stainless flatware "Hillsborough"—Lunt Silversmiths (address above). All glassware—Colony Glass, 225 Fifth Ave., New York, NY 10010. Napkins—L'Art de Chine, 57-33 San Leandro St., Oakland, CA 94621. Bamboo tray—B & N Collection, 244 Fifth Ave., New York, NY 10001. Blue and white cloth—Descamps (address above). Solid sheet as cloth "Medium Blue Ultracale"—Wamsutta Mills (address above). Canvas for awning "Kanvastex"—Covington Fabrics Corp., 267 Fifth Ave., New York, NY 10016. **Inset closeup:** (everything on table same as above.)

FURNITURE ARRANGEMENTS THAT MAKE THE MOST OF SPACE

Page 120: Seating units—Sherwood Corp., P.O. Box 336, Spring City, TN 37381. Track lighting—Halo Lighting, Inc., Div. of McGraw Edison Co., 400 Busse Rd., Elk Grove Village, IL 60007. Desk lamp—George Kovacs, Inc., 831 Madison Ave., New York, NY 10021.
Page 121: Armchairs—Drexel Heritage Furnishings, Drexel, NC 28619. Floor lamps—Alsy Mfg. Co., 270 Duffy Ave., Hicksville, NY 11801. Oriental-style rugs—Karastan Rug Mills, 919 Third Ave., New York, NY 10022. Mini-blinds—Levolor Lorentzen, Inc., 720 Monroe St., Hoboken, NJ 07030.
Page 122 (upper): Mattress and pillow covers fabric—Tressard Fabrics, 979 Third Ave., New York, NY 10022. Wall-mounted lights—Koch & Lowy, Inc., 940 Third Ave., New York, NY 10022. Blinds—The LouverDrape Co., 1100 Colorado Ave., Santa Monica, CA 90401. (Lower right): Chairs—The Weiman Company, 2578 11th St., Rockford, IL 61101. Floor lamp—Castelli Furniture, Inc., 950 Third Ave., New York, NY 10022. Vertical blinds—The LouverDrape Co. (address above).
Page 123: Pillow fabric—Craig Fabrics, 979 Third Ave., New York, NY 10022. Sofa and chair upholstery fabric—Clarence House Ltd., 40 E. 57th St., New York, NY 10022.
Page 124: (upper): Sofa—Modern Trends, 220 West Kinzie, Chicago, IL 60611. (Lower): Chairs—Modern Trends (address above).
Page 125: All fabrics—Brunschwig & Fils, Inc., 979 Third Ave., New York, NY 10022. Secretary—Trouvailles, Inc., 64 Grove St., Watertown, MA 02172. Sofa table and coffee table—Mastercraft, 321 Terminal Dr. S.W., Grand Rapids, MI 49508.

EASY-DOES-IT SUMMER PARTIES

Page 126 (left): Grills—Weber-Stephen Products Co., 100 N. Hickory Ave., Arlington Heights, IL 60004. Snack tables—Crate & Barrel, 1510 N. Wells St., Chicago, IL 60610. Tray—Ingrid, 5547 N. Ravenswood, Chicago, IL 60640. Divided tray—Dayton's, 700 Nicollet Mall, Minneapolis, MN 55402. Bowls—Finel Waertsilae USA Inc., 225 Fifth Ave., New York, NY 10010.
Page 127 (top left): Sugar dispenser/syrup pitcher—The Eggshell, 205 Valley West Mall, West Des Moines, IA 50312. (Top right): Bowl with liner—Bloomingdale's, Lexington at 59th St., New York, NY 10022. Pitcher—Carbone, 348 Congress St., Boston, MA 02210. Tongs—Crate & Barrel (address above).
Page 128 (top): Basket—Destri Import, 225 Fifth Ave., New York, NY 10010. White plate—Rosenthal-Studio Haus, 584 Fifth Ave., New York, NY 10036. Wineglasses—Crate & Barrel (address above). Ice bucket—Finel Waertsilae USA Inc. (address above). Silver tray "Maybrook"—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421. (Bottom): Dinnerware: "Flower Song"—Lenox China, Inc., Lawrenceville, NJ 08648; "Something Blue"—Mikasa, 41 Madison Ave., New York, NY 10010. Glassware: "Regis Claret"—Fostoria Glass Co., 1200 1st St., Moundsville, WV 26041; "Regency"—Mikasa (address above); "Encanto"—Tiffin Crystal, P.O. Box 667, 4th Ave. & Vine St., Tiffin, OH 44883; "Allure"—Lenox Candles, Inc., P.O. Box 890, Oshkosh, WI 54901. Flatware: "Lace"—Oxford Hall Silversmith, Ltd., 225 Fifth Ave., New York, NY 10010; "Old South"—Oneida Silversmiths (address above); "Dresden Rose"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780.
Page 129 (top left): Silver tray "Joanne"—International Silver Co., 500 Research Pkwy., Meriden, CT 06450. Glasses—Arabia of Finland, 5603 Howard St., Niles, IL 60648. Plate "Flower Song"—Lenox China, Inc. (address above). Liqueur decanters—Wamsutta Carpet Mills, 111 W. 40th St., New York, NY 10018. (Bottom right): Silver bowl—International Silver Co. (address above). Platter "Dubarry"—International Silver Co. (address above). Wineglasses—Crate & Barrel (address above).
Page 131 (bottom right): Large basket (front)—Rosenthal Netter Inc., 2750 N. Broad, Philadelphia, PA 19132.

PRIZE TESTED RECIPES

Page 161 (left): Forks "Will 'O' Wisp"—Oneida Silversmiths, Kenwood Station, Oneida, NY 13421. (Right): Spoon—Alper Wooden Bowl Co., Hedges Pond Rd., Cedarville, MA 02360.
Page 162 (middle left): Plastic ware—Oakhill Ind., 244 E. 58th St., New York, NY 10022. (Middle right): Trivet—Kalmar Designs Inc., Merrick Rd., & Beech St., Wantagh, NY 11793. (Far right): Plate "Butterscotch"—Pfaltzgraff Co., 140 E. Market St., York, PA 17401.

A touch of womanhood in a high potency vitamin.

Water-soluble vitamins

Unlike fat-soluble vitamins and most minerals, the water-soluble B complex and C vitamins are not stored in heavy reserve. They must be replaced daily.

Stress/vitamin demand

Daily stress conditions such as chronic overwork, fad dieting or even too much smoking or drinking can put an increased demand on your B complex and C vitamin supply. A greater demand than an inadequate diet may provide.

B complex

Along with 12 mcg. of B_{12}, this high potency formula contains the full line up of key B complex vitamins. It even includes Folic Acid—an essential factor in building red blood cells.

Vitamin C

In every tablet, there's 600 mg. of Vitamin C, another important water-soluble vitamin which the body demands daily and uses in above normal amounts during periods of stress.

Vitamin E

STRESSTABS® 600 with Iron contains 30 units of Vitamin E.



Iron

And that touch of womanhood. 27 mg. of Iron, to tailor this stress formula to the special needs of many young women.

STRESSTABS® by Lederle.

The Stress Formula Vitamins preferred by physicians.

Look for the Lederle mark on every STRESSTABS® package. If it doesn't say Lederle, it's not the real STRESSTABS.®



© Lederle Laboratories, 1981

334-1

GIVE YOUR DRINKS OUR GOOD NAME.

The smooth and refreshing taste of Seagram's Gin
makes the best drinks possible. Enjoy our quality in moderation.

Seagram's



100% NEUTRAL SPIRITS. DISTILLED FROM GRAIN. 80 PROOF. SEAGRAM [illegible], NEW YORK, NEW YORK.

Judy Crawford

How to Help Your Pet Beat the Heat

Summertime can signal potentially serious health problems for your pet. Dogs particularly find heat and humidity hard to handle. And while cats usually tolerate hot weather better, they're not immune to the hazards and discomforts of summer. It's up to you to help your pet beat the heat by staying alert to his hot weather needs and taking a few simple precautions.

Heat stroke

During summer months, the most serious pet threat is heat stroke, which can severely damage your pet's central nervous system and may even be fatal unless he gets immediate attention. The reason he's particularly susceptible to heat stroke is that he doesn't have an extensive network of sweat glands as you do (though he perspires a bit through his footpads). Panting is the main way dogs and cats get rid of excess body heat.

Be alert to the following signs of heat stroke: heavy panting; an anxious, staring expression; salivating; rapid pulse rate; very high body temperature; dizziness; vomiting; even faintness or collapse. If you suspect your pet is having a heat stroke, immediately try to lower his body temperature. Get him into the shade and immerse him up to his neck in cool tap water (if a bathtub or sink is handy). Or try hosing down your pet or sponging him with cool water (don't use ice-cold water—the shock could kill him). At the same time, gently massage him to stimulate circulation.

You'll have to judge which is the quickest and most effective treatment, depending on your situation. But whatever procedure you follow, be sure to call your veterinarian as soon as possible. He can tell you precisely what to do until you can get your pet to his or her office.

Short-nosed breeds like bulldogs, pugs, and Pekingese run the greatest risk of heat stroke. Overweight animals also are likely heat stroke victims.

You're increasing your pet's chances of heat stroke any time you leave him in a car during summer. If you must confine him to a parked car, make sure it's in the shade and the windows are rolled down at least a couple of inches all the way around (but don't leave enough space for your pet to jump out). Then return to the car *every few minutes* to make sure your pet doesn't become overheated.

Parasites and allergies

Parasites have a heyday in hot weather. They not only can make your pet miserable, but some can carry diseases as well.

Be on the lookout for signs of internal parasites like roundworms, whipworms, hookworms, tapeworms, and heartworms. If you suspect your pet has worms of any kind, don't try to remedy the problem yourself. Take a stool sample to your veterinarian and if he finds worms, let him prescribe proper treatment. A blood test will be necessary to determine if your dog has heartworms. You can protect your dog from this life-threatening parasite by getting a medicated supplement from your veterinarian and adding it to your pet's food daily during mosquito season. Just be certain your dog is free of the parasite before you start any heartworm medication.

Commercial flea and tick collars, sprays, and/or powders usually can keep fleas and ticks from bothering your pet (these products also may work on pests like flies, gnats, and mosquitoes). Before using any such product on your cat, be sure to read the label to make sure it's safe for felines. If your pet's flea problem is severe, your veterinarian can recommend appropriate treatment. Never use a bug repellent that's intended for people on your pet.

Hot weather also can aggravate seasonal allergies. If your pet sneezes, scratches, has watery eyes, etc., for no apparent reason, take him to your veterinarian for diagnosis and treatment. While allergies can't be cured, the symptoms often can be controlled.

Because your dog or cat probably will be spending more time outdoors in summer and associating more with other animals, ask the veterinarian to bring your pet's vaccinations up to date. This protection can be a real money-saver in the long run.

More potential problems

Avoid exposing your pet to glaring midday sun. At the beach, for instance, find your dog a shady spot where he can rest (even so, the reflected glare of the sun on the sand could cause sunburn). If he likes to swim, rinse him thoroughly at the end of the day (saltwater can sting his skin and feet, and hot sand may even burn his footpads). Remember, too, that light-coated, pink-skinned animals are especially susceptible to sunburn.

Whether you're off on a family outing or just walking around the neighborhood, let your pet set his own pace. Schedule his daily exercise in the evening or early morning and avoid pavement and similar surfaces that tend to retain heat. Also warn children not to roughhouse with your pet in the heat of the day.

Grooming pointers

Grooming is essential for your pet's summertime health and comfort. But contrary to popular belief, it's not advisable to have a long-haired pet's coat cut short or thinned as a cooling measure. The fact is, your pet's coat

continued on page 86

©1981 B&W

The pleasure is back.



BARCLAY

99% tar free.™

Also available in 100's and Box

Kings and Box, 1 mg. "tar", 0.2 mg. nicotine,
100's, 3 mg. "tar", 0.4 mg. nicotine
av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.





shady all day long, and keep the house well-ventilated and clean to discourage parasites. Cedar shavings replaced frequently make good bedding material. If your dog sleeps on a blanket, it should be laundered often.

Make sure both dogs and cats have a shady spot where they can get out of the sun when they're outdoors. If there are no trees or shrubs, create some shade by putting a wide bench or low table outdoors where your pet can retreat to escape the sun's rays.

Your pet's diet may require special attention in hot weather, too. See that clean, fresh water always is available to him outdoors or indoors (and be sure to keep his water dish out of the sun). You may need to cut back on your pet's rations. Usually outdoor pets eat only about three-fourths as much in summer as they do when the weather is cooler. And it's best to feed your dog or cat in the cool of the early morning and evening.

Food poisoning is a common pet affliction when the weather is hot. If you give your dog bones, don't let them lie around for more than a day. Keeping bones in the freezer makes them more refreshing to chew on, and postpones rotting, which attracts flies and other pests.

Now is a good time to make a thorough inspection of house, yard, and garage for materials like charcoal starter, gasoline, and various lawn and paint products that could poison your pet. Antifreeze can be especially harmful to your pet. Make sure that you never leave any of these dangerous chemicals in open cans, bottles, or other containers where your dog or cat can reach them.

continued from page 83

How to help your pet beat the heat

helps to insulate him from the heat as well as the cold. A haircut reduces that protection and also makes your pet more vulnerable to pesky insects.

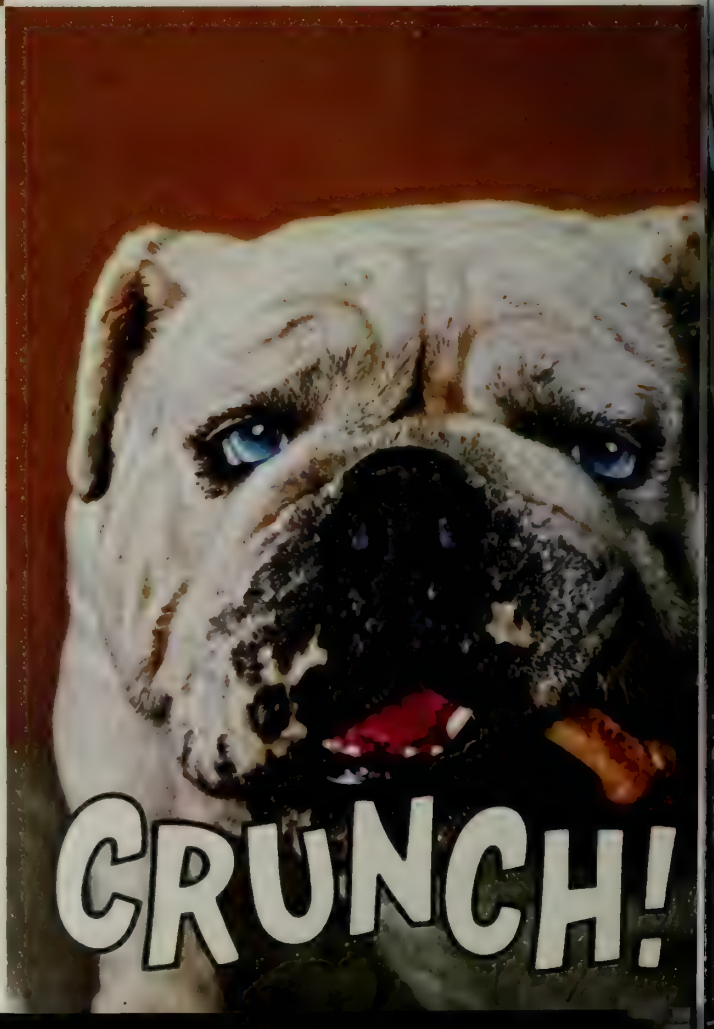
Regular brushing is a summertime grooming must, since your pet is likely to shed a substantial part of his winter coat during summer. And frequent brushing also will help you spot bothersome fleas or ticks before they become a serious problem.

To give your pet a refreshing lift, you can mist him with cold water from the same kind of container you use on plants, and wipe his face with a cool damp cloth. (Cats, of course, may object to both of these "favors.") Also check your pet's ears and footpads periodically for burrs, sharp seeds, and other irritants that can create painful sores.

Shelter and diet

Cool, comfortable quarters are a necessity for your pet in hot weather. If you're away from home all day and your dog or cat stays indoors, you can help him stay cool (even without air conditioning) by misting him with cold water before you leave and making sure he has access to a tile or concrete floor in a dark room.

Outdoors, place your pet's house in a spot that stays



Bonus Offer:

Free time next year when you use Rust-Oleum® this year.

Inside every can of Rust-Oleum is at least a couple of weekends worth of free time. That's because you can forget scraping and sanding away rust every year. The Rust-Oleum two-coat system gives you rust protection that lasts.



Rust-Oleum's special primer penetrates rust and drives out air and moisture. Then the Rust-Oleum top coat forms a weather-tough bond that resists fading and rusting. Pick any of 40 terrific colors.

Skip work next year with Rust-Oleum this year.



RUST-OLEUM CORPORATION
11 HAWTHORN PARKWAY, VERNON HILLS IL 60061

© 1981 Rust-Oleum Corporation U.S.A.

GETTING ONLY ONE CAVITY A YEAR SOUNDS GOOD.

UNTIL YOU MULTIPLY BY 10 YEARS.



INTRODUCING ADVANCED FORMULA CREST.

BECAUSE ANY CAVITY YOU GET IS TOO MANY CAVITIES.



At first glance, one cavity a year seems retty good. Until you do some basic arithetic. 1 cavity a year x 10 years = 10 holes your kids' teeth. Is that what you want for our children? If you're like most parents, e answer is an unequivocal "No!"

We think you'll agree that any cavity ou get is too many cavities. That's why we roudly announce a totally new Advanced ormula Crest.

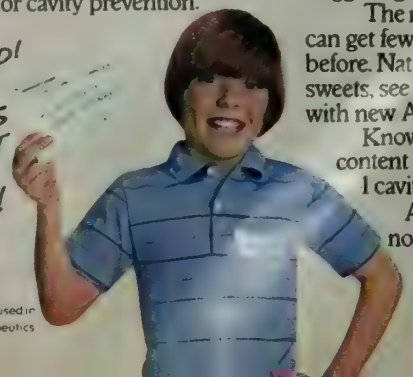
NEW CREST WITH FLUORISTAT. OW, GET FEWER CAVITIES WITH CREST THAN YOU EVER GOT BEFORE.

If you think you were getting great heckups with old Crest, just wait until you y new Advanced Formula Crest.

A major clinical study has shown that or every 4 cavities old Crest prevented, new Crest prevented almost 7. This dramatic improvement means now you can get fewer cavities with Crest than you ever got before.

You see, new Advanced Formula Crest has a new and different cavity-fighting system called Fluoristat. No, we didn't add more cavity-fighting ingredients to new Crest. Instead, our scientists discovered a new cavity-fighting system that actually works harder for you than old Crest did.

So you might say that now there's a whole new Crest for cavity prevention.



NEVER HAS A NEW TOOTHPASTE BEEN TESTED SO MUCH BY SO MANY.

New Advanced Formula Crest is backed up by the largest clinical tests ever performed on a toothpaste. These exhaustive tests lasted for 3 solid years involving almost 5,000 kids. We conducted over 10,000 dental checkups and examined a staggering 250,000 teeth.

The results have shown that now you can get fewer cavities with Crest than ever before. Naturally, you still have to watch sweets, see your dentist, and brush often with new Advanced Formula Crest.

Knowing all this, can you still be content with your kids getting only 1 cavity a year?

After all, in 10 years, it'll be nothing to smile about.

"Crest has been shown to be an effective decay preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care." Council on Dental Therapeutics American Dental Association. ©1981 The Procter & Gamble Company

Dan Kaercher

Are You Getting Enough Vitamins?

Vitamins. Scientists know we can't live without them, but many people disagree about the exact amounts we need. Most physicians and nutritionists say the average healthy person who eats a well-balanced diet doesn't need extra vitamins or minerals. But advocates of supplements ask "Who's average?" "What's healthy?" and "How many of us eat a balanced diet?"

Widespread concerns about disease prevention and physical fitness have pushed sales of dietary supplements beyond the billion-dollar mark. Scan the vitamin shelf at the drugstore or supermarket—chances are you'll be bewildered if not downright intimidated by the wide selection of products vying for your attention.

It's easy to find advice about vitamins and minerals, but it's hard to evaluate all the claims that are made. One thing is certain: Nobody has all the answers. Yet there is a consensus among leading physicians and nutritionists about the basic rules for using supplements sensibly. Here's how the authorities answer some of the most commonly asked questions about vitamin and mineral requirements.

Q Just what are vitamins and minerals?

A *Vitamins* are organic substances that are essential to the many chemical reactions necessary to sustain life. Unlike most of the chemicals our bodies use, the dozen or so basic vitamins cannot be produced internally (one exception is vitamin D, which can be made in the skin with exposure to sunlight). Some vitamins perform their jobs in infinitesimally small amounts: For example, just one ounce of vitamin B_{12} would supply the daily needs of over one million people.

Minerals are inorganic substances that help maintain the body's chemical balance and build bones, teeth, and tissues. Some minerals, like calcium, phosphorus, and potassium, are needed in relatively large amounts. Others, called "trace minerals," are sufficient in smaller amounts (these minerals include iron, iodine, and zinc).

Many over-the-counter dietary supplements contain a mixture of essential vitamins and minerals. Most nonprescription supplements, including those labeled "high potency," contain vitamins and/or minerals in amounts that are considered safe (if sometimes unnecessarily high).

Q If you take a daily dietary supplement, do you still need to eat a balanced diet?

A Absolutely. Man does not live by vitamins alone. You need about 40 nutrients to stay healthy—including proteins, carbohydrates, and fats as well as vitamins and minerals. The more variety in your diet, the better off you are. Choose from these basic food groups—meat, poultry, fish, and legumes; dairy products; cereals and bread; and fruits and vegetables.

According to the Food and Drug Administration, a balanced diet that meets the U.S. Recommended Daily Allowances (U.S. RDAs) for vitamins A, B_1 (thiamine), B_2 (riboflavin), C, and D will almost always provide necessary amounts of other vitamins. Most physicians and nutritionists would agree. However, those who recommend vitamin supplements argue that because of poor eating habits, highly processed foods, and dieting, many Americans don't eat a well-balanced diet.

Q What are RDAs and U.S. RDAs?

A *Recommended Dietary Allowances (RDAs)* for 17 essential nutrients are established by the Committee on Dietary Allowances of the Food and Nutrition Board of the National Academy of Sciences. Since they were first published in 1943, RDAs have been accepted as the amounts that are sufficient for almost all healthy individuals in various age, sex, and weight categories.

RDAs for vitamins and minerals are updated about every five years. In 1980, for example, the scientists who review current research findings and revise RDAs increased their recommendations for vitamins C, B_6 (pyridoxine), and iodine.

While RDAs are set for specific population groups and are used principally by health and nutrition professionals, *U.S. Recommended Daily Allowances (U.S. RDAs)* have been developed by the Food and Drug Administration principally for consumer use. U.S. RDAs found on vitamin and mineral supplement labels are *average* allowances (often the highest RDA amounts), usually intended to meet the needs of all persons aged four and older.

Q Who needs supplements most?

A The debate about whether the "average" American needs to take dietary supplements is sure to continue for years. However, there is agreement on who is most likely to have special needs:

- Women of child-bearing age need more iron than the rest of us, and women who are pregnant or nursing may need to further supplement their diets with other vitamins and minerals (particularly folic acid).
- Dieters who eat less than 1,200-1,500 calories per day, or who eliminate certain foods from the diet completely, may need supplements—especially when dieting lasts several weeks or longer.
- Vegetarians who eliminate all animal foods from the diet probably should supplement calcium and riboflavin and perhaps vitamin B_{12}. However, these nutrients are readily available in milk and milk products and eggs, which are acceptable to many vegetarians.
- Elderly persons, especially those who are apathetic about eating a proper diet, may need dietary supplements.
- Persons who have specific digestive

continued

(Advertisement)

Do you see your mother in the mirror?



True, you've always enjoyed being told, "Aren't you lucky to have your mother's beautiful eyes" or "You and your mother have the same wonderful smile." It's flattering to have people mention the family resemblance. Your mother's an attractive woman and you think she looks terrific for her age. But she is, after all, years older than you. So it's a bit of a jolt to look into the mirror one morning and hear your inner voice say, "You're beginning to look just like your mother."

Before anyone else (your husband perhaps) voices the same sort of comment, discover the secret shared by younger-looking women in many countries around the world, the secret of a mysterious beauty fluid that can help you look younger. In the United States this remarkable beauty fluid is known as Oil of Olay.®

The very first time you experience Oil of Olay, you'll recognize that it's unique. This delicately rich blend of tropical oil and precious emollients is similar to the natural fluids plentiful in younger skin... fluids that must be in proper balance for you to look just as young as you can. Oil of Olay penetrates quickly, instantly beginning to work with nature to help replenish those vital fluids that time and the environment can steal away each day of your life. Watch the skin-cherishing fluid disappear into your skin before your very eyes. You'll feel a satiny softness, a silken smoothness as dryness is eased away. And, one of the things you'll appreciate most about the remarkable beauty fluid, there's never a trace of greasiness. You'll see a fresh radiance return, the kind of healthy-looking glow you probably never expected to see again. Sooner than you'd think possible, those little wrinkle lines that make you look older than you like actually begin to fade from view.

Of course, it's a pleasure to see a younger-looking you reflected in your mirror. But it's also nice to know that the change you see is apparent to other people as well. Who do you suppose will be the first to comment on the difference? Maybe it will be your mother herself! Will you keep your secret or share it with her?

When does the mysterious beauty fluid fit into your life? If you're like millions of younger-looking women around the world, you'll make Oil of Olay an integral part of your daily beauty ritual. Lavish the beauty fluid over your face and throat first thing in the morning after washing or cleansing, to help replenish your skin's natural fluids and help bring them into the proper delicate balance. Again last thing at night, to let your skin sleep for hours in a misty, moist climate of its very own. Any other time your skin feels dry or uncomfortable... after sunbathing, when you've been exposed to too much air conditioning, or if you've been spending a lot of time outdoors... gentle the beauty fluid over your face and throat to help maintain your skin's reservoir of essential fluids.

Knowledgeable women in countries around the world know that Oil of Olay is remarkable under makeup. Join them. You'll find your foundation, blusher, highlighter all sleek on easily and evenly in seconds over your newly smoothed skin and remain fresh-looking and wonderfully color true.

Look into the mirror. Certainly it's nice to have inherited your mother's beautiful eyes and wonderful smile. But if you honestly think you're beginning to look too much like her too soon, this is the moment for you to discover the secret of Oil of Olay to help you look younger.

Beauty Secret

● After you've shampooed your hair and wrapped your head in a towel turban, take a moment to gentle Oil of Olay® Beauty Fluid on your face and all over your throat, right up to the hairline. Remember how nice it is to be kissed on the nape of the neck?



continued

Vitamins

dissorders, infections, or vitamin deficiency diseases, or who take certain drugs (sometimes including birth control pills) may need supplements.

• Others who may require vitamin supplements include smokers (research indicates they may need added vitamin C) and heavy drinkers (who may be consuming too many "empty calories" in the form of alcohol). However, in both these instances, the healthiest way to correct the problem is to kick the offending habit.

Q What are the vitamin deficiency diseases?

A A lack of vitamins is in itself the medical problem in some conditions. These include scurvy (resulting from a lack of vitamin C) and rickets (vitamin D). Such disorders were widespread in the U.S. at the beginning of this century, but they are rare today mainly because many food products are being fortified with critical vitamins and minerals. When deficiency diseases do occur, doctors may prescribe from five to ten times the RDA over a period of weeks or sometimes just days.

Q What are megavitamin dosages?

A Megavitamin dosages are loosely defined as ranging anywhere from ten to 100 to 1,000 times the RDA. Such "megadoses" may be prescribed by physicians in rare instances to treat specific disorders that interfere with the body's ability to absorb or utilize vitamins from foods. Medical researchers also have used "megadoses" in controversial orthomolecular therapies to treat serious disorders ranging from schizophrenia to cancer. For the average person, self-prescribed "megadoses" of vitamins are unnecessary and unsafe.

Q What are the risks of "megadoses"?

A Vitamins don't work alone—they interact with each other and with other substances in the body. Taking an excessive amount of one vitamin or mineral can disrupt the body's delicate chemical equilibrium with harmful, even fatal, results. Massive doses of certain vitamins also may influence the results of medical tests—such as those used to detect bowel cancer and blood tests for sugar. Perhaps the greatest danger of "megadosing" is that it may lead to a false sense of security: You might procrastinate about seeing a physician and thus fail to have a serious medical disorder treated.

Q What vitamins are potentially most dangerous?

A Vitamins A and D are fat-soluble, which means that any excess can be stored in the body. Large amounts, if taken regularly over an extended period of time, can build up to dangerously high levels. Most other vitamins are water-soluble; any excess usually is passed in the urine rather than retained in the body.

Hypervitaminosis A (excessive intake of vitamin A) can lead to liver and spleen enlargement, severe headaches,

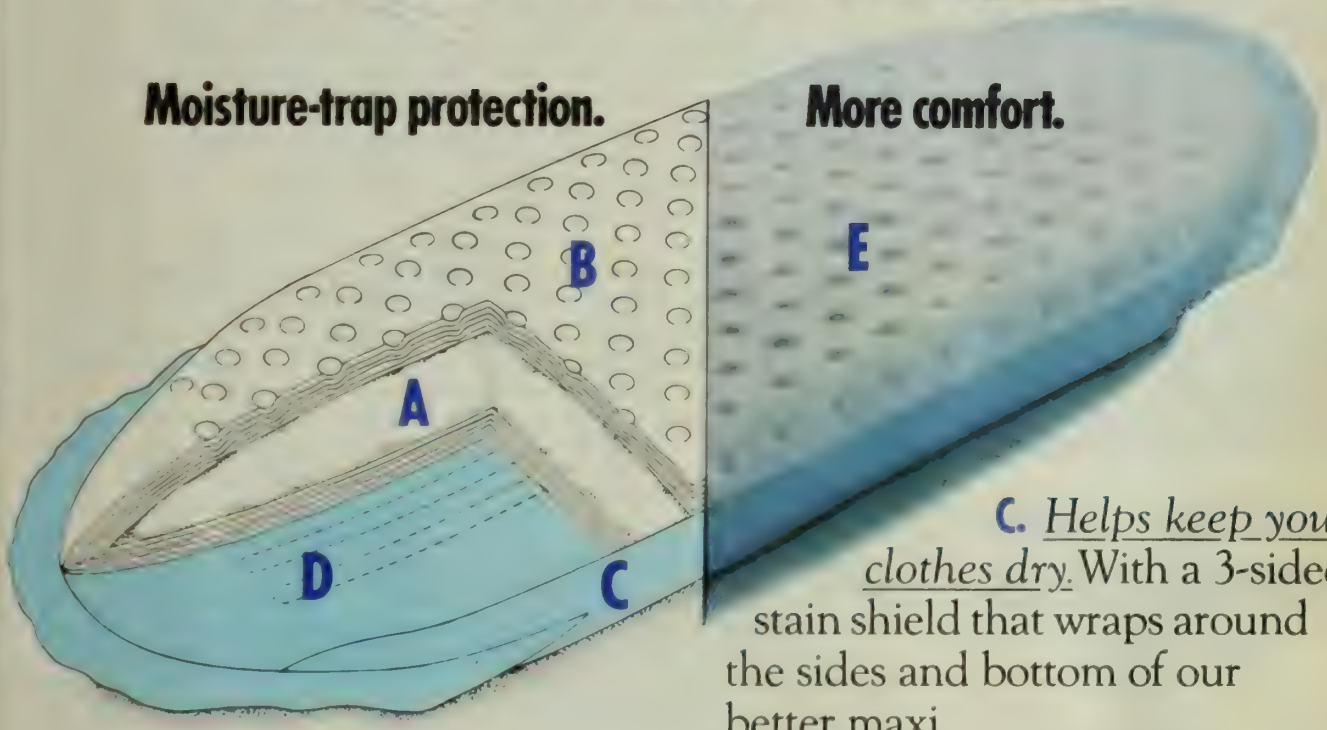
continued



NEW FREEDOM® BUILDS A BETTER MAXI.

Moisture-trap protection.

More comfort.



The New Freedom "Moisture Trap" Maxi Pad. Big-pad protection and greater comfort make it better than the leading pad.

A. *Helps keep moisture deep inside the pad.* With 15 extra-absorbent layers that *trap* wetness in millions of tiny pockets.

B. *Keeps you drier.* With a one-way stay-dry cover that won't let moisture back near your skin.

C. *Helps keep your clothes dry.* With a 3-sided stain shield that wraps around the sides and bottom of our better maxi.

D. *Keeps your protection in place.* With two strong adhesive strips that help prevent "bunching" and "slipping."

E. *Keeps you more comfortable.* With rounded corners and tapered ends. No other maxi has them. No other maxi pad is as comfortable.



THE NEW FREEDOM® PAD

It's not just beltless. It's better.

© Kimberly-Clark Corp 1980

Vivarin®
keeps you
going



when the
going gets
rough.

Working overtime? Beginning to feel the strain? Take a Vivarin Stimulant Tablet.

Vivarin's active ingredient is caffeine. It's like having two cups of coffee squeezed into one little tablet.

Whether you're studying, driving, or working late, you'll stay alert for hours.



Read label for directions

continued

Vitamins

vomiting, loss of body hair, peeling skin, and pain in bones and joints. Too much vitamin D can increase calcium in the blood, leading to diarrhea, vomiting, calcification of soft tissues, and kidney damage. Even "megadoses" of water-soluble vitamin C (ascorbic acid) may trigger diarrhea, as well as kidney stones and gout attacks in susceptible persons.

Overdoses of certain minerals can be dangerous, too: Hundreds of children are treated for accidental poisoning each year after ingesting iron supplements (safety caps are now required for supplement bottles containing 500 mg or more of iron).

Q Do medicines interact with vitamins?

A Yes. Neurologists often prescribe vitamin D supplements for patients taking antiepilepsy drugs such as phenobarbitol or Dilantin, which can block vitamin D. Isoniazid, used to treat tuberculosis, interferes with the action of vitamin B_6. Certain diuretics are known to deplete potassium stored in the body. Birth control pills that are high in estrogen may increase the need for vitamin B_6 in some women.

Conversely, vitamins can interfere with drugs, too. Persons who are taking the drug L-dopa for parkinsonism are advised not to take B_6 without their physicians' knowledge, for example.

The above reactions generally are taken into account by physicians. But you're on your own when you self-prescribe excessive doses of over-the-counter laxatives (which may deplete potassium in the body) and antacids (which can interfere with phosphorus and calcium absorption). You should see a doctor if you are regularly taking large doses of self-prescribed laxatives or antacids.

Q Is there any difference between natural and synthetic vitamins?

A No. Physicians and nutritionists say vitamin products promoted as being "natural" are no different from "synthetic" supplements—except in price (the "naturals" cost more). Furthermore, authorities say there is no difference in the efficacy of vitamins that come from "natural" sources, vitamin-fortified foods, and vitamin pills (although eating a balanced diet rather than relying excessively on supplements is more likely to assure that you get *all* the nutrients you need).

Q What about all the specific claims that are made for vitamins and minerals?

A Does vitamin A prevent cancer, cure acne, or help treat learning disabilities? Will vitamin E restore sexual potency or add years to your life? Does zinc help ward off heart disease? Will vitamin B_{12} give you more energy? Do B vitamins generally make you sharper mentally?

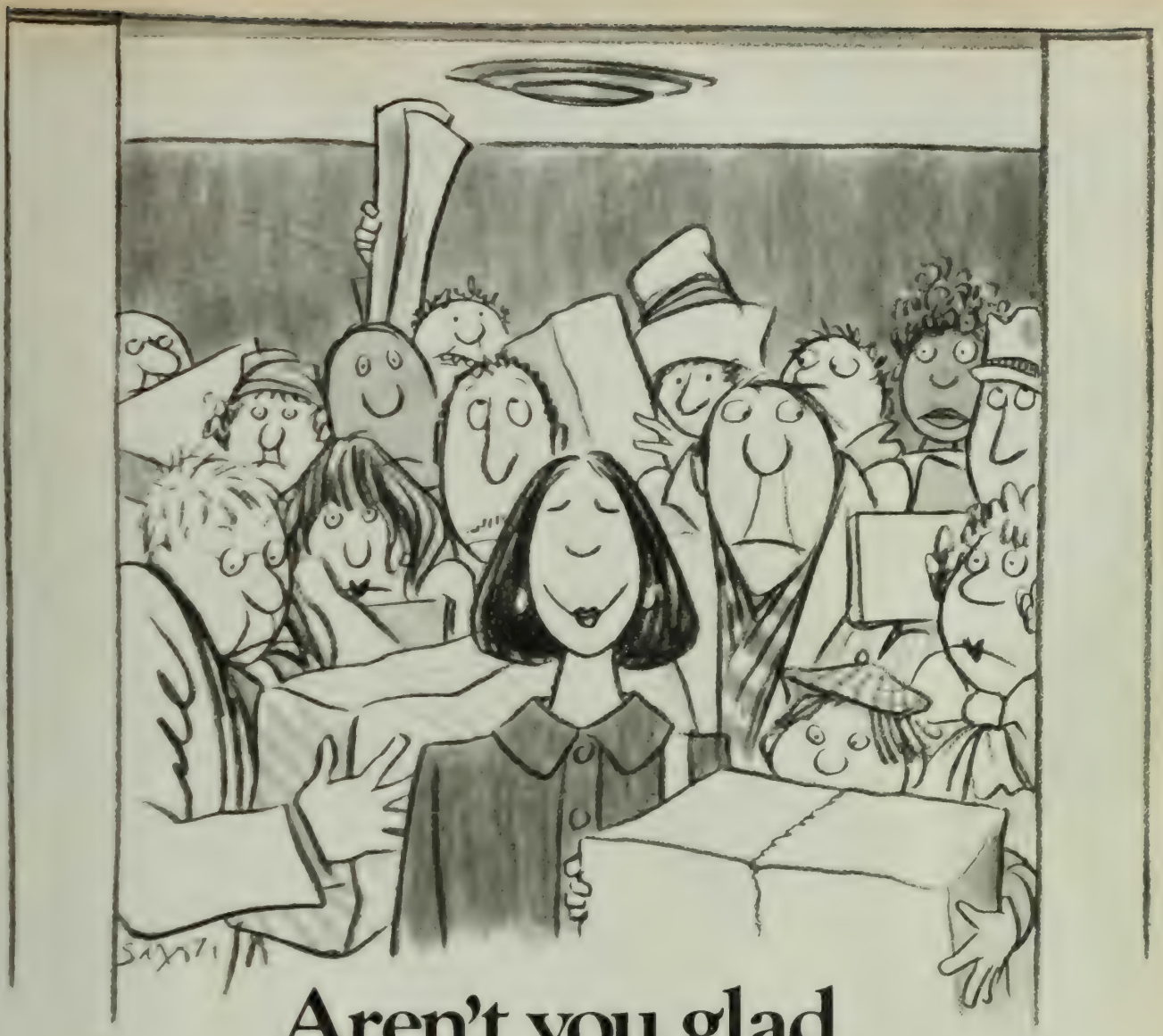
The list of preventive, restorative, and curative claims that are made for various vitamins and minerals grows longer each year. Some of these claims may well be verified in years to come after painstaking research. Most won't. In the meantime, the best advice is to think twice before taking large doses of any vitamin or mineral. Be skeptical of any dietary supplement that promises the user "miraculous" results—any substantiation usually is weak at best.

No article on vitamins is complete these days without a pronouncement about vitamin C and the common cold. Here's ours: Although there are indications that vitamin C may alleviate some cold symptoms, studies have failed to substantiate the claim that vitamin C prevents colds. But if you're one of those who swears by C and haven't had a cold in years, just make sure you don't overdose.

Q Whom should you consult for specific advice about nutrition and your health?

A In recent years, physicians have been charged with being uninformed about and/or uninterested in nutrition. However, medical schools today are emphasizing nutrition much more than they did in the past. The fact remains that no one is better qualified to evaluate your diet in the context of your overall state of health than a competent physician. If you want further nutrition counseling after talking to your physician, ask him or her to refer you to a qualified nutritionist or a dietician.

continued



Aren't you glad you use Dial?

Dial,* the best-selling deodorant soap, has twice the active deodorant ingredient as the #2 brand.

Twice as much to get rid of the bacteria that cause odor.

And twice as much to keep you feeling clean. Fresh. And confident. All day long.

And all in a formula that's mild and gentle enough for your whole family to use.

Aren't you glad?

Dial. With twice the active deodorant ingredient.



15¢ STORE COUPON

Save 15¢ on 4 bars of Dial Soap.

STORE COUPON 15¢

ATTENTION CONSUMER. This coupon good only for the product designated only **one** coupon redeemed per purchase. Any other use constitutes fraud. **DEALER**: You are authorized to act as our agent for redemption of this coupon. We will reimburse you for the face value (or if coupon calls for free goods we will reimburse you for your regular price of the free goods) plus 7¢ handling, provided you and the consumer have complied with the terms of this offer. Coupons will not be honored if presented by third parties not authorized by us. Any attempt to redeem this coupon other than provided herein will not be honored. **OFFER TERMS**: This coupon is good only when redeemed with purchase or selection of specified brand by consumer and is not assignable and may not be reproduced. Mint condition and gangcut coupons will not be redeemed. Invoices showing your purchase within the last ninety (90) days of sufficient stock to cover coupons redeemed must be made available on request. Sales tax must be paid by consumer. Void where prohibited or regulated. Good only in U.S.A. Cash value 1/100 cent. Ship coupons at our expense to **ADC Redemption Center**, Box 29046, Phoenix, AZ 85038. Offer limited to one coupon per specified product and size. Offer expires **March 31, 1982**

STORE COUPON

15¢

©1981 Armour-Dial, Inc

JUNBHG



continued

Vitamins

Basic vitamins and what they do for you

A Needed for growth of bones and teeth, and for good vision and healthy skin and hair. U.S. RDA: 5,000 International Units (IU).

D Necessary for strong teeth and bones. Helps the body utilize calcium and phosphorus. Prevents rickets. U.S RDA: 400 IU.

E Essential for the proper functioning of red blood cells and to protect essential fatty acids. U.S. RDA: 30 IU.

C (ascorbic acid) Essential for the development of healthy teeth, gums, and bones. Builds strong body cells and blood vessels. U.S. RDA: 60 milligrams (mg).

B_1 (thiamine) Necessary for the proper functioning of the heart and nervous system. Prevents beriberi. U.S. RDA: 1.5 mg.

B_2 (riboflavin) Necessary for healthy skin and essential for building and maintaining body tissues. U.S. RDA: 1.7 mg.

B_3 (niacin) Necessary for utilization of energy contained in foods. Prevents pellagra, a deficiency disorder. U.S. RDA: 20 mg.

B_6 (pyridoxine) Important for maintaining healthy teeth and gums, red blood cells, and the nervous system. U.S. RDA: 2.0 mg.

B_{12} (cyanocobalamin) Helps prevent certain forms of anemia and contributes to the health of the nervous system and the proper development of children. U.S. RDA: 6 micrograms (mcg).

Biotin Necessary in the body's synthesis and utilization of carbohydrates, proteins, and fats in foods. U.S. RDA: 0.3 mg.

Pantothenic acid Helps the body use fats, carbohydrates, and proteins. U.S. RDA: 10 mg.

Folic acid or folacin Assists in the formation of red blood cells and helps prevent certain forms of anemia. U.S. RDA: 0.4 mg.

Minerals frequently found in supplements

Calcium Essential for developing and maintaining strong bones and teeth. Important for normal blood clotting, heartbeat, transmission of nerve impulses, and muscle contraction. U.S. RDA: 1.0 gram (g).

Phosphorus Essential for utilization of energy, muscle action, and nerve transmission. Along with calcium, essential for formation of bones and teeth. U.S. RDA: 1.0 g.

Magnesium Essential for energy conversions in the body. U.S. RDA: 400 mg.

Iron Essential for red blood cell formation. Lack of iron can cause iron-deficiency anemia. U.S. RDA: 18 mg.

Zinc Needed for protein synthesis, growth, and development. U.S. RDA: 15 mg.

Iodine Necessary for proper functioning of the thyroid gland. Deficiency can result in neck swelling, which is a symptom of simple goiter. U.S. RDA: 150 mcg.

Copper Essential in the action of enzyme systems and normal functioning of the central nervous system. U.S. RDA: 2.0 mg.



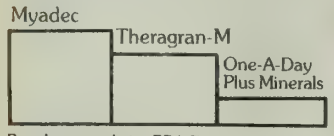
THE BOLD LOOK
OF **KOHLER**

At the edge of your imagination, drudgery is transformed into delight. The exquisite Epicurean kitchen sink. Includes two basins, wooden drainboard, and hardwood cutting board. Available in a variety of unforgettable colors. Shown here in Sequoia, with Alterna faucet. For a complete, full-color catalog of imaginative Kohler concepts for kitchen, bath, and powder room, contact your Kohler dealer listed in the Yellow Pages or send one dollar to Kohler Company, Dept. AA6, Kohler, Wisconsin 53044.

Getting more.

Who are the people who get more out of life? They're the ones who turn chores into child's play, know how to do nothing, find strenuous exercise fun.

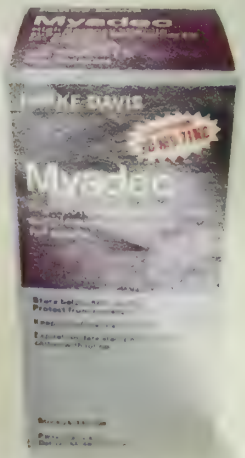
People who want more out of life want more out of their vitamins and minerals, too. Like Myadec.



Based on cumulative RDA %.

Myadec is the dietary supplement with 11 vitamins and 6 minerals–more potency than the other leading multi-vitamins with minerals.

Myadec from Parke-Davis. If you want more, you can't ask for less.



Myadec.
If you want more.



UPDATE

DMSO—A WONDER DRUG?

Is the drug dimethyl sulfoxide, popularly known as DMSO, a "wonder drug" for arthritis, sprains, bruises, and burns? At present the answer simply is not known.

Testimonials about DMSO's medical powers have received widespread attention in recent months. However, the claims have yet to be scientifically substantiated, and authorities say self-treatment with DMSO may be risky.

The largest group of patients caught up in the DMSO controversy are America's 31 million arthritis victims. Dr. Frederic McDuffie, senior vice-president for medical affairs at the Arthritis Foundation in Atlanta, warns that the indiscriminate use of DMSO may lead arthritis patients to neglect proven forms of treatment.

For human use, the drug currently is approved by the Food and Drug Administration (FDA) only for the treatment of chronic bladder disease. Even in this instance, DMSO is marketed in only a 50-percent solution for use at intervals no less than two weeks apart.

Many persons (the exact number is unknown) are ingesting, injecting, or externally applying 90-percent or even stronger DMSO solutions that are intended for veterinary or industrial use.

When rubbed on the body, DMSO in concentrations above 50 percent can irritate the skin. Moreover, DMSO is a "carrier chemical" and can take into the bloodstream contaminants that are present in the product or on the skin.

Because some rats that were given the drug developed cataracts, testing in humans is proceeding cautiously. The FDA reports that present studies indicate DMSO does not seem to harm vision when applied to the skin for 14 days or less. The effect of prolonged use is under investigation.

ACCIDENTAL POISONINGS: A SURPRISING CAUSE

Warning: If you have a toddler in the house, keep mouthwashes out of the child's reach.

In a recent issue of *Pedriatrics*, researchers at the University of New Mexico and New Mexico Poison Center report that the contents of a single bottle of mouthwash may be a fatal dose for the average two-year-old.

The harmful effect comes almost solely from the high ethanol (alcohol) content of mouthwashes. In the five leading mouthwashes, the ethanol content ranges from 14 to 27 percent. By contrast, the usual ethanol content of beer is 5 to 7 percent and of domestic wines, 12 to 14 percent.

The National Poison Center Network estimates that annually in the U.S. over 600 youngsters aged five and

continued

Introducing New Unsalted Fleischmann's® Margarine. Now in your dairy case.

- No salt.
- 0% cholesterol.
- Delicious, sweet taste.
- 100% corn oil.
- Low in saturated fat.
- Parve.



Standard Brands INCORPORATED

4514

STORE COUPON

SAVE 15¢ on any one-pound package of Fleischmann's Unsalted Margarine.

15¢

TO RETAILER: Standard Brands will pay the face value plus 7¢ for handling charges, provided you and your customer have complied with the terms of this offer, any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Void if prohibited, taxed or restricted. Good only in U.S.A. and APO/FPO locations. Customer must pay any sales tax. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Redeem only through our representatives or by mailing to Standard Brands Incorporated, P.O. Box 1708, Elm City, North Carolina 27898

TO HOMEMAKER: This coupon is good only on the product indicated. Any other use constitutes fraud. LIMIT – ONE COUPON PER PURCHASE. EXPIRATION DATE – 12/31/81

15¢

STORE COUPON

Another fine product of Standard Brands INCORPORATED 4514



The doctors postulate that these hormones may abruptly "turn down" the body's central thermostat and thus trigger sweating and flushing as cooling mechanisms.

There are 30 million postmenopausal women in the United States. About three out of four experience intermittent hot flashes, usually for a year or longer. Some women have hot flashes many times a day and are so uncomfortable that their sleep is disrupted.

"Hot flashes are not a figment of anyone's imagination," Dr. Judd stresses.

The researchers are looking for treatment that is more effective and less risky than the now commonly used estrogen drugs, which may increase the risk of cancer of the lining of the uterus.

SELF-EXAMS FOR TESTICULAR CANCER

Self-examination of the testicles for cancer is as important for men, particularly young men, as self-exams of the breasts for women.

This is now the opinion of cancer specialists, who report that about two-thirds of all men who will develop cancer of the testes this year will be aged 40 or younger. The American Cancer Society estimates that cancer of the testes and other male sex organs will occur for the first time in 5,200 men in the United States this year. Testicular cancer is the most common cancer in men aged 19 to 35.

Monthly self-examination of the testes should begin in the high school years. The best time is after a warm bath or shower, when scrotal skin is relaxed.

Here's the technique: Examine each testicle by placing the index and middle fingers on the underside and the thumb on top. Gently roll the testicle between thumb and fingers, feeling for a small lump the size and shape of a pea or bean. Abnormalities most frequently appear as firm, usually painless, areas on the front or side. Also look for sudden enlargement or extreme hardening of a testicle.

Many cases of testicular cancer can be treated effectively with radiation. For a significant proportion of the others, anticancer drugs have raised the odds of survival from 10 percent ten years ago to nearly 90 percent today. Treatment does not affect sexual potency; fertility may or may not be af-

continued

Health update

under are poisoned by drinking mouthwash: Two- and three-year-olds are the most frequent victims.

To help make children more aware of poisoning risks, the Network has created "Mr. Yuk" kits as a teaching aid for parents. For your kit, send $1 to the National Poison Center Network, Children's Hospital of Pittsburgh, 125 DeSoto St., Pittsburgh, PA 15213.

HOT FLASHES

Hot flashes in postmenopausal women appear to be triggered by biochemical events in the brain, according to researchers at the University of California at Los Angeles. Their findings dispute the old notion that hot flashes are largely psychosomatic.

In fact, gynecologists Howard Judd and David Meldrum found that almost all hot flashes occur in conjunction with sudden bursts of hormones released into the bloodstream at approximately hourly intervals.

fected, reports Dr. Marc B. Garnick of Harvard Medical School and the Sidney Farber Cancer Institute in Boston.

For additional information, request the booklet *Facts on Testicular Cancer* from your local unit of the American Cancer Society.

CONTROVERSIAL SURGERY FOR THE NEARSIGHTED

The safety and effectiveness of a new operation to correct nearsightedness—and thus eliminate the need for eye glasses and contact lenses—is currently under debate.

The operation, called radial keratotomy, aims to improve focusing ability by flattening the central portion of the cornea, which is excessively curved in nearsighted persons.

The procedure often is described as "pinwheel surgery," since it involves making a series of eight to 16 spokelike slits in the cornea. The number and depth of the slits depend on the degree of desired correction. As the cornea heals, its center becomes flatter and the nearsightedness is corrected.

Developed by a Soviet ophthalmologist, the technique was introduced in the United States two years ago. Some 3,000 Americans have had the surgery. It is performed under a local anesthetic and costs approximately $1,000 to $1,500 per eye, reports the Kerato-Refractive Society, a group of eye specialists concerned with surgical correction of the cornea.

The organization says that after the surgery, 70 percent of patients gain 20/40 vision (sufficient for driving without glasses).

The National Eye Institute's vision research advisory panel has urged that the procedure be considered "investigational" because the operation conceivably could cause infection and even blindness. The NEI says patients who undergo the surgery should be enrolled in scientifically controlled clinical trials, which now are under way at a number of medical centers.

Meanwhile, the NEI reminds the public that most persons with both near- and farsightedness can correct their vision without surgery simply by wearing properly prescribed and fitted eyeglasses or contact lenses.

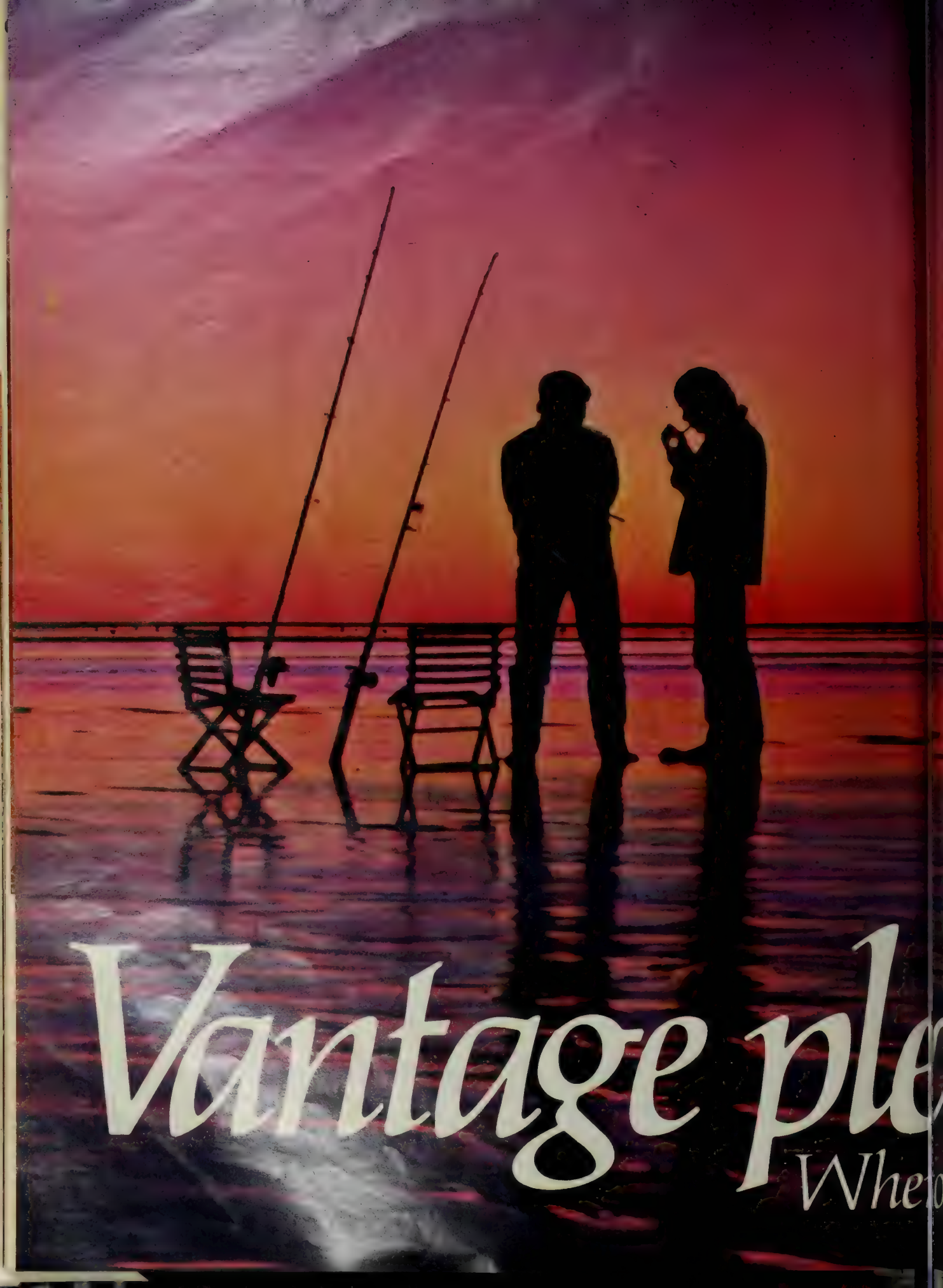
THE TROUBLE WITH MONDAYS . . .

The results of two scientific studies indicate that Mondays may not be good for your health:

- Canadian researchers have discovered that men who have had no prior heart problems are more likely to die from heart attacks on Mondays. Scientists at the University of Manitoba based their findings on a study of nearly 4,000 men observed since 1948. The Canadians surmise that returning to work after a weekend respite may trigger heart attacks because of physical strain, mental stress, and/or pollutants. However, the higher death rate on Mondays was not apparent among men who already had heart disease.
- Monday is cited as the most likely day for the common cold to begin in a six-year study of nearly 15,000 upper respiratory infections among residents of a small Michigan community. Dr. Arnold Monto of the University of Michigan believes that cold viruses are transmitted the previous week at work or school. The viruses take two or four days to produce symptoms.

—Lynne Lamberg




Vantage ple
Whe

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

ULTRA LIGHTS: 4 mg. "tar", 0.4 mg. nicotine,
FILTER: 9 mg. "tar", 0.8 mg. nicotine, av. per cigarette by FTC method



asures

ou want good taste and low tar, too.



Kills flying bugs all season long

Finally you can enjoy your own backyard. The Web™ electric bug killer from Weber® wipes out mosquitoes, gnats...the pests that drove you indoors last summer! A single Web unit, placed 25 to 50 feet away from your outdoor living area, will *pull* pests away, and kill them *instantly.* In less than two weeks you'll wipe out a whole generation of bugs!

It's clean No chemical pesticides. No poison. No fogging. The Web is the way to win the battle of the bugs! Laboratory tested.

It's economical You can operate The Web, day and night, all summer long for about what you'd spend on a single aerosol can of chemical pesticides. UL® listed.

It's safe Won't harm children, pets, birds, pollinating insects...or the environment.

It's from weber The Web is built with rugged Weber reliability. And who knows more about working bugs out of backyard entertaining? See The Web wherever Weber barbecue kettles are sold. For the names or retailers near you

CALL TOLL-FREE
(800) 323-7598
(In Illinois, 312/259-5010.)

the web™ electric bug killer from weber

©1981, Weber-Stephen Prods. Co., Arlington Heights, IL 60004

DECORATING

Bathroom Spruce-Ups

All you need to perk up a dull powder room is some wallpaper and fabric and a bright idea. Here are two ways to give your small bath a quick face-lift.



Photographs: Fred Lyon
Source: Barbara East Cathcart

This guest bathroom gets its pizzazz from an intricately patterned wallpaper combined with matching fabric and a contrasting mini-print border. The wallpaper is used above and below the dado, while a shirred panel of matching fabric dresses the window. The brown print border points up the handsome white woodwork.



Design: Top, Virginia Lee Taylor, FASID
Bottom, Marianne Nicholson and Associates

Low-cost canvas and inexpensive rug binding gave this aging powder room a fresh new look. Cracked walls were first covered with a layer of polyester. Then canvas was stretched over the walls and stapled in place. Glued-on welts of canvas conceal fabric edges, while decorative rug binding camouflages the canvas welts. The Roman shade and the sink and table skirts repeat the border treatment.

LA·Z·BOY CHAIR COMPANY

Isolate yourself from the ordinary. Insist on a genuine La-Z-Boy® chair. Choose from a line of fine chairs that add an optimum measure of comfort as well as beauty to any room in your home. Above all, insist on the chair with the quality that fulfills your desire for excellence as well as elegance . . . a genuine La-Z-Boy® chair. Consult your Yellow Pages or visit the fine furniture retailer nearest you.



CHEVY IMPALA. America's lowest-priced full-size diesel wagon.*

Full-size room, comfort and ride are yours along with impressive fuel economy. The Impala Diesel Wagon holds over 87 cubic feet of cargo, or up to eight people when you order the available third seat model. For families on the go, it's an ideal way to get there. Chevrolet Impala and Caprice: America's favorite full-size wagons. No wonder.

33 HWY. EST. **21** EPA EST. MPG**

With available diesel engine.





CHEVY MALIBU. America's lowest-priced mid-size V6 wagon.*

Mid-size means right-size for many families today. You get room for up to six plus good mileage in a size that's easy to handle in traffic and parking. A peppy V6 engine, power steering, power brakes, radial tires all yours at no extra cost. Chevy Malibu: It's a lot of wagon for not a lot of money—a real value in the true tradition of Chevrolet.

28 HWY. EST. **20** EPA EST. MPG**

A pair of family wagons long on mileage, short on price.

Chevrolet
UP AHEAD

*Based on comparison of Manufacturers' Suggested Retail Prices. Level of standard equipment will vary. Destination charges may vary and affect price comparison. Diesel engine is optional equipment on Impala and Caprice models.

**Use estimated MPG for comparisons. Your mileage may differ depending on speed, distance, weather. Actual highway mileage lower. Impala highway estimate lower in California, Malibu higher. Chevrolets are equipped with GM-built engines produced by various divisions. See your dealer for details.

Kim Garretson

Good News

Look for these new products at your favorite stores or write to the manufacturer for the names of nearby stores. Please don't send money to the company; the prices listed are only suggested retail prices.

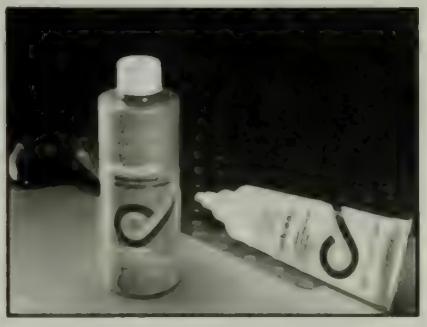
Underwater glue



This patching glue will work on a wet surface or even underwater. You can use it to repair dripping water pipes and leaking rain gutters, patch cracks in filled swimming pools or damp wood and masonry walls, caulk leaking windows, repair boats in the water—even salt water—and perform other damp tasks. The product chemically displaces the water on patched surfaces and forms a tight, waterproof bond.

Aquatapoxy, about $8. Sigma Companies, Inc., 410 N. Michigan Ave., Chicago, IL 60611.

Wallpaper aids



You can strip off old wallpaper or reglue a peeling seam on new wallpaper with these two products. The liquid remover quickly penetrates and softens wall coverings and dissolves paste. You also can use the product to wipe off spilled adhesive on new wallpaper with no mess. One eight-ounce bottle makes four gallons of wall covering remover. The seam and touch-up adhesive works on porous and nonporous, heavy and lightweight wall coverings. It has a self-cleaning applicator that is long and pointed to fit under the edges of peeling seams.

Dissolve, about $1.80. Stick-Ease, about $2. Krause Milling Co., P.O. Box 1156, Milwaukee, WI 53201.

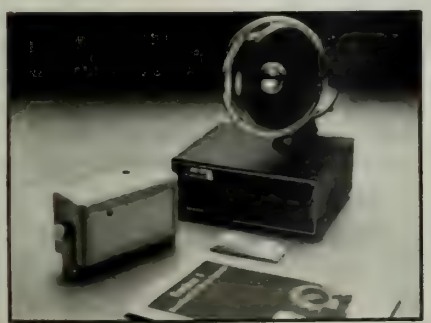
Portable toilet



This flushable portable toilet is handy in any number of places—pool cabana, recreational vehicle or van, picnic or camping grounds. It's also a boon during plumbing repairs or as an aid to toilet training. And the two-tank system requires no hookups; you simply snap the upper and lower tanks together. The upper tank holds 1.5 gallons of fresh water, enough for 30 flushes. A larger capacity model also is available.

Aquamode 33, about $54. Thetford Corp., P.O. Box 1285, Ann Arbor, MI 48106.

Home security radar



Unlike some of the ultrasonic home security systems, this radar system can not be set off by hot air currents, loud noises, or draperies or houseplants moving in the breeze. Also, the small radar sensor (left) needn't be unobstructed; it can be concealed where an intruder can't see it—behind a lampshade, for instance. Included in the kit are a control module, loud electronic siren, panic button, and all wiring and hardware. The control module can be set up for many alarm situations; it will activate a phone dialer or turn on a light or tape recorder when an intruder is detected. The module can also control tripping devices on windows and floors. The unit has battery backup for power failures.

Seeker 1 Radar Burglar Alarm System, about $300. Seeker Security Systems, 453F Ravendale Drive, Mountain View, CA 94042. Telephone: 415-964-8105.

continued

Clean your bathroom tile with sandpaper?





continued

GoodNews

Tiny home movie machine



Making home movies is easier than ever before with this video-cassette recorder and color video camera. The reason is the recorder's portability. It's only three inches thick, and it weighs just seven pounds with its battery pack in place. The unit uses the smallest videocassette on the market. It's just slightly larger than an audio cassette, and it holds quarter-inch tape that produces pictures equal in quality to those made by wider tapes. The 30-minute, 45-minute, and one-hour tapes also cost a lot less than those for other video recorders. This recorder operates for about 40 minutes of recording or 80 minutes of playback on its battery. Or the unit can be powered by the power adapter/battery charger (small photo, *left*) or your car's battery. An optional tuner lets you record TV programs for later viewing. The portable color camera has a six-power zoom lens, an electronic viewfinder, and a detachable grip and weighs just five pounds. Prerecorded videocassettes for the machine are available at about $15 each; subjects include classics, cartoons, TV variety specials, sports programs, and film highlights.



Technicolor Video Recorder and Power Adapter, about $995. Technicolor Video Camera, about $950. Blank videocassettes, about $9 (30 min.). Technicolor Audio-Visual, 299 Klamus Dr., Costa Mesa, CA 92626. BH&G



Introducing
Sani-Flush 4-Month
In-Tank Bowl Cleaner
Lasts up to 4 full months

Now get real cleaning power with every flush!

Put new Sani-Flush® 4-Month Bowl Cleaner in your tank.

Every time you flush, chlorine crystals attack and destroy dirt particles before stains can form. Freshens and leaves the water crystal clear.

Helps keep your bowl virtually dirt-free, ring-free, and stain-free up to four full months.

So get new Sani-Flush 4-Month In-Tank Bowl Cleaner…and get real cleaning power with every flush.




UMPH!
Taste the Umph!
NEW TRIUMPH 100's
only 5mg tar
ALSO IN KING SIZE · 3MG TAR
Regular: 3 mg. "tar," 0.4 mg. nicotine av. per cigarette, FTC Report
Menthol: 3 mg. "tar," 0.4 mg.
Regular 100s, Menthol 100s
0.6 mg. nicotine, av. per cigarette by FTC method.
TRIUMPH 100s
Filter
TRIUMPH 100s
Menthol
Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.
©Lorillard, U.S.A., 1981

SEVEN SUPER ENTRYWAY DECKS



By David Haupert

Well, it happened again. You answered the front door and caught your visitors taking inventory of the gaping cracks and craters in your entry steps. Clearly, the only way to avoid such ego-deflating moments in the future is to shape up that shabby entry—and we'd like to help you do just that.

What we have in mind for the makeover is a mini-deck, which can range in size from a simple set of steps and landing to a more elaborate system with enough bonus space to accommodate a table and chairs. On these pages, you'll find seven good-looking deck projects. Look them over carefully, borrow the features you particularly like, and start building that eye-catching new entryway you owe yourself.

ONE Your entryway fix-up can be as modest as replacing the old steps, or as ambitious as your budget and ideas permit. The entry to this home was given a whole new look with an imaginative system of steps, planters, landings, and balconies. If you want to get into a project this complex, it's best to bring in professional help.

But if you want to pull off your own redo, simply borrow ideas from the projects on the following pages.

Photograph: E. Alan McGee. Landscape architect: Jim Gibbs, Green Brothers Landscaping. Field editor: Ruth L. Reiter

SUPER ENTRYWAY DECKS



Photograph: William N. Hopkins. Architect: William Farnan. Field editor: Patricia Carpenter



Architect: Lee Meyer. Photograph and field editor: Patricia Carpenter

TWO You've seen the "before" of this entry many times—a set of run-down concrete steps flanked by a pair of awkward, bulky piers. But now the tired old relic is covered by an attractive new deck that invites you to stop in for a visit.

If you dread the job of tearing out a deteriorated but *heavy* concrete stoop, consider building around it, as in this example. The designer rested much of the weight of the deck on the old steps and piers by anchoring 2x4 sleepers (support members on edge) to the concrete. As a result, he had to add only six posts—five set in concrete and one resting on the old sidewalk. The sleepers extend from the house and are either bolted to the new posts or nailed into 2x4 crosspieces to form the understructure.

THREE When the front door on this 1927 house was moved to the side of the porch, the owner designed a new entry deck, rather than try to salvage the old steps that had served for five decades. But you'll note that the 1980s replacement is angled (and enlarged) to serve as a graceful transition between the porch and the house proper.

Underneath the 2x6 decking is a field of 2x8 joists aimed perpendicularly from the house toward the street. They're supported at the house by joist hangers and at a point about eight feet from the house by a beam made from two 2x8s bolted to 4x4 posts resting on concrete piers. You can duplicate the edging by nailing on a 2x8 band joist, then covering it with two 2x6s, about an inch apart.





Photograph: William N. Hopkins. Designer: David K. Runyan. Field editor: Maxine Schweiker

FOUR

When you build a project around an existing structure, you face a custom-design job, of course. But there's a plus side: Some of your support points are already there. In this example, the top tier of decking simply rests on the top of the old concrete, supported by 2x4s on edge. The other two levels are independent units.

To copy the self-supporting sections, just build a box of 2x8s and bolt it to 4x4 posts on concrete footings—one in each corner of the box. Bolt a 2x4 nailer to the inside edges of each of the two ends that run perpendicular to the direction you'll apply the 2x4 decking. (Of course, the top edge of the nailer should be 1½ inches below the top of the 2x8 border.) Fill the space between the two ends with 2x6 supports running the same direction as the nailers and slung on joist hangers positioned every two feet. Then nail down the decking.

Build the seats much the same way, but use 2x4s throughout. Support the flat seat members with three 2x4s also nailed flat—one on top of each of the two pairs of legs and a third one across the center of the seat.

SUPER ENTRYWAY DECKS

FIVE Make sure the entry design you choose is shaped and scaled to complement the architecture behind it. This broad, low bungalow, for example, needed broad, low lines in front of it. To supply them, the designer started with a 6x12-foot area of brick pavers, followed up with a seven-foot-wide step of 2x6s, and capped off the project with an L-shaped landing. The leg of the L flowing off the top level functions as a seat.

The low step hides three 4x4 posts set in concrete and six short pieces of 2x6s bolted to the posts. Fir 2x6s serve as decking and edging. Under the top deck are nine posts lined up in sets of three. Three 2x8s run from left to right—one along each trio of posts. The seat is supported at the front by a short post.



Photographs: William N. Hopkins. Designer: Richard E. Gardner, ASLA. Field editor: Maxine Schweiker

SIX One lone—and listing—concrete step used to lead visitors to a drab slab of concrete—also listing—that served as the porch. But a simple wraparound deck solved both problems.

Again, here's a project that was built right over the old concrete. Five 2x8s were notched and glued on edge to the existing slab and extended perpendicularly from the door. Next two 4x4 posts were rested on concrete piers—one post at the front left corner of the deck itself, the other at the front right corner. Then 2x8 aprons were nailed and bolted along the edge of the deck to the posts and to the 2x8s on edge. (The short section of deck on front and to the right of the porch was filled in with 2x8s nailed into joist hangers attached to the face of the house.)



Architect: Daryl Metzger. Field editor: Maxine Schweiker



SEVEN

Another way to replace an ugly concrete entry is to chop out the steps (not a big job) but leave the stoop (the tough part of such demolitions). That's what was done here, and though the stoop remains, it doesn't support the new deck. Instead, a ledger anchored to the house teams up with 4x4 posts spotted at three corners of the deck to support the 2x8 underpinning and 2x4 redwood decking.

Instead of using risers for the steps, the owners nailed together six 2x4s (the outer ones longer than the other four) to make special posts, then fashioned steps by intertwining on-edge 2x4s with the tops of the posts. The benches are similar in design, except that the outer board on each post extends down past the edge of the deck and is bolted into the 2x8 apron piece.

See page 182 for some basic tips on designing and building your own deck. Or for a more extensive primer on the subject, send 50 cents to the California Redwood Association, One Lombard Street, San Francisco, CA 94111, and ask for the "Deck Construction Data Sheet."

Field editor: Maxine Schweiker

Table Settings

FOR A POSH BACKYARD PICNIC

By Margaret McMahon and Stacey Smith

With just a little extra effort, you can make this summer's family picnic a backyard banquet. The key is to use your everyday wares in extraordinary ways. For ideas, check this elegant outdoor table setting. It starts with a dusty rose sheet topped with an inexpensive crochet table cover. A dainty lace border turns sturdy plaid kitchen towels into novel napkins; a straw bread tray laden with colorful garden-variety vegetables provides the good-enough-to-eat centerpiece. More color is added by the ironstone dishes mixed and matched in a variety of hues.

Delectable is the word for the dessert table in the background. It's set with striped napkins, multicolored mugs and plates, and lush berries topped with cream. An airy awning and a sky-blue canvas banner shield the table and complete the festive scene. To make the sun shield, all you need are yards and yards of canvas, some clothesline, two poles for the awning, and well-placed trees.

DINING TABLE

Dinnerware: "Velvet" Grindley of Stoke. Glassware: "Adams" Pilgrim. Flatware: "Hillsborough" Lunt.

DESSERT TABLE

Dinnerware: "Lotus" Metlox. Glassware: Colony. Flatware: "Hillsborough" Lunt.

Buying information, page 80





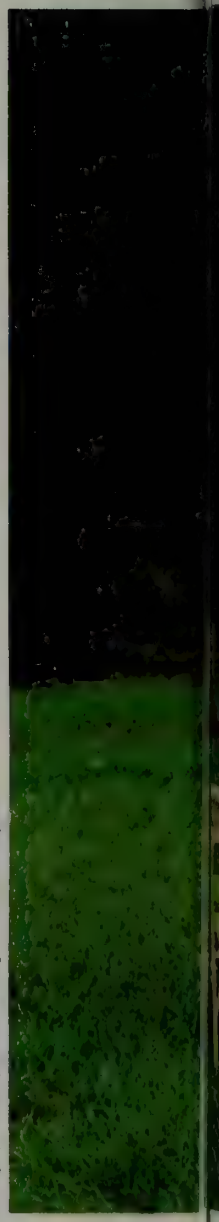
A QUICK-CHANGE gazebo











Photographs: Sandy Williams. Design: Stevenson Projects

You can convert this gazebo to a multitude of uses almost as fast as a quick-change artist puts on his makeup. With just the twist of a screwdriver, the gazebo becomes a greenhouse, an entertaining pavilion, or a playhouse for the kids. And ordinary power tools are all you need to build it.

By CarolAnn Shindelar

The basic structure is made up of six 8-foot-tall arches that are hinged together at the top and open like a giant umbrella. Each arch is made from one sheet of plywood; use the leftovers for the roof and wall panels. Insert the wall and roof sections between the arches and pin them in place with butt hinges. Then cover the gazebo by screwing a hexagonal piece of acrylic atop the arches.









Uses for the gazebo are unlimited. Our plans show you how to turn it into a greenhouse by cutting large windows in the panels and covering them with polyethylene, *top photos.* Placing lattice or screens in the openings converts the gazebo into a shady summer pavilion, *above.* And a hobbyist's mini-retreat emerges when the openings are covered with glass or acrylic, *left.*

Order Project Plan No. 50399, page 184.

FURNITURE ARRANGEMENTS THAT MAKE THE MOST OF SPACE

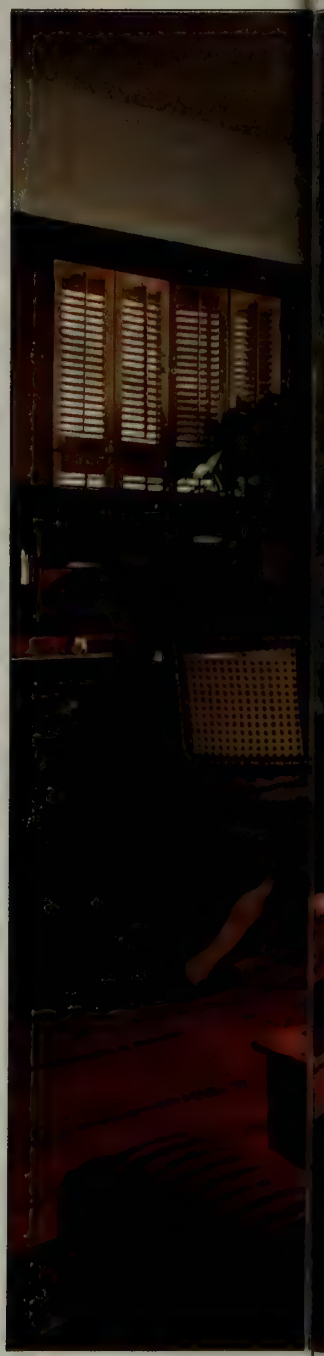
By Denise L. Caringer

How well a room works for you has little to do with ample square footage or perfect proportions. What does count is the way you put your furnishings together. If you plan carefully, you can make even a small or awkwardly shaped room meet all your needs—and look great in the bargain.

The key to success is to experiment. Remember that there is no "right" arrangement for a room. When you hit on a plan that suits you, you've succeeded.

To make your job easier, we've done some space juggling of our own. Look over the six room arrangements on these pages, borrow the ideas you like, then start maximizing space at your house.





Photograph: Fred Lyon. Field editor: Barbara Cathcart. Design: Richard Pennington, Pennington and Pennington

Make It Flexible

To make a pocket-size space yield family-size living, plus allow for easy rearranging, build your scheme around inexpensive, convertible modular seating pieces.

The multipurpose family room *above* is only 11x17 feet, but it works hard and lives big, thanks to clever arranging.

Three ample solid-foam modulars were lined up along the room's only unbroken wall; then two more pieces were added to make a cozy yet compact L which extends into the room. This L shape provides maximum seating and helps to square up the long, narrow proportions of the room.

The seating pieces still leave plenty of floor space for traffic to move easily through the room and to the much-used red snack counter (at left in photo) and the adjacent kitchen (out of view behind the counter).

The seating modulars, covered in a crisp blue and white fabric, can be rearranged as needed. Best of all, the armless units fold out into floor-hugging, almost-instant beds for the family's overnight guests.

For still more flexibility, the homemade cube coffee table (covered in plastic laminate to withstand sitters' feet) has a hinged top that opens to reveal bedding storage inside. The unit is on rollers so it can be slipped out of the way easily.

Traditionally, a small dining spot might have been included in this family room, but that didn't suit the owners' needs. Instead, they used space behind the seating area for a custom-made desk/table. The unit is in two parts so it can be moved and rearranged as needed.



Photograph: Mike Dieter. Field editor: Maxine Schweiker

Create Two Groupings

The living room/solarium in this bungalow, *above,* posed some tough room-arrangement puzzles. The two areas, although small, were just large enough to rule out a single, unified furniture grouping. At the same time, windows on all three solarium walls and on one wall of the living room left little wall space for furniture placement. Finally, there had to be enough floor space for people to walk through the room to the dining room and kitchen (to the left of the desk).

The solution was to create two groupings—a small fireside spot including a love seat, a lounge chair (just out of view), and an antique spool chest/coffee table, and a second grouping in the solarium.

Instead of using a predictable sofa-and-two-chairs arrangement in the solarium, the owner grouped four matching armchairs around a sleek brass-and-glass cocktail table. The low-back chairs provide comfortable seating without blocking the windows.

However, the owner decided to sacrifice part of the natural light and view from windows on the far wall to make room for her prized antique rolltop desk.

Each of the seating groups is defined by its own Oriental-style rug. The rug in the living room also forms a border for the ample traffic lane between it and the desk.

The two areas are tied together visually by matching oak woodwork and floors, similar earth-tone color scheme, and the mix of antique and contemporary pieces.

Buying information, page 80

MAKE THE MOST OF SPACE









Photographer/Field editor: Jessie Walker. Design: Jon Cockrell

Alter Awkward Proportions

Here's a quiet spot for a couple who like to retreat to private quarters for rest and relaxation.

The inviting bedroom/den *above* was carved out of an awkwardly proportioned room that's 24 feet long and 14 feet wide. A well-placed ceiling-high divider, *lower left,* subdivides the room into a sitting spot and a sleeping area.

The two areas could have been created with a lower barrier, but this tall divider gives each of the separated areas more pleasing proportions and a more intimate feeling.

In addition to separating space, the partial wall offers 16 storage drawers on each side. The drawers, covered by doors for a sleeker look, surround a television set that is mounted on a swivel shelf so the TV can be turned for viewing either from the sitting area or the bed.

The tailored platform bed, which doubles for lounging, is flanked by adjustable reading lamps. Wall-hung storage units on either side of the bed form a clean space-extending line across the narrow room. Because the units are wall-hung, the flooring can flow uninterrupted beneath them, which is another visual space-expander.

Along the wall at the right, near the foot of the bed, a dressing table was built into an awkward niche.

Just beyond the divider is this pleasant sitting area, *lower right,* complete with built-in shelves, a small but workable desk, reading lights, and matching armchairs. More bookshelves along the far sidewall use a sliver of space between the sleeping and sitting areas.



Photograph: Ross Chapple. Field editor: Eileen Deymier. Design: Carol Siegmeister

Try an Angled Arrangement

Here's proof that you don't need walls or square corners to create a seating group.

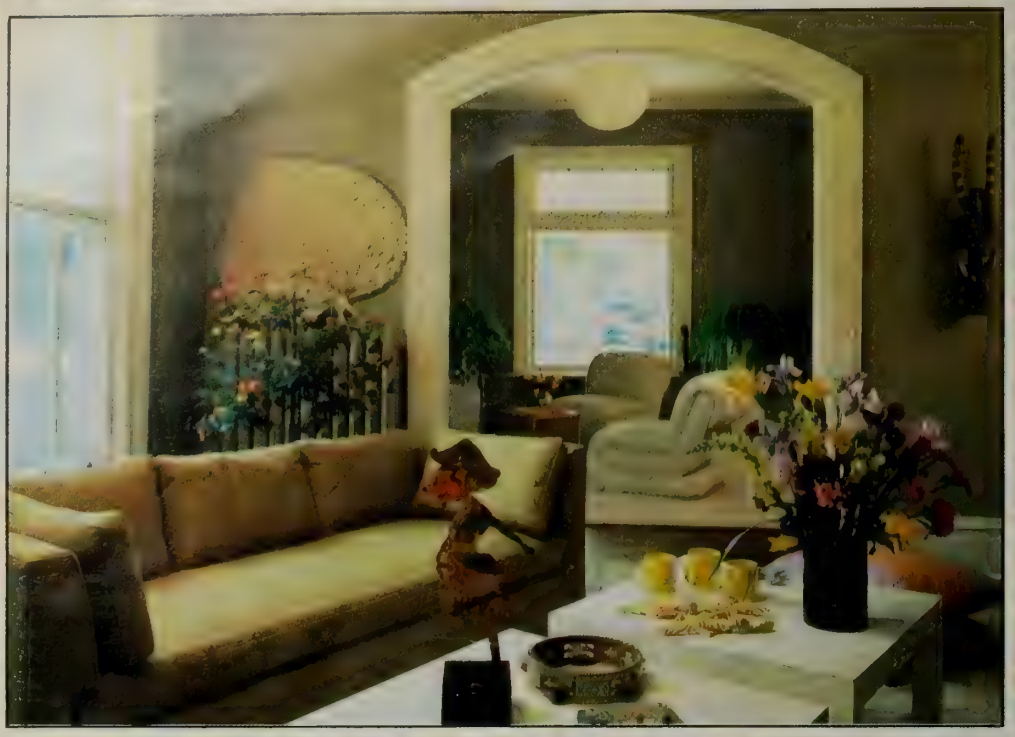
In this airy setting, *above,* the seating pieces are set on the diagonal to help break up the boxy feeling of the room. The arrangement of the handsome seating pieces also focuses attention on the baby grand piano, as well as on the view just outside the generous windows.

The floating arrangement is anchored squarely within the room by a 12x12-foot area rug placed parallel to the walls. The seating group includes two side-by-side armless chairs, which can be separated and easily worked into a new arrangement in the future. A generous-size cocktail table provides plenty of room for drinks and accessories, while adding dark contrast to the light-color grouping. A corner table between the two sofas provides yet another convenient spot to set a glass or book. And note that there's no conventional bench or stool at the piano. Instead, the owners chose a good-looking side chair (upholstered to match the toss pillows) which doubles as extra seating for either the living or the dining area.

There's no need for a room divider because the seating pieces turn their backs on the rest of the room, thus clearly defining the conversation area. To the left, an Oriental rug sets off a dining table and chairs. The rug helps to establish a mellow and intimate mood that is distinctly different from the light, open feeling of the seating area beyond.

Buying information, page 80

MAKE THE MOST OF SPACE







Photograph/Field editor: Jessie Walker. Design: Ann Vanderwarker

Make Old Live Like New

A clever room arrangement can make yesterday's rooms live like today, as the inviting living area *above* shows.

The two adjoining rooms in this vintage Victorian home have become one flowing living/entertaining space, thanks to a room arrangement that virtually ignores the doorway that separates them. Another unifying factor is the complementary mix of neutral colors throughout the two areas.

The seating group, *top,* is minimally furnished with two facing sofas, movable Parsons-style cocktail tables, and floor pillows for more casual seating. The tables have a wipe-clean plastic laminate finish that makes them practical for setting out party food and drinks, and for low-level dining.

The grouping's diagonal tilt is another plus. Not only does it provide relief from the room's boxy lines, but it also avoids an awkward lineup of furniture on either side of the doorway. And the open-end arrangement allows people to move easily into the grouping from the adjoining living area.

In the adjoining spot—formerly the "front parlor"—two beautifully contoured armless chairs prove that it isn't necessary to fill a space with furniture. When the chairs aren't providing cozy fireside seating, they can be pushed together or moved to other spots as needed. Even the cocktail table is small and lightweight for easy mobility. A window seat (just out of view) provides more seating in the room.

Underfoot is a gleaming dark oak floor, with different, yet compatible, patterned area rugs to anchor both of the seating groups.



Photograph: Maris/Semel. Field editor: Estelle Bond Guralnick. Design: Evelyn Perkinson

Create Traffic Lanes

Arranging furniture in a room that's cut up by many doors and windows can be a real headache, but the problem is not an insoluble one, as this attractive, multipurpose living room demonstrates.

The photo *above,* taken from the entrance to the room, shows how the sofa's back forms a barrier to direct traffic around the conversation grouping. A slim sofa table consumes little space yet provides a spot to set books, a table lamp, or a purse or keys. The table also has space below for upholstered stools that provide extra pull-up seating. Two comfortable armchairs face the sofa to complete the cozy fireside arrangement.

Purposely excluded from the grouping is the lounge chair in the foreground. Besides providing a quiet spot for reading or relaxing, the chair can be pulled up to the conversation area when needed.

Partly in view to the left of the lounge chair is a compact drop-leaf dining table that serves several needs. For a sit-down dinner, the table is fully opened (it's only necessary to move the lounge chair a few inches). And with both leaves down (as shown), the table works well for buffet entertaining and as a spot for a cozy dinner for two.

In the corner, a charming secretary/desk, placed at an angle, helps to visually balance the conversation group. A tall floor clock in the opposite corner also adds important balance to this end of the room.

Buying information, page 80

EASY·DOES·IT

SUMMER PARTIES

By Marlene Brown **If you've been thinking about throwing a big party, now's a great time to do it! You can put on a party for any size group—from 12 to 75—and have fun in the process. How? First, center your festivities in the great outdoors. And second, take advantage of all the know-how that this helpful entertaining guide offers. You can choose from three easygoing party plans, complete with the logistical how-to. Plus, you can capitalize on priceless tips and recipes from catering professionals who create great galas with amazing efficiency.**

A BARBECUE BASH









...ke to host a
Make- ...ner party for
Cuke'n ...hut your
Three-Gr... ...a
Breadstick...
Fresh Fruit S...
Sparkling Cid...

Whatever celebration you're anticipating—for a high school or college grad, a retiree, soon-to-be parents, or a friend having a birthday—you can't miss with this unique barbecue bash.

Self-service is the key to the easy menu—up to 25 to 30 guests help themselves to everything from the predinner drinks to the dessert. All you do is prepare the raw materials ahead, then set up a separate station for each course of the meal, including the necessary food, equipment, and how-to guidelines. Post colorful clipboards that outline the menu. Then let your guests take over from there.

With everyone cooking together, the fun and entertainment for this party is built in. Get the festivities rolling by providing cider and beer chilled in "ice buckets" (actually inexpensive paint buckets). For the ***Make-Your-Own Kabobs*** *(opposite page, and bottom),* position an array of meats and vegetables, basting sauces, and skewers at separate grill stations (borrow two or three grills to avoid congestion). The next stop is the salad station *(top right)* with ***Cuke 'n Tater Salad Mold*** and ***Three-Green Breadstick Salad.*** Dessert *(top left)* couldn't be simpler: ***Fresh Fruit Sundaes*** built by guests.

Party plans and recipes begin on page 140
Buying information, page 80

A FANCY ALFRESCO DINNER



Champagne/Sparkling Wine • Snap Pea Hors d'Oeuvres/ Camembert Fingers • Pâté-Stuffed Roast With Wine Mayonnaise • Lemon Asparagus and Carrots • Walnut-Wild Rice Pilaf • Glacéed Fruit • Assorted Liqueurs/Chocolate Cups • Iced Espresso









If you'd like to host a formal dinner party for a dozen or more, but your seating space and china won't stretch that far, consider this elegant alfresco repast. It's a classy candlelight dinner for up to 15 people, and you can pull it off right in your own backyard. Not only does the party plan focus on foods that can be completely made ahead; it also features table-setting ideas that anyone can duplicate. While we've staged our dinner as an engagement party, the plan works equally well for any special occasion.

The beauty of this sunset soiree is that you won't have to spend hours in the kitchen beforehand. And there's little last-minute hassle, because all of the foods, except for the hot hors d'oeuvres, are served cold. Set up each course in an inviting buffet setting, and you'll be free to mingle with your guests.

For a sparkling beginning *(opposite page, top)*, serve champagne, ***Camembert Fingers,*** and ***Snap Pea Hors d'Oeuvres. Pâté-Stuffed Roast*** with vegetables and ***Wine Mayonnaise*** along with ***Walnut-Wild Rice Pilaf*** *(bottom)* headlines the main buffet table. The grand finale *(top left)* consists of glacéed fruit, liqueur-filled chocolate cups, and iced espresso.

For seating *(opposite page, bottom),* rent folding tables and chairs, then bedeck the tables with pastel sheets and lace fabric. Mix and match china, glassware, and flatware, borrowed from friends and neighbors. Tiny white lights, candles, and luminaries *(top right)* provide ambience.

Party plans and recipes begin on page 146.
Buying information, page 80

A BIG-TIME RECEPTION

Celebration Slush •
Assorted Breads 'n Spreads •
Surprise Vegetable Dip/Vegetable Dippers •
Reception Cake • Coffee/Milk











Can a big-time reception be a piece of cake to produce? Yes it can, and you don't need an army of caterers to help you. The trick is to plan carefully and keep the refreshments simple. To demonstrate, we staged an outdoor reception for 50 to 75 people. The occasion was a 50th-anniversary wedding celebration, but the logistics would work for any bigger-than-average party.

To encourage your guests to circulate, arrange the foods in several different areas. Set up all the necessary utensils in efficient buffet style—it's the best way to serve a very large group with ease *(opposite page, bottom)*. Just keep an eye out for food trays or beverage containers that may need replenishing.

On one table *(top right)*, set out ***Celebration Slush,*** a citrusy concoction, and let each guest add a spoonful to a glass of his favorite mixer—wine, champagne, vodka, or soda. In another spot *(bottom)*, arrange the ***Assorted Breads and Spreads,*** a collage of crackers, sweet breads, and three spreads. Pair a basket of fresh vegetable dippers with multilayered ***Surprise Vegetable Dip.*** A third table holds coffee.

Let the guest(s) of honor cut the first slice from the four-tiered ***Reception Cake*** *(opposite page, top)*, made with cake mix and canned frosting. No need for cake-decorating expertise here; simply adorn each layer with ribbon bows and rosebud mints. For this party, a just-married photo of the honorees is the crowning touch.

Party plans and recipes begin on page 149.
Buying information, page 80

...GARDENS, ...ME, 1981

SUMMER PARTIES

POINTERS FROM THE PROS



Giving memorable parties is all in a day's work for Nita Steinberg, Jack Monaco, and Toni Griffin *(right)*. They're catering professionals of Piret's, a combination restaurant, food emporium, and catering service based in San Diego, California. Glance at their tastefully prepared party foods on these pages, and you'll know why Piret's has acquired a delectably good reputation in Southern California. Since not everyone can enjoy their expertise firsthand, Piret's graciously allowed us to share some of their success secrets and recipes with you.

How to present the food: 3 key hints

Jack, Toni, and Nita agree that no matter what food you choose to serve, the presentation is just as important as the flavor and appropriateness of the menu. The photos on these pages clearly show that Piret's caterers practice what they preach:

1. When planning the food for any get-together, large or small, let the food itself take center stage. "Don't overdecorate the food, or hide it with frilly garnishes," Nita cautions.
2. Use contrasting colors and textures when arranging foods on a platter.
3. When setting up the food, make it easy for guests to serve themselves.



Buffet ease for big-scale parties: 5 tips from the pros

All three caterers agree that buffet service can't be beat for hosting large groups with the least amount of hassle. Piret's offers some special points to keep in mind:

1. "Zero in on a color scheme for the floral arrangements, serving dishes, dinnerware, etc.," says Nita. "Then, whenever possible, set up the table and buffet a day ahead, even to setting out the empty serving pieces so that you can see how things will look."
2. Place the food according to the sequence in which it will be eaten, from appetizer to dessert.
3. Have someone on hand to explain the food if it's unusual, and to help serve if necessary.
4. How much food should you plan for a buffet meal? "The same as for a sit-down dinner," say Toni and Nita. "A buffet needn't be an endless smorgasbord."
5. It's also important to remember that buffets are often stand-up or lap parties, so you'll need to choose foods that require few utensils.









Cool Summer Gazpacho *(opposite page, center)* is the eye-catching soup shown in a ceramic lettuce bowl. Piret's caterers serve colorful chopped vegetable and seasoned crouton garnishes alongside so guests can add them to the soup. "This low-cost dish can be made ahead in large quantities," says Nita.

Crab Sandwiches in a Bread Basket *(opposite page, bottom)* demonstrate Piret's imaginative approach to food presentation. The loaf was hollowed out to provide the bread for the sandwiches and their serving container as well. "We lined the loaf with lettuce leaves rather than a doily," says Toni, "because the green leaves provide a natural backdrop for the food."

Wonderful Cheese and Apples *(top left)* is an excellent choice for a buffet appetizer or dessert. The molded combination of Camembert, Swiss, blue, and cream cheeses is easy to spread on crackers or fruit wedges. (It's also a thrifty way to make a lot out of a little specialty cheese.)

Poulet aux Fines Herbes *(top right)* features rolled chicken breasts with a wine-butter-herb sauce. This elegant main course is surprisingly easy and inexpensive. To keep the rolls hot for buffet service, they're served atop noodles in a chafing dish.

Filet Lyonnaise *(bottom)* stars spinach-stuffed tenderloin, abetted by new potatoes and sautéed mushrooms and onion. It looks like *haute cuisine* but it's simple to prepare and it will serve 15 to 20 guests.

Recipes begin on page 154.

MORE POINTERS FROM THE PROS

Preplanning the perfect buffet

Piret's catering trio will be the first to tell you that the key to a successful buffet-style party is organization. Here are some additional words of wisdom:

- Nita emphasizes, "To get organized, start making a master list that includes the complete menu, food needed, serving pieces, rental equipment needed (if any), supplies, etc. Then be sure to check and double-check before and after the party—especially if the party is to take place anywhere other than your home."
- During the summer months, the caterers at Piret's like to put on an all-cold buffet. Says Toni, "A cold roast or chicken can be just as elegant as a steaming hot entrée."
- For an easy and appetizing dessert, try a cheese and fruit course—Piret's caterers consider it "good stand-up socializing food."
- If you have more than ten guests, prepare two serving platters of each food, so you'll have a backup platter ready to replace the diminishing supply on the table.
- For a table centerpiece, Piret's caterers are apt to rely on the food itself. Nita suggests, "An edible centerpiece is easy to put together. Try a cheese and fruit tray, an arrangement of melons and other fresh fruits, a tray of fruit desserts, a big beautiful salad, or a standing roast or turkey."
- If your refrigerator or freezer won't accommodate large platters of food, borrow space from a neighbor. Or, have a large cooler on hand to keep foods and/or beverages cool while the party is in progress.
- "And to save your own energy," Nita adds, "hire some of the neighborhood kids to help you with the bartending, serving, and cleanup."



Tools of the trade

Pictured above is a caterer's collection of handy kitchen gadgets. They can make the difference between ordinary- and extraordinary-looking food. On the back board, from the top, left: 1. scalloped cutter (for vegetables, butter curls, etc.); 2. mini hand-grater (for grating small amounts of foods, such as chocolate, onion, etc.); 3. metal spatula; 4. ice cream scoop; 5. scraper; and 6. pastry bag and tips. On the front board, from the top, left: 7. apple corer; 8. citrus reamer; 9. meat thermometer; 10. wire whisk; 11. kitchen shears (for snipping parsley and fresh herbs, and trimming pastry); 12. timer; 13. narrow and 14. wide pastry brushes; 15. radish cutter; 16. all-purpose decorating tool with fluted edges (for cutting fruits and vegetables); 17. zester (for shredding citrus peel; also handy for making fluted mushrooms); and 18. oblong fluted melon baller (can also be used for pretty butter balls.) You'll find these tools in kitchen equipment shops.

For how-to instructions, see page 138.

Beverages—how much for how many?

Follow these rules of thumb to ensure that the beverage supply won't run dry at your next party:

- ***Wine or champagne:*** On the average, you can plan on one 750 ml bottle for every two persons. If your guests are wine buffs, however, provide one bottle per person.
- ***Mixed drinks:*** You can expect each guest to drink one to three cocktails each hour. A liter bottle of liquor makes twenty 1½-ounce servings. Don't forget to buy plenty of mixers such as carbonated water, tonic water, ginger ale, and cola; lemons and limes, fruit juices, sugar, and ice.
- ***Beer or pop:*** For beer drinkers, figure on providing one to two 12-ounce cans or bottles of beer per guest per hour. To make serving easier, consider purchasing a keg: one-half keg will provide 24 to 30 servings. Plan on less for pop drinkers; each guest will probably consume no more than three to four cans or bottles in an afternoon or evening.

Party problem prevention

Everyone (even Piret's seasoned professionals) experiences an occasional flop—a sauce that curdles or a dessert that doesn't pan out. The best way to prevent problems is to plan and work ahead so you can stay on top of everything. Jack says, "Try your favorite recipes over and over again till you know how to prepare them exactly the way you want them." What if you still encounter problems? "Keep on going, and rely on your own self-confidence and flexibility," he advises. "Chances are, your guests will never know the difference if you turn your soufflé into a mousse."

Win the "Vacation of a Lifetime" Sweepstakes and enjoy yourself with great-tasting Sanka®.



The world is filled with incredible places. There's everything from quaint, little towns where you can just sit back and let the people entertain you to bustling cities that never sleep. And any one of them would be a great place to enjoy a delicious cup of Sanka® Brand Decaffeinated Coffee.

If you win the "Vacation of a Lifetime" Sweepstakes from Sanka® Brand, a trip to one of these exciting places will be yours.

3 First Prizes. A week in paradise for two. The three winning couples can choose their week in paradise from any of the 101 cities which Eastern Airlines flies to.

However, we do more than just get you there. We put you in a first-class hotel, give you three meals a day and $1,000 to spend as you like.

5 Second Prizes. Round-trip tickets for two to any of Eastern's 101 cities. They're some of the most exciting cities in the world, too. Like Acapulco, Montego Bay and Nassau. You'll depart from the Eastern Airlines city nearest you.

100 Third Prizes. A year's supply of Sanka® Brand.* Sanka® is not only a truly delicious brand of coffee, it's 97% caffein-free. So it's the right coffee, if you're bothered by too much caffein.

Great vacations begin with great planning. You don't need a proof of purchase to enter our sweepstakes. But if you include one, we'll send you "A Pocket Planner of Travel Ideas" from Sanka® Brand. It's loaded with tips on how to make every vacation the best it can be.

To enter our sweepstakes, just fill out the entry form and mail it in. And soon, that vacation of a lifetime may be yours.

EASTERN

*Year's supply is 12 8-oz. jars of Sanka® Brand Instant Decaffeinated Coffee or 12 8-oz. jars of Freeze-Dried or 24 1-lb. cans of Ground.

GF GENERAL FOODS

©General Foods Corporation 1981





begins on page 126

Summer parties

How to use the tools of the trade

Here are some tips to help you make the most of the handy kitchen tools pictured on page 134.

1. **Scalloped cutter** *(pictured at right)*—Use it to make crinkle-cut vegetables and fancy butter pats. First, lay the piece of vegetable or stick of cold butter on a flat surface, such as a cutting board. Then make cuts of the desired thickness as with a sharp knife: grasp the cutter firmly and press down through the food.

2. **Mini hand-grater**—This small-sized grater makes short work of grating a small amount of food such as chocolate, onion, or cheese. Place the food to be grated inside the grater; holding the grater over waxed paper, turn the crank until the piece of food is completely grated.

3. **Metal spatula**—Use it for frosting cakes or transferring cookies, petit fours, and appetizers from a baking pan to a serving plate. The tip of the spatula is flexible enough to be used for adding decorative swirls to frosted cakes, baked Alaskas, etc.



4. **Ice cream scoop**—This small-sized ice cream scoop can be used to make dainty balls of ice cream, as a melon baller, to make whipped cream dollops for a dessert garnish, mounds of butter for pancakes, and potato balls to accent a meat platter. Dip the scoop in water before scooping up food. To release the mound, squeeze the handle of the scoop. Redip the scoop in water as often as necessary.

5. **Scraper**—Use it to clean leftover scraps of bread dough or pastry dough from a work surface or as a cutter to divide a mass of kneaded dough into portions for shaping.

6. **Pastry bag and tips**—This flexible cloth or plastic bag is fitted with decorative tips. Fill the bag with frosting or whipped cream to add decorative touches to desserts. And you can use the bag to fill tart shells or deviled eggs, and to pipe a mashed potato border around a meat platter. You also can fill the bag with a soft dough such as cream puff dough to form various shapes for baking.

To use the pastry bag, fit the narrow end into a metal or plastic socket. Select the desired tip and attach it to the socket. Fold over the top of the bag about 1½ inches. Spoon the desired food into the bag, filling it about two-





thirds full. Unfold the top, twist it closed, and squeeze the bag to release the contents.

7. **Apple corer**—This tool will help you make attractive baked apples or core pears. Stand the cutting edge of the corer over the stem end of the fruit; push down firmly through the fruit. Twist the corer; pull it up and out of the fruit to remove the core.

8. **Citrus reamer**—This wooden version of a juicer is handy for extracting juice from oranges, lemons, or limes. Halve the fruit and hold one half, cut side up, over a small bowl or cup. Insert the point of the reamer into the center of the cut fruit and twist it to press out as much juice as possible.

9. **Meat thermometer**—A meat thermometer helps you cook meat to the desired doneness by gauging the interior temperature of the meat. To use the thermometer, insert it in the center of the roast so that the bulb reaches the thickest part of the lean meat. The bulb should not rest in fat or touch bone. Roast the meat till the thermometer registers the desired internal temperature. To check doneness, push the thermometer into the meat a little farther. If the temperature drops, continue cooking the meat to the desired temperature.

10. **Wire whisk**—This tool, also referred to as a wire whip, is handy for scrambling or beating eggs and for blending sauces to velvety smoothness. To scramble eggs or beat them till foamy, handle the whisk with a light stirring motion. To beat eggs to the soft or stiff peak stage, use a more vigorous motion.

11. **Kitchen shears**—Use kitchen shears to obtain fresh cuttings of herbs or parsley, to snip dried fruits, and to trim pastry. To snip herbs or dried fruits, put the food into a container such as a glass measuring cup and cut with kitchen shears into pieces of the desired size. To trim a pastry edge, use the pan edge as a guide and pull away excess dough as you cut.

12. **Timer**—This small portable timer lets the cook get out of the kitchen but still monitor the cooking. One model (not shown) has a neck strap so the timer can be worn like a pendant.

13 and 14. **Narrow and wide pastry brushes**—These brushes are available in a variety of sizes, so that you can choose the width that's best suited to the job. Use the brushes to glaze a roast, baste meat or vegetables with cooking liquid, butter the crust of freshly baked bread, and moisten pastry during rolling.

15. **Radish cutter**—Use this tool to make radish roses to adorn a salad, rel-

continued

o make soup super.



an make Super Birds Eye® Soups.

Count on Birds Eye® for fresh ideas that are simply delicious to taste and deliciously simple to make. Here are the easy directions:

1. Combine: 1 package Birds Eye 5 Minute Chopped Broccoli; 1 can (10¾ oz.) condensed cream of chicken soup, 1 soup can water, and ⅛ tsp. thyme.
2. Bring to a full boil over medium heat, stirring frequently to separate vegetable. Cover and simmer 5 minutes.
3. Garnish with lemon slices, if desired. Makes 3 servings.

For more super soup ideas and a free offer, see coupon below.

TO: SUPER SOUPS BOOKLET, General Foods Corp., P.O. Box 5047, East Court St., Kankakee, IL 60901

For the first time ever, Birds Eye offers you the Birds Eye® Super Soups Booklet. It features many delectable ways to make soup super with our vegetables. And the recipes are accompanied by brilliant color photography. More good news: it's free with just 25¢ for postage and handling. Send to:

Name

Address

City

State Zip

Allow 6 to 8 weeks for handling. Offer expires March 31, 1982. Offer void where prohibited, taxed or otherwise restricted.

continued

Summer parties

ish plate, or main dish platter. Place the trimmed radish, right side up, between the cutting blades of the cutter. Grasping the handle firmly, squeeze



both the bottom and top of the handle so that the top blade cuts through the radish; release. To open "petals" farther, place radish in ice water.

16. **Fluted decorating tool**—This tool has several different cutting edges for decoratively cutting fruits and vegetables. To use, follow the instructions for number 1, the scalloped cutter.

17. **Zester**—Use the zester to make thin shreds or strips of citrus peel and to flute mushrooms. For strips of peel, hold the fruit firmly in one hand. Starting near the top of the fruit, scrape the surface of the peel with the concave side of the zester toward the fruit. The strips of peel will come through the hole in the zester. To flute mushrooms, begin at the tip of the mushroom cap, holding the zester in the same position as for stripping fruit peel. Carve a strip out of the cap in spiral fashion. Turn the mushroom and continue cutting out a total of five to six strips.

18. **Oblong fluted melon baller**—Use this tool to make melon balls and butter balls. For firm, well-shaped balls, start with chilled halved fruit or a chilled, uncut pound block of butter. Cut out the fruit or butter ball with a scooping motion, twisting the melon baller to achieve a rounded ball.

PARTY PLANS

BARBECUE BASH FOR 25 TO 30

Well in advance of party day, survey the area and decide where each of the food stations will be, as well as where guests will be seated. Use inexpensive clipboards, spray-painted in bold colors, to display instructions for assembling each course of the meal.

For the kabob setup, borrow two or three large grills or several small double hibachis from neighbors. The hibachis can be placed atop a picnic table (with a liner underneath) or on a driveway or patio. For each grill setup, you'll need a couple of small tray tables or benches for the kabob makings, basting sauces, brushes and skewers.

For the salad setup, one or two stations is adequate. Each should have the two salads, the dressing for the Three-Green Breadstick Salad, and salad servers.

Prepare two stations for the Fresh Fruit Sundaes. Set out several types of fresh fruit in baskets or hollowed-out pineapple or melon shells, the vanilla custard pudding, all of the condiments, and serving spoons. Disposable wine glasses make ideal sundae cups—place the glasses within easy reach along with plastic spoons.

For the beverages, purchase clean empty paint buckets at a hardware or paint store. Fill them with crushed ice to hold beverage cans and bottles, and place four or five buckets around the party site.

Brightly colored paper plates and napkins, along with plastic flatware, and plastic pilsner glasses, will look festive and are conveniently disposable. If you frequently entertain outdoors, you might consider investing in wicker paper plate holders, which provide extra support.

For this informal party, the seating arrangements can be as casual as the group—benches, lawn chairs, and blankets, or a couple of borrowed picnic tables will probably be all you'll need. Cover the tables with colorful wrapping paper or plastic cloth and secure it underneath the table with heavy-duty tape.

Barbecue Bash Recipes

MAKE-YOUR-OWN KABOBS

For this party entrée, buy enough shrimp, meat, and poultry to provide about ⅓ pound total for each guest—

Meat for kabobs: Shelled shrimp; bratwurst, cut into bite-sized chunks; 1½-inch chunks of chicken, lamb, *or* beef
Vegetables for kabobs (choose 3 or 4 options): cherry tomatoes, small whole mushrooms, red or green pepper chunks*, peeled jicama chunks, zucchini chunks*, yellow squash chunks*, small whole onions (boilers)*
1 recipe Onion-Mustard Sauce (see recipe below)
1 recipe Sesame Curry Sauce (see recipe, page 143)
1 recipe Dilly Garlic Butter Sauce (see recipe below)
3 cups bottled smoke-flavor barbecue sauce
Metal skewers

Prepare your choice of meat and vegetables; arrange on platter or in individual containers. Cover and chill till serving time.

Allow guests to skewer their own combinations. Baste kabobs generously with desired sauce; grill kabobs over *hot* coals for 8 to 12 minutes or till of desired doneness, basting kabobs generously with sauce during grilling.

***Note:** Ahead of time, precook these vegetables separately in a small amount of boiling salted water for 2 minutes. Drain, cover, and chill.

ONION-MUSTARD SAUCE

1½ cups Dijon-style mustard
1 cup catsup
½ cup mayonnaise *or* salad dressing
½ cup finely chopped green onion
¼ cup water

Combine all ingredients; cover and chill for several hours. Makes 3⅓ cups. Use to baste bratwurst, lamb, or beef.

SESAME CURRY SAUCE

1 cup soy sauce
⅔ cup cooking oil
½ cup honey
½ cup vinegar
2 tablespoons sesame seed
2 teaspoons curry powder
½ teaspoon pepper

In a screw-top jar combine all ingredients; cover and shake well. Makes about 3 cups. Use to baste chicken, shrimp, lamb, or beef.

continued



3 quick-to-make picnic dishes from Hillshire Farm and Creamettes.®

Why throw a picnic, when you can throw a "Quicknic"? Just grill a platter of delicious Hillshire Farm Sausages. Then serve them with these two easy-to-make Creamettes and Hillshire Farm dishes. You're ready to eat in minutes.

Creamettes 'n Sausage Salad

1—7-oz. package Creamettes Macaroni (2 cups uncooked)
1-lb. Hillshire Farm Polska Kielbasa, cut in ½" slices
1-lb. can (2 cups) kidney beans, drained
1 medium-sized red onion, chopped
1 green pepper, chopped
3 hard cooked eggs, chopped
2 tablespoons chopped parsley
½ cup vegetable oil
3 tablespoons wine vinegar
½ teaspoon salt
¼ teaspoon pepper
⅛ teaspoon garlic powder
⅛ teaspoon oregano
Red onion rings

Prepare Creamettes according to package directions for salad use. Drain. In medium skillet, fry sausage slowly until browned. Drain. Combine Creamettes Elbow Macaroni, Hillshire Farm Polska Kielbasa, kidney beans, onions, green pepper, eggs and parsley. Blend oil, vinegar, salt, pepper, garlic powder and oregano. Toss macaroni mixture with dressing. Chill. Garnish with onion rings. 6 to 8 servings.

Sausage Spaghetti

1-lb. Hillshire Farm Smoked Sausage or Italian Smoked Sausage cut into 1 inch slices
2 green peppers, diced
2 medium onions, diced
2 cans (15 ounce each) tomato sauce
1 can (6 ounce) tomato paste
1 can (4 ounce) sliced mushrooms, undrained
1 tablespoon Worcestershire sauce
1 teaspoon basil leaves
1 teaspoon salt
¼ teaspoon pepper
⅛ teaspoon garlic powder
1-lb. package Creamette Spaghetti (or ½ of 2-lb. package)

In a large skillet fry sausage until almost brown. Add green pepper and onion, cook until tender. Stir in tomato sauce, tomato paste, mushrooms with liquid, Worcestershire, basil, salt, pepper and garlic powder. Simmer uncovered 20 minutes. Prepare Creamette Spaghetti according to package directions. Drain. Arrange spaghetti on large platter and pour on sauce. 6 to 8 servings.



TAPPAN
100 YEARS OF COOKING



Most ranges are full of hot air. Convectionaire puts it to better use.

Sometimes you've got to use force to get a job done right. And that's the whole idea behind the Tappan Convectionaire® Range.

While some ranges just fill an oven with hot air, Convectionaire forces hot air to do a better, more efficient job of cooking. Because it circulates it. Inside every Convectionaire there's a fan that blows hot air down and around the oven the moment you turn it on. It's the convection theory of cooking.

But so much for theory.

The results are so much more interesting. Convectionaire cooks at lower temperatures—as much as 50° to 75° lower. Cooks faster—up to 50% faster. In a cooler kitchen...and most of the time with no preheating. Sounds incredible? Then consider a 23 lb. roast turkey. It cooks at 275°—not 325°. In approximately 4½ hours—not 6½ hours.

But best of all, is what Convectionaire does for your food. It cooks meats juicier. Cooks more evenly. And browns food to a turn.



Convectionaire also puts your time to better use. No bending or stooping. It broils at waist height. No scouring or scrubbing. It's self-cleaning.

And to help you put your Convectionaire to the best use, a full color, illustrated cookbook accompanies every range.

The Tappan Convectionaire—in gas and electric. It looks like an ordinary range, but it cooks like nothing else.

TAPPAN IS COOKING

Tappan Appliances, Mansfield, Ohio 44901

ontinued

Summer parties

DILLY BUTTER GARLIC SAUCE

3 cups butter *or* margarine
4 cloves garlic, minced
2 tablespoons fresh dill *or* 2 teaspoons dried dill
½ cup lemon juice

Melt 1 tablespoon of the butter or margarine in a small saucepan; cook garlic in butter till golden. Add remaining butter to skillet with dill; heat till butter is melted. Stir in lemon juice. Makes about 3½ cups. Use to baste shrimp or chicken.

THREE-GREEN BREADSTICK SALAD

You can prepare and chill the greens and the dressing ahead—

4 cups cream-style cottage cheese
1½ cups dairy sour cream
¾ cup milk
2 envelopes (2⅛-ounce each) regular dry green pea soup mix
1 bunch romaine, red leaf lettuce, *or* green leaf lettuce
1 pound spinach, curly endive, *or* escarole
1 head Boston *or* Bibb lettuce, torn
2 8-ounce packages breadsticks

Prepare Green Pea Dressing: In blender container or food processor bowl place *2 cups* of the cottage cheese, *¾ cup* of the sour cream, and *half* of the milk. Cover; blend till nearly smooth, scraping down sides of blender container occasionally with a rubber spatula. Add *1 envelope* dry soup mix; cover and blend till smooth. Pour mixture into bowl; repeat with remaining cottage cheese, sour cream, milk, and soup mix. Cover dressing; chill till serving time. Place greens in large serving bowl; insert breadsticks around rim of bowl. Serve dressing with salad. Makes 25 to 30 servings.

CUKE 'N TATER SALAD MOLD

For 25 to 30 servings, make two recipes of this easy one-step salad mold—

1 32-ounce can (4 cups) vegetable juice cocktail
2 tablespoons lemon juice
Few dashes bottled hot pepper sauce
1 6-ounce package lemon-flavored gelatin
2 16-ounce cans sliced potatoes, drained
1 cup chopped cucumber
⅓ cup thinly sliced green onion

• • •

1 small unpeeled cucumber, thinly sliced
Celery sticks with leaves

In a large saucepan combine the vegetable juice cocktail, the lemon juice, and bottled hot pepper sauce. Bring mixture to boiling; add gelatin. Remove from heat and stir till gelatin is dissolved. Add drained sliced potatoes, chopped cucumber, and green onion. Pour mixture into a 10-inch fluted tube pan, a 10-inch regular tube pan (without removable bottom), or 13x9x2-inch pan; cover and chill till firm, 6 hours or overnight.

To serve, unmold salad in tube pans onto serving platter; place cucumber slices overlapping atop mold. Garnish platter (or center hole) with celery sticks. If using 13x9-inch pan cut gelatin into 15 squares; place on serving plate. Garnish with sliced cucumbers

continued on page 146



"My tuna is approved by Uncle Sam. My Tuna Florentine, by Harry."

Chicken of the Sea® tuna is the only leading brand that earns this U.S. Department of Commerce seal. Because it's the only one that gets voluntary federal inspection. There's no law that requires us to be in this program, but we do it for a good reason. To reassure you of wholesome, top-quality tuna, can after can.



Chicken of the Sea
The only leading tuna with the U.S. Gov't. seal of approval.

For free tuna recipes, send your name, address and Zip to: Chicken of the Sea Tuna Recipes, P.O. Box 3406, Maple Plain, MN 55348.

© Ralston Purina Company, 1980 ®

COME PICK A CROP OF



KRAFT Grated Parmesan.

Get KRAFT Grated Parmesan's new cookbooklet, "SUPER SALADS"— free at your grocer's.

Salads simple, salads spectacular — they're all here in "SUPER SALADS." Mixed in or sprinkled on, KRAFT Grated Parmesan brings its unique, zesty flavor to a garden variety of hearty main dish salads, savory vegetable salads and tantalizing new tossed salads.

And for extra zing, we've also included salads made lively with the robust taste of KRAFT Grated Romano. (Look for it in its new bright red can.)

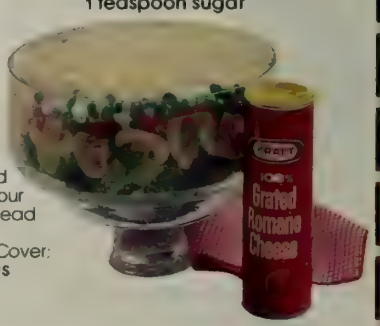
Pick up "SUPER SALADS" wherever our grated cheeses are sold, or write to: **KRAFT "Super Salads," P.O. Box 810, South Holland, IL 60473.**

Good in territorial USA only. Offer good while supplies last. One book per family. Allow 4-6 weeks for delivery.

LAYERED SPINACH SALAD

KRAFT Grated Romano Cheese
3 crisply cooked bacon slices, crumbled
1½ qts. torn spinach
2 cups mushroom slices
1 cup red onion rings
10-oz. pkg. frozen peas, cooked, drained
½ cup KRAFT Real Mayonnaise
½ cup dairy sour cream
1 teaspoon sugar

Combine ½ cup cheese and bacon; mix well. In 2½-quart bowl, layer spinach, cheese mixture, mushrooms, onions and peas. Combine mayonnaise, sour cream and sugar; mix well. Spread over salad to seal. Sprinkle 2 tablespoons cheese over top. Cover; refrigerate overnight. **8 servings**



SCRUMPTIOUS SALADS.



It doesn't stop at topping spaghetti.

PARMESAN TACO SALAD

1 lb. ground beef
½ cup chopped onion
¾ cup KRAFT Barbecue Sauce
½ cup (2 ozs.) KRAFT Grated Parmesan Cheese

• • •

¼ cup (1 oz.) KRAFT Grated Parmesan Cheese
Tortilla chips
3 cups shredded lettuce
2 cups chopped tomatoes
¾ cup dairy sour cream
4-oz. can chopped green chili peppers, drained

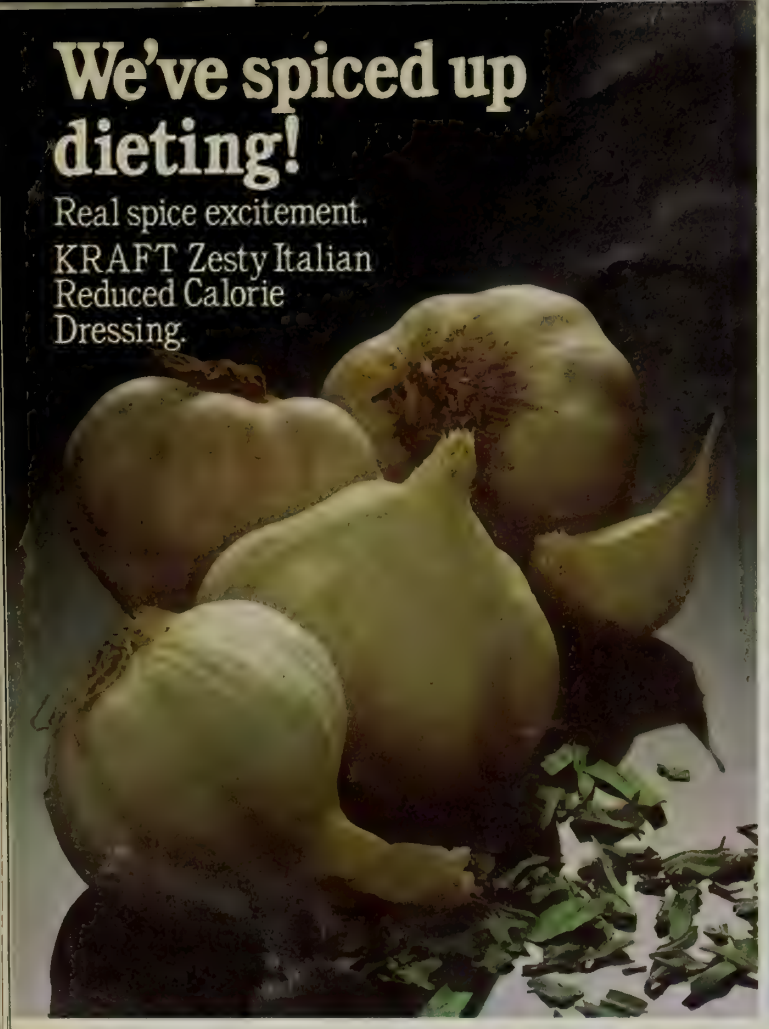


Brown meat, drain. Add onion, cook until tender. Stir in barbecue sauce and cheese. Cover; simmer 10 minutes over low heat, stirring occasionally.

Combine lettuce and tomatoes, mix lightly. Combine sour cream, chili peppers and cheese; mix well. For each salad, top tortilla chips with lettuce mixture, meat mixture and sour cream mixture. **4 servings**



We've spiced up dieting!
Real spice excitement.
KRAFT Zesty Italian
Reduced Calorie
Dressing.



Brightened it!
Real red bell peppers.
KRAFT Zesty Italian
Reduced Calorie
Dressing.



continued

Summer parties

In bowl beat eggs slightly with electric mixer; blend in cream cheese, Camembert or Brie, chives, and lemon juice, beating till fluffy. On lightly floured surface roll one pastry sheet to 14x10 inches. Place on ungreased baking sheet. Spread *half* the filling atop to within ½ inch of edges. Roll out another pastry sheet to 14x10 inches. Moisten edges of bottom layer with water; place second rectangle of pastry atop. Press firmly with fork to seal edges. Cut crosswise slits in top pastry about 1 inch apart. Bake in 400° oven for 20 to 25 minutes. Repeat with remaining pastry and filling. Cool slightly on baking sheet. Then with a sharp knife, cut the pastry into 5x1½-inch pieces. Serve warm. Makes 36 pieces.

Note: Pastry pieces may be reheated on baking sheet in 400° oven for 4 to 5 minutes.

PÂTÉ-STUFFED ROAST WITH WINE MAYONNAISE

An electric knife is handy for slicing the roast for serving—

1 6-pound boneless beef rib roast
2 4¾-ounce cans liver pâté *or* liver spread
⅓ cup chopped pistachio *or* pine nuts
2 teaspoons snipped parsley
1½ cups mayonnaise *or* salad dressing
¼ cup dry white wine
1 tablespoon snipped parsley

Untie and unroll beef roast. Combine liver pâté, chopped nuts, and the 2 teaspoons parsley. Spread pâté mixture over unrolled beef roast. Reroll and retie beef roast. Place roast, fat side up, on a rack in a shallow roasting pan. Sprinkle roast with salt and pepper. Roast in a 325° oven for 2½ to 3 hours for rare (140° internal temperature). Cool; then cover and chill roast. For Wine Mayonnaise, combine mayonnaise or salad dressing, wine, and remaining parsley. Cover; chill. To serve, slice meat thinly. Serve with Wine Mayonnaise. Makes 12 to 15 servings.

LEMON ASPARAGUS AND CARROTS

If you can't find the small whole or "baby" carrots, cut medium carrots into 3- or 4-inch lengths—

1½ pounds fresh asparagus spears *or* three 8-ounce packages frozen asparagus spears

• • •

1½ pounds (4 cups) small whole carrots, peeled
Lemon juice
Lemon pepper seasoning

• • •

Lemon wedges
Snipped fresh parsley

For fresh asparagus, tie whole spears in a bundle and stand it upright in a deep kettle, letting tips extend 2 to 3 inches above boiling salted water. Cover pan; cook 10 to 15 minutes or just till crisp-tender. Rinse with cold water; drain. (For frozen asparagus spears, cook according to package directions till crisp-tender; rinse with cold water and drain.) Place carrots on a rack above boiling water; cover and cook about 15 minutes or till crisp-tender. Rinse with cold water; drain. Cover and chill. To serve, arrange





vegetables on platter with Pâté-Stuffed Roast. Sprinkle vegetables with lemon juice and lemon-pepper seasoning. Garnish with lemon wedges and parsley. Makes 12 to 15 servings.

WALNUT-WILD RICE PILAF

This turns quick-cooking rice mix into a classy side dish—

2 6-ounce packages quick-cooking long grain and wild rice mix
1 cup coarsely chopped walnuts *or* pecans
½ cup sliced pitted ripe olives
¼ cup walnut oil, olive oil, *or* salad oil
Leaf lettuce
Whole walnuts *or* pecans
Pitted olives

Prepared long grain and wild rice mix according to package directions; cool. Toss cooked rice mixture with chopped nuts and sliced olives. Cover and chill. About 30 minutes before serving time, let rice mixture stand at room temperature. Before serving, drizzle oil over rice mixture; toss. Turn into a lettuce-lined bowl or platter; garnish with whole nuts and pitted olives. Makes 12 to 15 servings.

BIG-TIME RECEPTION FOR 50 TO 75

For novel invitations to a large anniversary or wedding reception, have a custom photo lab make up postcards from the couple's wedding picture (check the Yellow Pages under Custom Photo Finishing). If your reception will honor a graduate or retiree, you can have a collage of photos made up for personalized invitations.

Use your lawn or garden area to accommodate the large gr a color theme for the tions, then carry it throu arrangement, plates, c etc. You'll need one or bles for the Assorted Bre and the Surprise Vege dippers. Use baskets or the breads, and a han picnic basket to hold the dipping. Provide crock each of the spreads, al spreaders. You might cocktail napkins from tioner or printer. Buy plates to hold the nibbles, or use small plastic trays with an indentation for a beverage (the trays are available at party supply stores).

Provide one or two small tables to set up the jugs of wine, bottles of vodka, rum, club soda, and pop for the Celebration Slush. Spoon the slush into a large punch bowl, then place the bowl in a larger ice-filled container to keep the slush the proper consistency. A small bowl of orange and lemon slices provides a citrus garnish for each drink. Provide plastic drink cups and so guests can mix



continued

Summer parties

Big-Time Reception Recipes

CELEBRATION SLUSH

This slush helps extend alcoholic beverages and carbonated beverages—

4 6-ounce cans frozen tangerine *or* orange juice concentrate
2 pints pineapple sherbet
3 cups water
Orange, lemon, *or* lime slices, *or* wedges
Dry white wine, champagne, rum, *or* vodka, sparkling water or lemon-lime carbonated beverage, chilled

Thaw concentrate slightly; stir sherbet to soften. Stir concentrate and water into sherbet. Freeze 5 hours or overnight till firm. To serve: Let mixture stand 10 minutes at room temperature. Scoop the frozen mixture into a serving bowl. Fill a larger bowl with ice; insert the bowl of slush in the ice-filled bowl. For each serving, spoon about 2 tablespoons slush into a glass; pour in choice of beverage (if using rum or vodka, also add carbonated beverage). Garnish with a fruit slice. Makes 9½ cups slush or about 60 to 75 servings.

ASSORTED BREADS 'N SPREADS

Try using unsalted butter to enhance the flavor of the Cheddar Butter spread—

2 8-ounce packages cream cheese, softened
⅓ cup honey
½ cup shredded coconut, chopped and toasted
Milk

• • •

¾ cup finely chopped peanuts, cashews, almonds, walnuts, *or* pecans
1 cup finely shredded cheddar cheese (4 ounces)
¾ cup butter *or* margarine, softened
1 teaspoon vanilla extract

• • •

Desired purchased cheese spread
Date Banana Bread (see recipe page 152)
Lemon Almond Bread (see recipe page 152)
Pita bread, cut in triangles
Flat crackers, assorted butter crackers

Coconut Cream Cheese Spread: In mixer bowl beat together the softened cream cheese, the honey, and coconut. If mixture is too stiff to spread, add milk, 1 tablespoon at a time, till spreading consistency. Spoon mixture into a crock or bowl. Garnish with more toasted coconut, if desired. Cover and chill. Makes 2⅔ cups.

Cheddar Butter: Reserve 2 tablespoons of the chopped nuts. In bowl combine the cheddar cheese, softened butter or margarine, remaining chopped nuts, and vanilla. Turn into crock or bowl; sprinkle with reserved nuts. Cover and chill. Makes 2 cups.

To serve, let Coconut Cream Cheese Spread, Cheddar Butter, and purchased cheese spread stand at room temperature 30 minutes before serving time. Arrange spreads on

continued

Make a meal for summer.

Enjoy simple pleasure: CRACKER BARREL cheddar and juicy slices of fresh peaches, plums and nectarines. Add your favorite crackers and you have a summertime meal that's perfect for lunch in the park, a late evening supper or a hearty snack, anytime.



KRAFT

Cracker Barrel cheddar & California Summer Fruits

California Tree Fruit Agreement



continued

Summer parties

trays with slices of Date Banana Bread, Lemon Almond Bread, pita bread triangles, and assorted crackers.

LEMON ALMOND BREAD

Two loaves of this bread, cut into half-slices, will accommodate 60 guests—

1 beaten egg
1 8-ounce carton plain yogurt
1 package 1-layer-size yellow cake mix
2 teaspoons finely shredded lemon peel
½ cup chopped almonds
Sliced almonds (optional)

In mixing bowl combine egg and yogurt; add cake mix and lemon peel. Stir till combined. Stir in chopped almonds. Turn into one greased 8x4x2-inch loaf pan. Sprinkle sliced almonds atop batter, if desired. Bake in 350° oven for 35 to 45 minutes or till bread tests done. Cool in pan 10 minutes. Invert onto wire rack; cool completely. Makes 1 loaf.

DATE BANANA BREAD

2 17-ounce packages date quick bread mix
1 cup mashed ripe banana
¾ teaspoon ground allspice

Prepare quick bread mixes according to package directions, *except* decrease water to 1⅓ cups total and add mashed banana and allspice with the water. Pour mixture into a greased 10-inch fluted tube pan or plain tube pan; bake in 375° oven for 50 to 60 minutes or till wooden pick inserted in center comes out clean. Cool in pan 15 minutes; turn out onto wire rack to cool completely. Sprinkle with powdered sugar, if desired. Slice thinly to serve. Makes 2.

SURPRISE VEGETABLE DIP

When guests dip in, they'll find this cheesy olive mixture has four layers—

Lettuce leaves
2 8-ounce containers sour cream with blue cheese
1½ cups grated cheddar cheese
1 cup chopped pitted ripe olives *or* chopped pimiento-stuffed olives
2 8-ounce containers sour cream with French onion
1 hard-cooked egg, sieved
Sliced ripe olives *or* pimiento-stuffed olives, sliced
Assorted fresh vegetable dippers: cauliflower flowerets, broccoli flowerets, cherry tomatoes, celery sticks, radishes, whole mushrooms, cucumber slices

Line a 12-inch wooden board or platter with lettuce leaves. Spread sour cream with blue cheese to within 1 inch of lettuce edges on bottom of dish. Top with a layer of the grated cheddar cheese, then the chopped ripe or green olives. Spread sour cream with French onion atop olive layer. Score a lattice design atop dip; sprinkle sieved hard-cooked egg over lines. Fill in design with sliced olives. Serve with fresh vegetable dippers. Makes 6 cups dip.

continued

*Trademark of The Dow Chemical Company.

ZIPLOC INTRODUCES THE BEST WAY TO STOP FREEZER BURN COLD.



When it comes to weathering the bitter cold of the freezer, Ziploc* Freezer Bags do it best. They're the thickest, toughest, strongest bags you can buy.

Ziploc Freezer Bags have an easy-to-use seal that sets them apart from all other bags. It locks freshness in. So moist food stays moist. And crisp, dry food stays crisp and dry.

And now, Ziploc will give you 20¢ to examine the cold facts for yourself. We think you'll respond to our freezer bags warmly.

For your other food protection needs, try Ziploc Storage and Ziploc Sandwich Bags.

astes better.

your everyday crisp, garden salad
dd the delicious crunch-in-every-
lelight of Planters Nuts.
.dd Planters fresh Pecans, Wal-
or Almonds to the usual dishes
erve your family. And serve
family something
ually delicious.



nters Nuts make the usual,
usually delicious.

Another fine product of Standard Brands



Let three of our great Presidents convince you to try the great taste of Bright & Early.

With savings as much as 31¢ a can*, and a delicious orange taste, now you've got two good reasons to try Bright & Early® instead of orange juice. Especially since every 6 oz. glass contains a full day's supply of Vitamin C.

Bright & Early. The delicious frozen concentrate for imitation orange juice, with a full day's supply of Vitamin C.

Give your taste a treat for breakfast and your pocketbook a treat from now on.

*Based on average Bright & Early and frozen orange juice 12 oz. pricing.



Bright & Early.
Tastes great and costs about 1/3 less than orange juice.

"Bright & Early" is a registered trademark of The Coca-Cola Company.

continued

Summer parties

cheesecloth. Stir the milk and sour cream into remaining cream cheese; spread in pan on top of the foil. Sprinkle the chopped pecans atop cheese layer. Press nuts gently into cheese. Spoon Camembert cheese mixture atop nuts, spreading to pan edges. Place plastic wrap directly over cheese; cover tightly. Refrigerate at least 2 to 3 days before serving (flavor is better if kept up to a week). To serve, remove plastic wrap from top of cheese. Turn out onto a plate; peel off foil, plastic wrap, or cheesecloth. Sprinkle with snipped parsley. Surround with apple slices.

***Note:** To prevent fruit from darkening, dip apple slices in lemon juice or ascorbic acid color keeper.

POULET AUX FINES HERBES

This recipe can easily be doubled or tripled to serve 16 or 24—

4 large whole chicken breasts, split, skinned, and boned
¼ cup butter *or* margarine, softened
1 tablespoon snipped fresh parsley
¼ teaspoon dried oregano, crushed
¼ teaspoon dried fines herbes, crushed
¼ teaspoon dried marjoram, crushed
2 ounces Monterey Jack cheese, cut into 8 strips

• • •

1 beaten egg
1 tablespoon water
½ teaspoon cooking oil
¼ cup all-purpose flour
½ cup fine dry bread crumbs
¼ cup dry white wine
Hot cooked noodles

Pound chicken with meat mallet to flatten. In a small bowl combine butter or margarine with fresh parsley, oregano, fines herbes, and marjoram. Using *half* of the herb-butter mixture, dot some on each breast. Place a strip of cheese on each and roll up tightly, tucking in ends. Combine egg, water, and oil. Coat rolls with flour; dip in the egg mixture, then roll in bread crumbs

continued

Ready-made glamour-quick, easy, and delicious-with Johnston's® Ready-Crust® and Reddi-Wip® Topping.



A delightful dessert that's a feast for the eye, and so easy to make! Mix 8 ounces of strawberry yogurt and 1¾ cups of Reddi-Wip® Topping. Stir until well blended; then spoon 2 tablespoons of the mixture into each Johnston's® Ready-Crust® tart shell. Next, ring the tart with whole or sliced strawberries and top with a swirl of Reddi-Wip® Topping. Johnston's® Ready-Crust® and Reddi-Wip® Topping. Glamour that's quick, easy, and delicious.

For a book of delicious dessert recipes, send your name, address, and 50 cents for postage and handling to Ready-Crust Recipe Books, R.A. Johnston Co., Dept. 106, P.O. Box 868, Mundelein, Illinois 60060.

For a free "Fancy Coffees" recipe booklet, write to Reddi-Wip, Hunt-Wesson Refrigerated Foods, P.O. Box 3800, Fullerton, CA 92634.

Reddi-Wip® is a registered trademark of H.W.F.I. © 1981. A Norton Simon, Inc. Company. Johnston's® and Ready-Crust® are registered trademarks of the Johnston's Ready-Crust Co. 1981

Fresh fruit, packed in real fruit juices, with no sugar added,

Libby's Libby's Libby's
LITE
FRUITS
IN REAL FRUIT JUICES
NO SUGAR ADDED

Gives Libby's LITE Fruits a fresher fruit taste!

What a fresh idea! There's not a speck of sugar added to Libby's Lite Peaches, Pears, Fruit Cocktail and Chunky Mixed Fruits. So there's no heavy, sugary syrup to cover up the fresher fruit taste. Instead, Libby's Lite Fruits are packed in a luscious splash of real, naturally sweet fruit juices. Mmmm... that's delicious! That's Libby's Lite!



Libby's Libby's Libby's

continued

Summer parties

to coat. Place rolls, seam side down, in a 12x7½x2-inch baking dish. Bake, uncovered, in a 350° oven for 20 minutes. Meanwhile melt the remaining herb-butter mixture with the wine. After the first 20 minutes of baking, pour wine mixture into baking pan around chicken. Bake 20 to 25 minutes more or till chicken is golden brown and tender. Drain chicken, reserving pan juices. Serve chicken over hot cooked noodles. Pass reserved pan juices with chicken. Makes 8 servings.

FILET LYONNAISE

You can also use two 2½-pound beef tenderloins for this recipe. Make a double butterfly cut in each piece as directed in the recipe. The roasting time is the same—

Large whole mushrooms
1 5-pound beef tenderloin
• • •
1 cup butter *or* margarine, softened
2 cloves garlic, minced
• • •
8 ounces fresh spinach, finely chopped (6 cups)
3 beaten eggs
¾ cup soft bread crumbs (1 slice bread)
1 10½-ounce can condensed beef broth
Quartered new potatoes
Butter *or* margarine
3 medium onions, cut in very thin wedges
½ cup dry sherry
Lemon leaves (optional)

If desired, flute mushrooms: with a small knife or a lemon zester held at an angle, begin at the tip of each mushroom cap and carve a strip out of the cap in the form of an inverted V. Turn mushroom and continue cutting strips in a spiral fashion, making 5 to 6 cuts in each mushroom cap.

Trim fat from tenderloin. To make a double butterfly cut: Make a lengthwise cut down center of meat, cutting to within ½ inch of other side. With meat cut side up, make two more lengthwise cuts, one on either side of the first cut, cutting through thickest

portions of meat to within ½ inch of other side. Pound slightly with meat mallet to flatten to a 10x8-inch rectangle. In a small bowl combine 1 cup softened butter or margarine and garlic; spread over meat. Mix spinach, eggs, and crumbs; spoon atop butter mixture on meat. Roll meat up from the long side. Place meat, seam side down, on a rack in a shallow roasting pan. Lightly salt the outside of the meat. Roast meat in a 400° oven about 50 minutes for rare, or till desired doneness.

In a small saucepan simmer beef broth, uncovered, about 12 to 15 minutes till reduced to ⅓ cup. Cook new potatoes in boiling salted water for 10 minutes; drain. Cook fluted mushrooms in a small amount of butter or margarine for 4 to 6 minutes. Keep potatoes and mushrooms warm. Remove meat to a warm platter; reserve drippings. Cover meat and keep warm.

In a large skillet cook onions in reserved drippings till tender but not brown. Stir in sherry and reduced beef broth; heat through. Remove onions with slotted spoon.

Arrange lemon leaves on platter, if desired. Slice meat crosswise into 1-inch-thick slices. Arrange meat, slices overlapping, around one side of platter; spoon potatoes, mushrooms, and onions onto platter. Drizzle sauce over all. Makes 14 to 16 servings.



PIZZA CHICKEN! BRAVO!



PIZZA CHICKEN

Mamma mia, Shake 'n Bake! Fabulous chicken with the fun taste of pizza. Lots of bubbly cheese and tomatoey sauce.

1 envelope SHAKE 'N BAKE® Seasoned Coating Mix for Chicken-Barbecue Style
1 teaspoon oregano
2½ pounds cut-up chicken
½-¾ cup shredded mozzarella cheese

- Place seasoned coating mix and oregano in the shaker bag; shake to blend.
- Moisten, coat and bake chicken as directed on package.
- Sprinkle with cheese and bake 5 minutes longer, or until cheese has melted.

Makes 4 servings.

©1988 General Foods Corporation.

In 1891, the best hams were natural hickory smoked.



They still are.

Today Rath hams are still slow-smoked over a genuine hickory fire. We never use short-cuts. It's the only way we know to get honest-to-goodness real hickory flavor... the flavor that's made Rath hams so special for so many years.

Rath Black Hawk



Look for the bright, new Rath Black Hawk label.

© 1981 The Rath Packing Co., Inc.



SAVE A TOMATO'S LIFE.

THESE TOMATOES STAYED FRESH FOR 15 DAYS IN THE GE FOOD SAVER. It's easy to keep tomatoes this fresh and firm for that long in a General Electric Food Saver refrigerator. Because its Moist 'n Fresh drawer lets you keep foods at the right temperature and humidity. So vegetables and your other moisture-loving foods thrive in it.



Fruits keep fresh for 15 days, too. Grapes, strawberries, oranges, all keep better in the lower humidity of our Cool 'n Fresh drawer.

Even meat and cheese can stay fresh. Because the sealed, high-humidity Snack Pack adds extra life to your unwrapped cold cuts and other uncovered snacks.



We can't think of a better feature than keeping your food fresh so long. (After all, that's what you buy a refrigerator for!) But, there's even more! This Food Saver has adjustable glass shelves, an energy-saver switch and gives you crushed ice, ice cubes and chilled water through the door. And there are other Food Savers in a selection of sizes and styles too, all equipped for an automatic icemaker. So don't be a food waster. Get a GE Food Saver.



Model TFF24R

Unretouched photos were taken of tomatoes and other food stored in Food Saver drawers after 15-day test.

WE BRING GOOD THINGS TO LIFE.

GENERAL ELECTRIC

TWO MORE KINDS OF GOOD TASTE FROM SPAM.®

SPAM® Smoke Flavored



SPAM® with Cheese Chunks



You'll love the delicious, smoky taste of SPAM® smoke flavored luncheon meat. And the lively cheese taste of SPAM® with cheese chunks. Both are great for sandwiches, with eggs or in casseroles. Try them.

Hormel



Budget Roasts
Dried Fruit Desserts

Do you manage to serve meat roasts and still hold down food costs? Do you use dried fruits to add flair to your favorite dessert recipe? Send us your recipes—you could be a winner next January. Two Cooks-of-the-Month receive $50 each, four Runners-up receive $25 each, and ten Honor Roll winners get $10 each. Selected recipes will be pictured on the Prize Tested Recipes pages next January. All 16 winners will receive a framed Certificate of Endorsement and six copies of the recipe.

Hints to Help You

Budget Roasts

Enter your own inflation-fighting recipe ideas for beef, pork, or lamb roasts. Use more-for-your-money meat cuts such as chuck roasts or shoulder roasts. **Hints: apricot-stuffed smoked pork picnic, onion-braised pot roast, lime-marinated lamb.**

Dried Fruit Desserts

Your dessert recipe can feature any combination of dried fruits including pears, apricots, peaches, apples, figs, currants, raisins, and prunes. Is your recipe a quick last-minute dessert? **Tips: dried pear flambé, carob-currant pie, fig trifle.**

THIS MONTH'S WINNERS

(See recipes on pages 161 and 162.)

Cooks-of-the-Month

Mrs. Marjorie Lindsay, Bonaparte, Iowa
Mrs. Gloria McAdams, New York, N.Y.

Runners-up

Mrs. D. B. Dalziel, Berkeley, Calif.
Anne Dobrinen, Fresno, Calif.
Daphne Doerr, Glendale, Ariz.
Mrs. Doris Knoke, Chester, Ill.

Honor Rolls

Janet S. Adams, Baton Rouge, La.
Dorothy Goshgarian, Arlington, Mass.
Mrs. Barbara C. Gossage, Springfield, Va.
Lauretta Grabowski, Hamden, Conn.
Dorothy M. Johnson, Westmont, Ill.
Mrs. Beth Kirchner, Mt. Pleasant, S.C.
Mrs. Jo Ann Manning, Middletown, Ohio
Ann Powell, Albany, Ga.
Mrs. S. L. Stello, Fredericksburg, Va.
Diana Willis, De Soto, Tex.

CONTEST RULES

1. **Write your name, address, and recipe clearly. Mark it "January Budget Roasts" or "January Dried Fruit Desserts."**
2. **Specify brand names of food products you use.**
3. **Include 50 to 100 words about the origin of the recipe.**
4. **If your recipe is purchased, you give Meredith Corporation the right to use it in any manner as long as we wish.**
5. **Entries must be postmarked by midnight, June 30. Where duplicate recipes are submitted, the earliest postmarked will be judged.**
6. **We reserve the right to adjust and edit winning recipes.**
7. **Address the recipes you enter to 8106 Food Department. Better Homes and Gardens, Des Moines, IA 50336.**

YOU DON'T HAVE TO MAKE SPACE



You don't have to crowd your countertops or rearrange your kitchen for the Spacemaker Microwave Oven from General Electric. It fits right over your range, where it's out of your way and still easy to get to. And the Spacemaker oven comes with an exhaust fan and work light for your range.

The Spacemaker oven doesn't just save counter space; it gives you plenty of cooking space. Room for a 3-quart casserole or a 12-lb. turkey, and wide enough to hold two serving dishes side by side. So you can cook two side dishes or reheat a meat and a vegetable at the same time.

But maybe the most amazing thing about the Spacemaker oven is its Automatic Cooking Control, an electronic sensor system that makes microwave cooking easier. It allows you to prepare everything from frozen entrees to casseroles without worrying about time, temperature, or power settings. Just indicate the kind of food you're cooking, press the start button, and that's all you do until your food is ready. Even roasts can be automatically cooked "rare," "medium," or "well done." Also a 3-digit Cook Code™ control automatically lets you prepare hundreds of recipes found in the GE Cookbook.

If you want a microwave oven that saves space, looks good, and makes cooking easier than ever, get the Spacemaker oven from GE.

For your nearest Spacemaker dealer, call toll-free (800) 447-4700. In Illinois only, call (800) 322-4400.

We bring good things to life.

GENERAL ELECTRIC

FOR A SPACEMAKER™ MICROWAVE OVEN.



Playmate® presents 6 things to do with your other hand.













Now Igloo Corporation has an entire line of stylish Playmate ice chests. So light. So portable. You only need one hand to carry them.

And Playmate ice chests come in three sizes to fit your lifestyle. For family outings, try the new Deluxe Playmate®. It's large enough to handle a picnic. The original Playmate® ice chest holds 18 twelve-ounce cans. And the Little Playmate® is as tough as the other models. Just smaller.

All of the Playmate ice chests include your favorite features. The swing down top. Push button release. And sure grip handle. The Deluxe Playmate cooler even has a food tray and drain plug.

Every Playmate ice chest is backed by the Igloo Full Three-Year Warranty. Because the Playmate line is built to last. With rugged, high-impact exteriors. And white ABS plastic interiors that resist odors and stains.

So, pick up a Playmate ice chest today. After all, it only takes one hand.

igloo®



BUILT TO SURVIVE THE REAL WORLD.™

Igloo Corporation, P.O. Box 19322, Houston, Texas 77024, (713) 465-2571

Environmental Shopping

Grocery shopping today involves much more than just filling a cart. If you're like most consumers, you already look for products that give you the best mix of quality and economy. But do you also try to help the environment by purchasing products that are packaged in recycled paper? Here's how you can do just that.

What is environmental shopping?

Environmental shopping is the name of a program launched by the American Paper Institute to educate consumers about the environmental benefits of recycling paper. By purchasing products packaged in recycled paper, says the institute, consumers can increase the demand for waste paper and decrease the load on the nation's solid waste systems.

The problem is that it's hard to know which packages are made of recycled paper. To solve that problem, the environmental shopping program encourages manufacturers not only to use recycled paperboard but also to place the recycled paper symbol (see below) on their packages. Supermarkets are also urged to identify recycled products with posters and shelf tags.

What can you do?

If you'd like to give the environmental shopping program a helping hand, start by buying products in recycled containers. You can spot a recycled-paper package either by this three-arrow symbol or by the gray color on the inside of the container.



You also might encourage a local service club to launch an environmental shopping campaign in your area to reinforce campaigns already launched in San Diego, Houston, and other cities All the necessary information for conducting the campaign is contained in an "Environmental Shopping Starter Kit." For your free kit write to:
Environmental Shopping
645 Madison Avenue—9th Floor
New York, NY 10022



GIVE YOUR HOUSEPLANTS KNOX® UNFLAVORED GELATINE AND WATCH THEM GROW FULLER, GREENER, HEALTHIER.

Knox Unflavored Gelatine has no artificial ingredients. But it does have lots of nitrogen, just what houseplants need most to flourish.

Just mix one envelope of Knox with one cup of hot tap water to dissolve. Then slowly add three cups of cold water to make a quart of liquid. Prepare only as much of the mixture as you plan to use at one time. Once a month, use the Knox mixture as part of your normal watering pattern and it will provide continuous nourishment to your plants between applications. You'll see amazing results. Like the ones we saw in our scientific studies which are shown above.

And remember to give your plants plenty of growing room by repotting them periodically into larger pots.

For fuller, greener, healthier plants, nourish them with Knox.



*3 applications

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Boston pops over Kent III taste!

© Lorillard U.S.A. 1981 Kings: 3 mg. "tar," 0.3 mg. nicotine av. per cigarette, FTC Report January 1980. 100's: 5 mg. "tar," 0.6 mg. nicotine av. per cigarette by FTC Method.



Taste, real taste, in a really low tar and Boston's taste of the town! It's taste that's made Kent III one of America's most popular low, low tars in ... Beantown, Greentown, Greensboro, Queensborough, Collingswood, Hollywood, Hackensack, Fond du Lac, Lackawanna, Texarkana, Lake Forest, Forest Hills, Peekskill, Ryders Mill, Murrysville and your ville.

Come experience it!

Experience Kent III. The taste of the town!™

LEAVE-YOUR-CAR-AT-HOME VACATIONS

The Pacific Coast

BY NEIL KUEHNL



Part VI of our carless vacation series this month spotlights the Pacific Coast. Watch next month for New England, the last of our leave-your-car-at-home vacations.

Splendid contrasts await up and down the Pacific Coast: snowcapped peaks and towering forests in Washington and Oregon, giving way to the exciting urban centers and sun-drenched beaches of California. The secret to enjoying the best of this region without your car is to headquarter where there's good public transportation. Five such West Coast centers follow, along with directions on getting around while you're there and exploring nearby sites and attractions.

THE NORTHWEST'S BEST

Seattle, a refreshing mix of the great outdoors and pleasant urbanism, spreads out across huge green hills with water on two sides. It's a vacation mecca in its own right, as well as the gateway to some of the Northwest's best natural treasures.

Pacific Coast sight-seeing ranges from the majesty of Mount Rainier **(top)** ***to more subtle seaside scenes.***

Seattle proper

For car-free mobility, plan to stay downtown between Seattle Center and Kingdome Stadium at lodgings like the Edgewater, on the waterfront (doubles $41 to $48), or the elegant Washington Plaza (doubles $80 to $100). You can travel free on Metro buses within this downtown zone to museums and attractions such as the Chittenden locks, where colorful boat traffic passes by. Catching the monorail to the Seattle Center, the spiffed-up site of the 1962 World's Fair, is convenient from downtown, too (25 cents). And on Sundays, a $1.25 bus pass buys unlimited travel all over the county (kids free).

Seattle's waterfront is eminently walkable—from Pier 70 to Pier 51. Along the way, you can visit shops, restaurants, the aquarium, a cheery waterfront park, and the bustling ferry terminal. Stroll inland from Pier 51 to Pioneer Square with its antique shops, galleries, and public houses (restaurant/taverns) all mixed together in handsome old buildings.

Biking is another way to explore the city. Take a bus to Green Lake in the university district, where you can rent a bicycle and pedal the three-mile Green Lake circle, which connects to the 12½-mile Gilman bike trail. On this new pathway along abandoned railroad rights-of-way, you ride at water level beside Lake Washington.

Commercial tours also abound. Gray Line will take you around the city via land or water. One of the best trips is aboard a double-decker bus that makes a continuous loop between popular tourist stops (families $7).

There's also a unique Underground Seattle walking tour, a Chinatown excursion, a motor launch trip to an Indian community that winds up with a salmon bake, and the remarkable

continued

Illustrations: Art Factory. Photographs: David Muench

The Pacific Coast

Skagit Tour, on which you explore the surrounding mountains where hydropower is generated.

For an excellent city guide, send 50 cents to Seattle Tourmap, East 1104 57th, Spokane, WA 99203.

Mount Rainier National Park

Mount Rainier, about 90 miles south of Seattle, is known for magnificent scenery. This classic pinnacle, which remains serenely snow and ice covered year round, is by far the Northwest's most imposing peak.

Gray Line runs daily guided bus tours from Seattle (early May to late October; $17.50 with lunch, kids $8.75). On the tours, you also can spend the night at the park's Paradise Inn (doubles $30) before heading back. Backpacking and mountain climbing are favorite pastimes of visitors.

The Olympic Peninsula

A different experience awaits at the very northwest corner of Washington. There, on the Olympic Peninsula, dense rain forests almost meet deserted beaches, and alpine ridges tower above sparkling lakes.

A two-day Evergreen Trailways tour to Olympic National Park from Seattle includes overnighting at the park's Lake Crescent Lodge (June through August; $84 per person double). Greyhound buses travel to the lumber town of Port Angeles, main entrance to the park. In the summer, a ferry also operates between Port Angeles and Victoria, British Columbia, directly across the Strait of Juan de Fuca. Once you're in Port Angeles, you can take Gray Line sight-seeing day trips throughout most of the area.

Puget Sound

There are options galore among Washington State Ferry sailings from Seattle to the San Juan Islands of Puget Sound. With the daylong $2 pedestrian excursion ticket, you can travel to nearby waterfront towns like Winslow or Bremerton and have up to five hours to explore before returning.

The trip through the southern section of Puget Sound is marvelously scenic. You wind through narrow passages where evergreen forests meet the shore. Both Winslow and Bremerton offer arts and crafts shopping. Bremerton, moreover, is home to the U.S.S. *Missouri* and the rest of the Navy's "mothball fleet."

Island-hopping in the northerly San Juans treats you to more off-the-beaten-track pleasures. Ferries call at four islands where there are isolated beaches, roads that hardly ever see traffic, and towns with yesteryear charm. But first you make a 2½-hour bus trip from Seattle to the town of Anacortes, where the ferries depart.

You also can spend a day or two at several San Juan Island resorts, like Rosario on Orcas Island. Most will arrange bicycle rentals for exploring. The ferry office can recommend resorts.

The *Princess Marguerite* makes a four-hour cruise from Seattle through Puget Sound en route to Victoria (May to September; $25 round trip, children $15). You'll have five hours to enjoy this lovely English city if you plan to return to Seattle the same day. Evergreen Trailways offers a three-day combination ferry-bus tour of Victoria and the peninsula (summers only; about $140 per person).

Getting there

Seattle is served by major bus and airlines, as well as Amtrak.

For more information, contact:

- Seattle/King County Visitors Bureau, 1815 Seventh Avenue, Seattle, WA 98101.
- Washington State Ferries, Pier 52, Seattle, WA 98104.
- Mount Rainier National Park, Tahoma Woods, Star Route, Ashford, WA 98304.
- Olympic National Park, 600 East Park Avenue, Port Angeles, WA 98362.

SEVERAL SOUTHERN OREGON ADVENTURES

Southern Oregon combines what's best about California and the northern Pacific Coast in an unspoiled area of conifer-clad mountains, lush river valleys, and sparsely timbered rangeland that's blessed with some of the Northwest's nicest weather. And though public transportation is somewhat limited here, you can make it fit your needs.

Medford and Klamath Falls are the area's transportation centers. Which of the two you choose for your headquarters depends on what you plan to see and do. Crater Lake is most conveniently reached from Klam-

continued



Awesome rain forests await on the Olympic Peninsula.

Photograph: David Muench


LOOK WHO'S TURNING
DIET 7UP®
Lynda Carter
Don Rickles
diet
7UP
diet
7UP

ath Falls. There's daily limo service ($10 each way) from the Greyhound station to Crater Lake Lodge (open mid-June to mid-September; doubles $35 to $37). Oregon's Shakespeare Festival is held in Ashland, a 12-mile bus ride from Medford. Upper Rogue River white-water raft trips leave from Grants Pass (29 miles by bus from Medford). But it's easy to zip from one community to the next by Greyhound and sample everything.

Crater Lake National Park

At this tranquil park, you'll never weary of the changing moods and hues of Crater Lake, inside the collapsed shell of an ancient volcano. Though you won't find many organized activities here, you can hike among cool evergreens that ring the lake, take a launch trip from Crater Lake Lodge ($6.50, $3.50 for children), or join a guided limo tour around lovely Rim Drive ($6.50, children $3.25).

Oregon's Shakespeare Fest

Visiting Ashland during the Shakespeare season is like traveling back in time to Old England. This colorful Shakespearean extravaganza runs from March through October. You can enjoy the Bard daily indoors or outdoors (in summer) in an Elizabethan setting. Non-Shakespearean classics and contemporary dramas also are performed. Aficionados can cram six plays into a Friday-through-Sunday stay (tickets $5.50 to $10.50, kids half price).

Book shops, boutiques, charming inns, and restaurants line the shady streets of this pretty college town. The appropriately named Bard's Inn (doubles $30) provides good centrally

Historic Jacksonville

This little gold rush town was settled in a hurry in 1851, but even after the gold fizzled out, Jacksonville remained. Now many of its fine buildings have been restored, vying for attention with shops of craftsmen and artisans. For a treat, make dinner reservations at the Jacksonville Inn.

You can rent a bike in Medford to pedal the self-guiding Bear Creek nature trail and back roads to Jacksonville (five miles west). Rogue Rapid Transit buses serve Jacksonville, too (60 cents from either Medford or Ashland), and an escorted van trip from Ashland includes a cookout lunch ($30 per person; call Ashland Central Reservations 503/488-1011).

Rogue River running

One stellar attraction for visitors is a float trip down the Rogue River. Outfitters offer one- to four-day trips, with overnighting in tents or rustic lodges along the way. You usually can arrange for pickup in Medford or Grants Pass (29 miles from Medford via Greyhound).

To sample ocean-side pleasures, you can travel by boat down the Rogue to Gold Beach, but Greyhound bus takes less time. Within hiking range of town are public beaches and parks where you can beachcomb among timbers, hunt for agates, and fish in the surf or aboard charter boats. Among area motels, Ireland's is a good choice (doubles $25 to $34).

Another unique adventure is the trip up the Rogue on the daily Mail Boat (May through October; $20, $8 for kids). There's pickup service at the Gold Beach bus station and at motels. You have the option of returning the same day or staying overnight at Tu Tu Tun Lodge (doubles $52).

A week-long bus tour from Portland covers much of this same territory and more ($552 per person). The trip is offered by Discovery Tours. See a travel agent for details.

Getting there

Medford and Klamath Falls are served by Greyhound bus. Klamath Falls is an Amtrak stop.

For more information, contact:

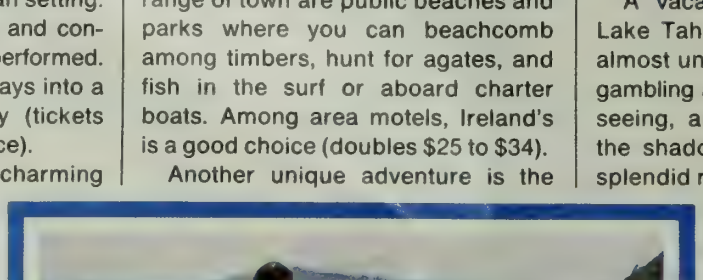
- Chamber of Commerce, Medford, OR 97501 (also to get information about Jacksonville).
- Chamber of Commerce, 125 North 8th Street, Klamath Falls, OR 97601.
- Crater Lake National Park, Crater Lake, OR 97604.
- Oregon Shakespeare Festival, Ashland, OR 97520.
- Rogue Mail Boat Service, Inc., Box 1165, Gold Beach, OR 97444.
- Discovery Tours, 628 Northwest Sixth Avenue, Portland, OR 97209.

RENO-LAKE TAHOE LOOP

A vacation that combines Reno, Lake Tahoe, and Virginia City offers almost unlimited possibilities. There's gambling and night life, historical sightseeing, and outdoor pursuits—all in the shadows of the Sierra Nevada's splendid mountain scapes.

Reno proper

Though Reno is best known
the glittering casinos and
hat line
riendly,
wn also







Oregon C
often yiel



A NEW LENNOX AIR CONDITIONER CAN SAVE YOU A BUNDLE.

...And we'll give you a beautiful Revere Ware Teakettle when you call your participating Lennox dealer for a free estimate.

"Take it from Dave Lennox..."

Lennox "Energy-Saving, Dollar-Saving Air Conditioning Days" are here. That's why, for the next six weeks, your Lennox dealer is offering a free 2-quart, solid copper Revere Ware teakettle with every add-on or replacement air conditioning estimate he makes to a qualified home owner.

To get your free teakettle, simply call your nearby participating Lennox dealer and ask him to show you how much energy and money you can save with a new Lennox air conditioner.

Take our Landmark® IV Series, HS14, for example. It has the highest efficiency rating (up to 14.0 SEER*) of any air conditioner on the market today. This means it costs *less* to operate than any other comparable air conditioner.

The secret to this high energy efficiency is the patented Lennox two-speed compressor that allows the unit to more closely match the cooling load by switching to low speed during less demanding conditions.

To find out how you can get more comfort for less energy, call your nearby Lennox dealer. Get a free estimate on an energy-saving, dollar-saving Landmark IV. And get your free copper teakettle as a "thank you".

FREE...During Energy-Saving, Dollar-Saving Days...



Get this handsome, finely crafted teakettle from the famous Paul Revere Signature Collection. A $30 retail value. Yours free with your estimate. Call your nearby Lennox dealer today. He's in the Yellow Pages.

LENNOX "Attaboy, Dave!"

AIR CONDITIONING • HEATING

*Seasonal Energy Efficiency Ratio

invites a day or two of sight-seeing. Parks line the snow-fed Truckee River which splashes through town.

Downtown Reno is suited to walking, and municipal buses also shuttle around. Take a bus to the University of Nevada campus, where you can see astronomy programs in Fleischmann Planetarium and visit the Historical Society and School of Mines museums. Don't miss Harrah's two famous collections of restored vehicles or the Pony Express museum.

Good choices for accommodations are the Continental Lodge (doubles $38 to $46) and the huge MGM Grand (doubles $39 to $60).

Virginia City

Reserve at least one day for Virginia City, 25 miles southwest of Reno. This 1870s boomtown struck it rich on the silver mines of the Comstock Lode.

You can clomp along boardwalks past century-old buildings, stop in the saloon for sarsaparilla, and visit the offices of the *Territorial Enterprise,* where Mark Twain and Bret Harte once worked. A Comstock mine is open for inspection, and you also can ride a restored train.

Las Vegas-Tonopah-Reno Stage Line serves Virginia City several times every day. Or you can join a Gray Line tour from Reno ($10, children $5).

Lake Tahoe

South of Reno, Lake Tahoe straddles the Nevada-California state line at a breathtaking 6,200 feet. The forested shoreline, incredibly blue waters, mountain peaks, and crisp air create an invigorating setting.

There are two different styles of vacationing here—exciting and easygoing. On the Nevada side, two clusters of casinos mark the northern and southern tips of the lake, where celebrating never stops: Sparkling marquees tout big-time entertainers; casinos never close; and miles of hotels and motels welcome guests.

If you want to stay near the action and the beach, try Tahoe Marina Inn (doubles $40 to $50), Lakeland Village (doubles $52 to $68), or one of the elegant casinos like Sahara Tahoe (doubles $36 to $50), all at the lake's south end.

Vacationing is more low-key along most of the rest of the lake, especially the northern section. But there are still plenty of resorts and outdoor activities to choose from. Hiking or backpacking, ski-lift rides to mountaintops, bicycling, and horseback riding.

Fine beach-side lodgings away from the frenetic casino scene include the Cedar Glen Lodge at Tahoe Vista (doubles $30 to $32), Sugar Pine Point Lodge at Tahoma (doubles $30 to $32), and Thornley Lodge at King's Beach (doubles $30 to $32).

Municipal buses run clear around the lake several times a day, though service along the south shore is the most frequent ($1 fare). Nevada casinos provide free buses to lodgings on both sides of the state line.

Getting there

Amtrak and major bus lines and airlines serve Reno. Limos and buses run between the Reno airport and lake communities (one-way $7 to $15). Greyhound and Las Vegas-Tonopah-Reno Stage Line serve Virginia City and Lake Tahoe from Reno, 60 miles northeast. Aspen Airways, Golden West, and Golden Gate Airlines also go to South Lake Tahoe. A shuttle boat operates north and south across the lake (round trip $10.50).

For more information, contact:

- Chamber of Commerce, Box 3499, Reno, NV 89505.
- South Lake Tahoe Visitors Bureau, Box 17727, South Lake Tahoe, CA 95706.

NORTHERN CALIFORNIA DISCOVERIES

Northern California lays claim to one of the most exciting cities anywhere, San Francisco, which also is the jumping-off point for a host of carless vacation adventures.

San Francisco proper

The Golden Gate city is a great place for walking and riding bus/trams. Public transportation will get you quickly to wherever you have in mind. Basic fare on city buses, streetcars, and cable cars is 50 cents (exact change), transfers free. The BART subway system operates to Oakland and the East

continued



Lake Tahoe country provides a picture-perfect setting.

Photograph: David Muench

Men.: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report Dec.'79.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Benson & Hedges & Saturdays & Me



Because the pleasure lasts longer.

Benson & Hedges Lights

The Pacific Coast

Bay region (special excursion ticket $1), and ferries at the foot of Market Street go across the bay to Sausalito (round trip $4).

San Francisco's sight-seeing possibilities are mind-boggling—from Fisherman's Wharf to The Cannery and Ghirardelli Square; Chinatown; views from Russia, Telegraph, and Nob hills; bay boat trips; and Golden Gate Park, where you easily could spend a couple of days. For a family night on the town, visit the North Beach district, which is booming with new little theaters and innovative revues.

Hotels and motels cluster in five main areas. Nob Hill certainly is the most fashionable, and Fisherman's Wharf the most touristy. Better lodging values often are found along US-101 between downtown and the Golden Gate Bridge (Vagabond Motel, doubles $58 to $66); downtown near Union Square (Handlery Motor Inn, doubles $60 to $80); or around the Civic Center (Best Western Americania, doubles $56 to $69). For more suggestions, check with the visitors center at Powell and Market Streets, where the cable cars turn around.

Napa Valley

Traveling north from San Francisco, you'll reach Napa Valley wine country in next to no time. Vineyards blanket the hills as far as you can see.

On Silverado Wine Adventures' three-day junkets ($185 to $255 per person), you get behind-the-scenes lessons in wine making, plus plenty of tasting, while staying at the luxurious Silverado Country Club. Gray Line also makes a one-day wine country trek from San Francisco ($21.50, children $15.50).

Gold country

Plan to spend at least one night in California's historic capital, Sacramento, about 60 miles northeast of San Francisco via Amtrak or Greyhound. After you arrive, you can take public transportation to almost everywhere (daylong bus pass $1). In addition, the K-Street Tram shuttles through fascinating Old Sacramento (15 cents). Don't miss the railroad museum, Sutter's Fort, the capitol and governor's mansion, and Indian and art museums.

More information about Old Sacramento is available at the visitor center at 2nd and K Streets, where you can ask about centrally located lodgings, like the Capital City Holiday Inn (doubles $50 to $54) and Ponderosa Motor Inn (doubles $32 to $36).

From Sacramento, you can meander a bit farther on your own through the foothills of gold rush country. Take a Greyhound bus southeast along State-49. Many of the old towns along the line, like Placerville, Jackson, Angels Camp, Columbia, and Sonora, haven't changed much since the 1850s. There are museums, old brick and iron-shuttered buildings, and abandoned mines to explore, plus plenty of 19th-century atmosphere. You'll find modest motels at each of these stops and two charming restored inns in Sutter Creek (near Jackson): the Sutter Creek Inn (doubles $55 to $75) and the Sonora Gunn House (doubles $25).

Yosemite National Park

Bounded by sheer granite walls and splashed by magnificent waterfalls, this narrow valley is absolutely breathtaking. Besides that, the park is ideally suited to biking (rentals available) and easy hiking. A free shuttle bus also runs around the valley's eastern half, where you can stay at the elegant Ahwahnee Hotel (doubles $70) or at the more modest Yosemite Lodge (doubles $33 to $42).

California Parlor Car Tours operates three-day bus trips to Yosemite ($194 to $230 per person). Amtrak offers three-day rail-bus tours (from $96 per person). You can get to the park on your own, too, by taking a train from San Francisco to Merced, then boarding a Yosemite Transportation System bus.



The Monterey Peninsula

On the ruggedly beautiful Monterey Peninsula, about 130 miles south of San Francisco, wind-whipped cypruses top rocky points jutting into the surf. And in the peninsula town of Monterey, many 18th-century buildings remain from Spanish and Mexican occupations. The marked Path of History makes a good morning's walk. At night, there's fine dining and entertainment along Cannery Row. Carmel, four miles away, is noted for excellent shopping and fine seascapes.

You can reach the peninsula via United Airlines or Amtrak to Salinas,

continued

Fisherman's Wharf is a colorful San Francisco visitors' stop.



Photograph: Lee Foster

Germany, now only $4.95

It's the new low rate. $4.95 for a 3-minute call to Germany. Just dial the call yourself during the lower rate periods...any night, 5p.m. to 5a.m.

If you don't have International Dialing in your area, you still get the same low rate as long as it's a simple Station phone call. (Person-to-person, credit card and collect calls, for example, cost more because they require special operator assistance.) Just tell the local Operator the country, city, and telephone number you want.

Here's how easy it is to dial Munich:

011 + 49 + 89 + LOCAL NUMBER

(If you are calling from a Touch-Tone telephone, press the "#" button after dialing the entire number. This will speed your call along.)

$4.95! What a nice surprise! Or, as they say in Germany, "Ach Du lieber!"

Bell System



INITIAL 3-MINUTE DIAL RATES

FROM THE U.S. MAINLAND TO	DAY RATE	LOWER RATE
Austria	$6.15	— A
Belgium	6.15	$4.95 B
Denmark	6.15	4.95 B
Finland	6.15	4.95 B
France	6.15	— A
Germany	6.15	4.95 C
Ireland	4.65	3.60 B
Italy	6.15	4.95 B
Luxembourg	6.15	4.95 B
Monaco	6.15	— A
Netherlands	6.15	4.95 B
Norway	6.15	4.95 B
Portugal	6.15	4.95 B
San Marino	6.15	4.95 B
Spain	6.15	4.95 B
Sweden	6.15	4.95 B
Switzerland	6.15	— A
United Kingdom	4.65	3.60 B
Vatican City	6.15	4.95 B

A) No lower rate period
B) Nights 5pm-5am & Sunday
C) Nights 5pm-5am only

The charge for each additional minute is 1/3 the initial 3-min. dial rate. Federal excise tax of 2% is added on all calls billed in the United States.

Ach Du lieber!"

then make bus connections to both towns. Gray Line includes the peninsula's scenic 17-mile drive and the delightful communities of Pebble Beach and Pacific Grove in a tour from Monterey ($10, children $8). California Parlor Car Tours also offers a three-day package from San Francisco, with a side trip to the peninsula's Big Sur and the Hearst Castle ($194 to $230 per person).

Getting there

San Francisco is a major airline hub. Amtrak and Greyhound and Trailways buses also serve the city.

For more information, contact:

- Convention and Visitors Bureau, 1390 Market Street, San Francisco, CA 94102 (send $4 for the excellent *Visitor and Convention Guide).*
- Silverado Wine Adventures, 1600 Atlas Peak Road, Napa Valley, CA 94558.
- Convention and Visitors Bureau, 1100 14th Street, Sacramento, CA 95814.
- Superintendent, Yosemite National Park, Box 577, Yosemite, CA 95389.
- Chamber of Commerce, Box 1770, Monterey, CA 93940.
- California Parlor Car Tours, 1101 Van Ness Avenue, San Francisco, CA 94109.

SOUTHERN CALIFORNIA TREASURES

Miles of glistening beaches and ocean-side pleasures draw visitors to the southernmost section of the Pacific Coast. But sunny California offers other attractions, from a cosmopolitan city with a rich Spanish past to side trips south of the border.

San Diego proper

If you've never been to San Diego before, the city will surprise you. It combines a charming Spanish heritage and every modern amenity, without the usual big-city congestion.

Getting around is easy. Tourist buses make continuous loops between downtown and the top attractions: the impressive harbor district; Mission Bay, an astonishing marine park with the best beaches; Old Town, six blocks of restored Spanish architecture housing good restaurants, arts and crafts shops, plus historical marked trails; the Hotel Circle, where you'll probably be staying; Balboa Park, with one of the country's foremost zoos and everything else from a Shakespearean theater to an aerospace museum; and the airport and Amtrak station. An all-day ticket costs $6 (children $4; extra day $3 for adults, $2 for kids). And the entire trip is narrated by wonderfully loquacious drivers.

A harbor excursion is a great way to get acquainted with the city's water world (one hour $3.75, $5.50 for two hours; children half price). San Diego's harbor is home to impressive Navy ships, a big fishing fleet, and all shapes and sizes of pleasure boats. Cruises leave from the foot of Broadway at Harbor Drive (a bus stop).

You also can take a Gray Line excursion to the big new Wild Animal Park, 30 miles away ($15, children $8). Animals there roam free in vast preserves you can tour on a hiking "safari" or aboard a monorail train.

The area called Hotel Circle encompasses a two-mile stretch of I-8 north of downtown. There you'll find many of the newest lodgings, like the Town and Country (doubles $50 to $65). Just west of Hotel Circle on Mission Bay is the family-oriented Hyatt Islandia (doubles $58 to $82).

South-of-the-border trip

While you're in the vicinity, you shouldn't miss the lively entertainment (mariachi bands everywhere), bargain shopping for arts and crafts, and spicy dining in the border town of Tijuana, Mexico, just a few miles south of San Diego. Downtown is pedestrian scale, so it's fun to explore on your own. On weekends, Tijuana bustles with Californians who come for the horse racing, dog racing, bull fights, and jai alai.

Greyhound and Mexicoach buses make the half-hour trip. Just walk across the border from the bus station. Gray Line offers an assortment of escorted tours ($10 to $18, kids $6.50 to $14.75).

Getting there

San Diego is easily reached by several major airlines, Amtrak, and bus.

For more information about San Diego, contact:

- Visitors and Convention Bureau, 1200 Third Avenue, San Diego, CA 92101. BH&G



San Diego harbor is home to thousands of pleasure craft.



Photograph: David Muench



Things of quality have no fear of time.

Time is the enemy of all things made. It weakens. It lessens. It wears out the most carefully-built products.

But as a maker of home appliances, Whirlpool Corporation believes there are ways of taking the sting out of time. Taming it to a point where it's always respected, but never feared.

We know the real challenge comes after the sale. When new becomes used. And used becomes old. This is why we take pride in stocking parts for as many years as we do. And why we maintain a toll-free Cool-Line® service number* you can call 24 hours a day. And why we have a nationwide organization of authorized Tech-Care® service companies that are as close to you as your phone book.

You see, at Whirlpool we believe quality is not something to be flicked on and off like a neon sign. We believe it should be a philosophy of excellence dedicated to one person—you.

It's our way of saying this is more than just an appliance. This is our way of life.

Whirlpool
Home Appliances

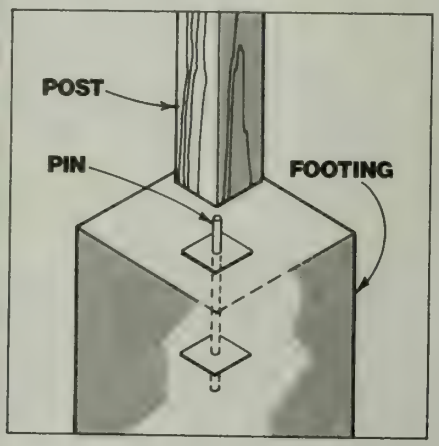
*800-253-1301. In Alaska and Hawaii 800-253-1121. In Michigan 800-632-2243.

Deck-Building Basics

There are many ways to build a deck, and which approach you use probably will depend on local building regulations, the site, and your particular needs. But all of the procedures have key components in common. Here's a rundown of the basic techniques to follow.

Footings and posts

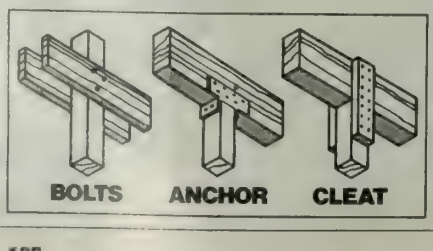
Your building codes will tell you the size, depth, and type of footings you need. If you pour your own piers, you can fasten the support posts several ways. Many deck builders insert a



metal post anchor or a drift pin in the concrete before it sets up.

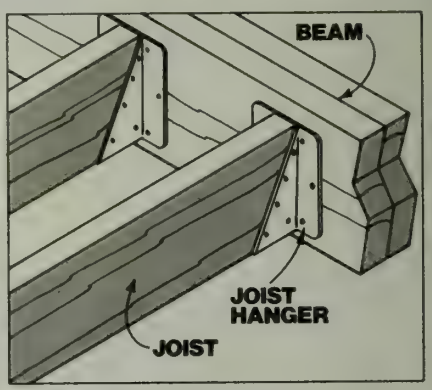
Beams

Beams either rest on top of the posts or are fastened to the sides of the posts. You'll probably be working with 4x6 or 4x8 beams, though you may want to substitute *two* 2x6s or *two* 2x8s that are either spiked together or slung on each side of a post and bolted or lag-screwed in place. Two common devices used to anchor a beam to a post top are a metal post anchor and a wooden cleat. (You can nail the cleat to the surfaces, or—better yet—attach it with bolts.)



Joists

The joists that support the deck rest on top of the beams—or are anchored to the sides of the beams. An easy way



to fasten a joist to the side of a beam is to use a joist hanger.

Spans

The design of your framing system depends on several factors—from the pattern of your decking to the size of the footings, beams, and joists you use. And the size of these support elements, in turn, is directly related to the distance you can safely span between support points.

The best approach is to plan your decking pattern first, then use tables like the ones below to figure the sizes and spacing of your joists and beams. Of course, if local codes are more exacting, follow them.

BEAM SPAN TABLE

Beam Sizes	Maximum Span
4x4	4 ft.
4x6	6 ft.
4x8	8 ft.
3x10	9 ft.
4x10	10 ft.
4x12	12 ft.

Place beams on edge for use.

JOIST SPAN TABLE

Joist Sizes	Distance Between Joists		
	16 in.	24 in.	32 in.
2x6	8 ft.	6 ft.	5 ft.
2x8	10 ft.	8 ft.	7 ft.
2x10	13 ft.	10 ft.	8 ft.



SEE AMERICA THROUGH
LouverDrape®
VERTICAL BLINDS

Imagine this spectacular two-story Malibu California home with conventional draperies rather than LouverDrapes.® Open them to enjoy the drama of the surf and your furnishings become a victim of solar radiation and sun fading LouverDrape® Vertical Blinds, the dust free alternative, traverse like a drapery yet adjust to any angle to eliminate the glare and provide privacy while retaining the view. LouverDrapes® with solid vinyl louvers reflect as much as 75% of the heat entering through the windows and when closed in the winter are an excellent thermal barrier minimizing heat loss. LouverDrapes® are available in 300 choices of color and texture including 150 vertical blind fabrics. Look for our Vertical Imagination Center where you shop for window coverings.

ALWAYS INSIST ON 100% LouverDrape®

SEND $1.00 FOR OUR 36 PAGE VERTICAL IMAGINATION BROCHURE
LOUVERDRAPE, INC., 1100 COLORADO AVE., DEPT. S5 SANTA MONICA, CA 90401

Oriental Bird and Blossom Prints







New from Better Homes

Set of four just $6.99

Delicate tree and flower blossoms provide a natural setting for these colorful exotic birds. Picture them in your home or office. On any wall, you'll add a touch of subtle elegance with these prints. Their rich vibrant colors capture the lure for the mysterious Far East. Each is rendered in the manner of familiar Oriental painting technique. The Bird & Blossom prints have been carefully lithographed on heavy stock to maintain the meticulous detail of the original paintings. Image areas measure 9″ x 12″. Overall print size is 12″ x 16″ — including the printed fabric-like mat border. You can easily frame these prints to match your room decor. Create your own Oriental bird grouping—or use the prints individually as you like. Prints such as these make appropriate gifts for friends, too. There are probably several people you know who'd like to add Oriental flavor to their own interior decorating. So keep your friends in mind. And bring home your Oriental Bird & Blossom Prints now —phone or mail your order today!



nd to: Better Homes

Dept. 2 WC, Box 374
Des Moines, Iowa
50336

FREE
"Picture Hanging Tips" included with prints!

uantity
__ No. 23106 Oriental Bird & Blossom Prints set of four just $6.99
rames not included)

tal of Merchandise	$_____	Postage and Handling Charges:
ate Sales Tax*	$_____	For orders up to $10.00 ..$1.75
ostage and Handling	$_____	$10.01 to $25.00 .....$2.25
tal	$_____	$25.01 to $50.00 .....$3.00
		Over $50.00 .....$4.00

X NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the follow states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New k, Oklahoma, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

ame _____
ddress _____
ity _____
tate _____ Zip _____

o use your credit card, fill in the boxes below:

Credit Card No. | | | | | | | | | | | | | | | | |

Expiration Date Month/Year | | | | |

Master Charge Interbank No. | | | | |

VISA

OUR POLICY: Full refund if not completely satisfied



PRESERVED PLANTS



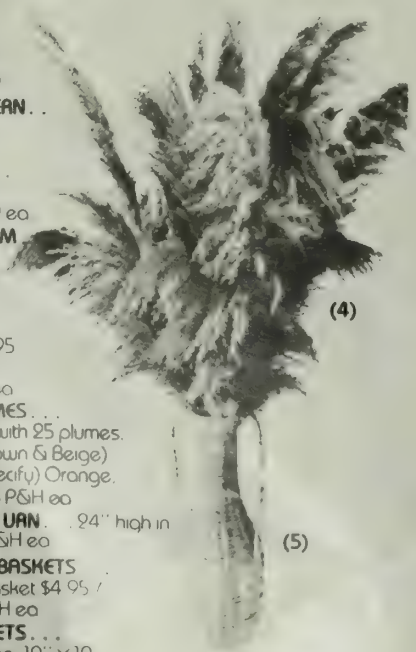
ONCE LIVING, THESE PLANTS HAVE BEEN MIRACLE TREATED TO PRESERVE THEIR NATURAL LIFE-LIKE STATE INDEFINITELY . . . NO CARE . . . NO WATER . . . EVER!

CREATE A WARM INVITING MOOD IN EVERY ROOM OF YOUR HOME WITH PLANTS THAT CAN'T DIE. . . THEY'RE PRESERVED

(1) GIANT PRESERVED BOSTON FERN . . A beautiful preserved plant with detachable macramae hanger potted in a handsome basket urn. . . Large (pictured) 3' wide $14.95 X-lg. 3'-4" wide $16.95 Add $3 P&H ea

(2) GIANT PRESERVED ARECA PALM

(3) GIANT PRESERVED FAN-TAIL PALM . . . Both the Areca and Fan-tail Palms come complete with a holder for any size container. Medium sizes (pictured) 4' tall $12.95 Large 5' tall $19.95 X-large 6' tall $27.95 Add $3 P&H ea



(4) GIANT TROPICAL GRASS PLUMES . . . A colorful 5' tall dried arrangement with 25 plumes. Natural earth tone colors. (Gold, Brown & Beige) with your choice of accent color, (specify) Orange, Yellow, Green or Blue. $12.95 + $3 P&H ea

(5) GIANT HAND-WOVEN BASKET URN . 24" high in brown & tan pattern $9.95 + $3 P&H ea

(6) HAND-WOVEN RUSH & PALM BASKETS . Charming tan & brown 10" x 10" basket $4.95 / 12" x 12" basket $6.95. Add $2 P&H ea

(7) HAND-WOVEN BANANA BASKETS . . . Heavy baskets in Gold, Brown & Tan. 10" x 10 basket $3.95 / 12" x 12" basket $5.95. Add $2 P&H ea

ORDER BY MAIL OR TOLL FREE! Send check or money order, or charge to your VISA/MC/AM.EX. Thirty-Day Golden Guarantee! TROPICAL PLANT INSTITUTE, INC., 901 N.W. 8th Ave., Dept. 42, Ft. Lauderdale, FL 33311 or Toll Free 1-800-327-3729. Color Portfolio 50¢. Delivery in 4-6 wks.

SHOPPING

How to Order Material From the Magazine

Project Plans for the Better Homes and Gardens® plans shown in this issue are available below. Each plan packet includes large professional drawings, materials list, woodcutting diagrams and easy-to-follow instructions.

Send check or money order to:

Better Homes and Gardens®

Dept. 2WA, Box 374
Des Moines, IA 50336

Page	Description	Qty.	Price	Total
118	No. 50399 Gazebo Project Plan $4.95			
	No. 50390 Store-It-All Sewing Center Project Plan $3.95			
	No. 50000 Project Plans Catalog $1.00 (Includes Postage and Handling)			
	No. 50356 Project Plans Scrapbook FREE with 3 or more plans			

Postage and Handling Chart:

For orders up to $5.00	$1.00
$5.01 to $10.00	$1.75
$10.01 to $25.00	$2.00
$25.01 to $50.00	$3.00
$50.01 to $100.00	$4.00
Over $100.00	$5.00

Total of Merchandise	
State Sales Tax*	
Postage and Handling	
Total	

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington and Wisconsin.

Name_____

Address_____

City_____

State_____ Zip_____

To use your credit card fill in the boxes below:

Credit Card No.

Expiration Date Month/Year

master charge | AMERICAN EXPRESS | VISA

OUR GUARANTEE: 100% refund if not completely satisfied.



Gazebo Project Plan You can convert this gazebo to a multitude of uses with just a twist of a screwdriver! Turn it into a greenhouse by cutting large windows in the panels and covering them with polyethylene. Placing lattice or screen in the openings will convert the gazebo into a shady summer pavilion. And, a hobbyist's mini-retreat emerges when the openings are covered with glass or acrylic. You don't need fancy equipment to build it—ordinary power tools will do the job nicely. Plan No. 50399



Store-it-all Sewing Center Project Plan Better Homes and Gardens® best selling project plan (originally featured in the March '80 issue) is this store-it-all sewing center. It sets up quickly, packs away easily and holds a closetful of sewing needs. The swing-down tabletop behind the door opens into a five-foot workbench that is permanently fixed to the door, so the sewing machine can always be in its ready-to-work position. Plan No. 50390

Project Plans Catalog contains 114 of our most popular project plans. Nearly all projects in this catalog require only basic construction techniques and every project can be adapted to fit your family's special needs.

FREE! Order three or more plans and receive a 16-page "Project Plans Scrapbook."





Every cup of Yuban® tastes so rich...

...it's worth a second cup.



Rich, rich Yuban® coffee. Yuban ground coffee is made from a special blend of 100% Colombian beans. The first cup is so enjoyable, you'll love seconds. That pleasure also goes for Yuban instant with its rich special blend. You'll have another cup? Mmm, of course.

Yuban. Richness worth a second cup.

GF GENERAL FOODS

Yuban is a registered trademark of General Foods Corporation. © General Foods Corporation 1980

TRAVEL west

Judy Crawford
Associate Travel Editor

The Pacific Coast

(The following story is a continuation of the travel article about car-free vacationing along the Pacific Coast that begins on page 171.)

Seattle to Mount St. Helens

Washington's newest natural phenomenon is Mount St. Helens, the volcano that blew its top last year. Now you can board a bus and get within 15 miles of the mountain, provided seismic activity indicates there's no chance of an eruption. There are two bus tours, each lasting about ten hours and including the new forest service visitor's center, seismograph stations, and the flood-devastated Toutle River.

Gray Line leaves Seattle on Tuesdays and Saturdays ($17.50, children $8.75); Evergreen Trailways also runs tours on Tuesdays, Thursdays, and Saturdays ($20.50, children half fare).

For details, contact the Seattle/King County Visitors Bureau, 1815 Seventh Avenue, Seattle, WA 98101.

San Diego to Anza-Borrego

A super excursion for outdoor enthusiasts is a visit to Anza-Borrego, California's biggest state park, about 80 miles east of San Diego. This nearly 600,000-acre wilderness encompasses beautiful mountain and desert vistas, hiking trails, and hundreds of varieties of flowering plants.

Because of bus schedules, you'll have to stay two nights. That gives you plenty of time to experience the sights and sounds: a magnificent desert sky full of stars, lonely cries of coyotes in the hills, and a spectacular desert sunrise. Lodging possibilities include La Casa Del Zorro (doubles $40 to $110) or Stanlunds Resort (doubles $26 to $30), both in Borrego Springs.

To get there, take the Northeast Rural Transit bus to the park from Parkway Plaza in El Cajon (suburban San Diego) on Monday, Wednesday, Friday, or Saturday afternoons.

For details, contact the San Diego Visitors and Convention Bureau, 1200 Third Avenue, Suite 824, San Diego, CA 92101, or write to Headquarters, Anza-Borrego State Park, Borrego Springs, CA 92004.

Portland Weekend Discoveries

The vintage Benson Hotel downtown makes a convenient home base for a weekend exploring Oregon's biggest city, Portland. Or if you prefer more contemporary surroundings at somewhat lower prices, you can opt for the Red Lion Inn/Lloyd Center, just across the Willamette River from downtown ($42 double).

Around-town attractions

Portland's in-city hills provide an excellent vantage point for your first glimpse of the city. From downtown, you can drive to Washington Park in about 15 minutes (or bus it, 65 cents one way). The park looks toward Mount Hood and is framed much of the year

continued

TRAVEL PLANNING GUIDE: Free Information

The Better Homes and Gardens travel advertisers listed below will be happy to provide you with free information about their facilities and services. Simply circle the numbers for the material you need, indicate your name and address, and we'll forward your requests to the appropriate advertisers.

1. **Bermuda Government**—Where to stay, maps, rates.
2. **Brunswick-Golden Isles, Ga.**—Resorts, sports, amenities, and historical tours.
3. **Bucks County**—Historical sights, events, hotel-motel guide, museums, parks.
4. **Cape Cod, Mass.**—Resort directory. Over 700 places to stay.
5. **Chester Co., Pa.**—Where Brandywine begins, Longwood Gardens, museums, and antiques.
6. **Eastern Steamship**—SS. *Emerald Seas* to Nassau/Freeport from Miami. All ports.
7. **Georgia**—"The Way To Fun"—76-page comprehensive travel guide.
8. **Kiawah Island, S.C.**—Enjoy 10 miles of unspoiled beach at village by the sea.
9. **Maine Publicity Bureau**—Maine Invites You to a great vacation.
10. **Nassau/Paradise Island**—Hotel descriptions, beautiful map and suggestions.
11. **North Carolina**—Free full-color travel vacation planning kit.
12. **Northstar Tahoe**—Invites you to great escapes.
13. **Enjoy the Oklahoma Good Times**—50 trips book, map, and mileage estimator.
14. **Oklahoma's Lake Murray Resort**—Grand reopening with the western style.
15. **Orange County, N.Y.**—A Great Color To See. Between Hudson and Delaware Rivers.
16. **Publick House, Mass.**—200 years later, we're providing good Yankee cooking, drink, lodging.
17. **Salt Lake Valley**—Western hospitality surrounded by beauty of Rocky Mountains.
18. **Sundial Beach Tennis Resort, Sanibel, Fla.**—On the Gulf of Mexico.
19. **Travel Tips & Trips Dept. A**—Win a $2,000 trip, semiannual draws. $7 membership.
20. **Virginia Beach**—Sports, restaurants, night life, beaches, self-guided motor tours.
21. **Western Cruise**—SS. *Azure Seas*—3- and 4-night cruises—LA to Ensenada, Mexico.

Mail to: (Include 25¢ handling charge)
BETTER HOMES AND GARDENS
P.O. BOX 4534, DEPT. 106W
DES MOINES, IA 50336

Name _____

Address _____

City _____ State _____ Zip _____



Some call it a holiday. Some a vacation. Our passengers call it an experience.

Stand by the railing of a Sitmar ship, surrounded by nothing but sea and sky and you'll know why.

Your cruise is everything you ever dreamed of. Lazy, sun-filled days. Bright moons reflecting on gently lapping waters. The special kind of camaraderie that allows total strangers to become fast friends.

You're bound for the enchanted islands and exotic ports of the Caribbean, or the Mexican Riviera, or Canada and Alaska, or the Panama Canal.

The ship has activities galore for those who want them, and complete serenity for those who don't. Swim. Sun. Dine. Dance. Enjoy shows and entertainment and comfortable lounges.

Once you've vacationed at sea on a Sitmar ship, whether the Liberian-registered T.S.S. Fairwind or Fairsea, life on land may never seem quite the same again.

Consult your travel agent.

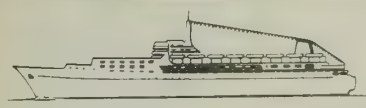
The Sitmar Experience

Caribbean & South America. Mexico. Panama Canal. Canada & Alaska.

TRAVEL DIRECTORY

VACATION INFORMATION, IDEAS, TRIPS AND PLACES TO STAY

CRUISES



3 and 4 night cruises from LA to the Baja.

PLAY CALIFORNIA'S NEWEST WATER SPORT

3 and 4 night cruises to Ensenada, Mexico on the S.S. Azure Seas. 3 night: $315 to $550; 4 night: $420 to $735. Call your travel agent or write Western Cruise Lines, Eastern Steamship Lines, Inc., General Sales Agents, P.O. Box 010882, Miami, FL 33101.

Western Cruise Lines

Ship's Registry Panama

CALIFORNIA

Northstar-at-Tahoe Variety says it all!

Our 18 hole championship golf course has enough variety of its own. And soon, under construction this summer, a new clubhouse.
Plus 10 tennis courts, swimming, horseback riding, luxury accommodations, golf packages, restaurant, children's recreation program and much more — all under one clear blue roof.*
For package and lodging reservations only: (800) 824-8516 or in California (800) 822-5987.



Name
Address
City, State, Zip
Northstar-at-Tahoe, P.O. Box 129, T...
*Availability of facilities and rates ... (4-12) operates ... 947.

by blossoms in the Portland International Rose Test Gardens.

Stroll over to the covered waiting station to catch a narrow-gage train for the Washington Park Zoo. You'll also want to visit the nearby Oregon Museum of Science and Industry and the Western Forestry Center (both have worthwhile exhibits).

Every Saturday and Sunday from April through Christmas, Portland's outdoor market takes over the area beneath the Burnside Bridge west of Front Street in Old Town. Strolling minstrels and mimes wander among stalls where more than 350 vendors sell fabrics, pottery, toys, flowers, and all kinds of food. You'll have great fun selecting your own breakfast there.

The Old Town area, which like most of downtown is served by city buses (free rides from 3 to 7 p.m.), is undergoing a revival, stimulated by an influx of trendy shops and restaurants. At least one meal in this river city should be reserved for seafood. The Dan and Louis Oyster Bar and the new Couch Street Fish House are two favorite choices in Old Town.

After lunch, walk along Sixth Avenue, which has been transformed into a wide bricked mall lined with two of Portland's oldest department stores—Meier and Frank, and Frederick & Nelson. A few blocks away is The Galleria, a remodeled department store building where some 50 shops and restaurants surround a spacious atrium (excellent local crafts are sold there).

Dining delights

For fine dining, Portland has a splendid array of restaurants. There's a great view, good food, and friendly service at The Panorama Room at the top of the Portland Hilton. The Portland Marriott's King's Wharf specializes in succulent Oregon seafood dishes. After-dinner jazz is best at Jazz De Opus in Old Town and John Rian's in Morgan's Alley.

Plan on breakfast one morning at Rose's, a Portland institution, where the sour cream pancakes, blintzes, and omelets are scrumptious. It's just minutes away from two of Portland's most popular museums: the Oregon Historical Museum and the Portland Art Museum (best known for its outstanding collection of Alaskan and British Columbia Indian art).

Pittock Mansion, another fascinating attraction, lies a mile and a half west of Rose's. This elegant edifice resembles a French Renaissance château and affords a commanding view of the city.

Two handy guides for your Portland weekend are *Portland* magazine ($1.25) and the *Portland Guide* (free at hotels). For more information, contact Tony Raiter, Greater Portland Convention & Visitors Association, Inc., 26 S.W. Salmon, Portland, OR 97204.

CRUISES

Chance to WIN a $2,000 trip or cash every six months for LIFE! "Travel Tips" book and LIFE MEMBERSHIP card for only $2.00. $5.00 refundable deposit makes members eligible for draws each Dec. 15 and June 15 for LIFE. Details in book. Full refund if not satisfied in 10 days. Send $7.00 cheque or M.O. (U.S. residents please use U.S. funds) to:

Travel Tips and Trips Dept. A
Box 3821, Station B
Calgary, AB, Canada T2M 4N6

UTAH

Take a closer look at **Salt Lake City!**

I'd like a closer look at Salt Lake City! Please send more information on:
☐ Conventions ☐ Vacations

NAME
ADDRESS
CITY
STATE
ZIP

SEND TO:
Salt Lake Valley Con. & Vis. Bureau
Suite 200, Salt Palace
Salt Lake City, Utah 84101

BHG 1

INTRODUCING DODGE MINI RAM. MORE MILEAGE, RANGE AND SEATS THAN VW VANAGON FOR THOUSANDS LESS.



Who moves more people than VW for less money? It's Ram Tough Dodge's new Mini Ram Wagon.

Compare Dodge Mini Ram 250 to VW Vanagon—passenger seating, mileage, fuel capacity and range, horsepower and rear loading area. Mini Ram gives you more.

Then compare factory-installed options like power steering, and your choice of 6 sound systems: all available in Mini Ram. Not in Vanagon.

Now compare price. Mini Ram costs $2,553 less than Vanagon. For panel-side van buyers, there's a Dodge Van with the same performance, efficiency and interior dimensions as Mini Ram Wagon at a price VW hasn't seen in years—just $6,418.*

Underneath it all, Mini Ram is a Ram Tough Dodge Wagon. With the best rust protection of all wagons. There's 100% electrocoating, plus 370 sq. ft. of galvanized steel in critical areas... compared to VW's 4 sq. ft.

New Dodge Mini Ram Wagon. It does more than VW Vanagon and it does it for less. As a pure people mover, it just might be the best buy on the road today.

Here's how Mini Ram beats Vanagon

	Dodge Mini Ram Wagon 250	VW Vanagon
Sticker Price (MSRP at base)	**$8,137.00***	**$10,690.00***
EPA EST MPG	18 MPG**	17 MPG**
Horsepower	95	67
Passenger Seating	8	7
Overall Length	178.9"	179.9"
Wheelbase	109.6"	95.8"
Fuel Capacity	36 gal.	15.9 gal.
EPA Est. Range	648 miles**	270 miles**
Side Door Width	49"	42"
Removable Rear Seat	Yes	No
Factory-Installed Air Conditioning	Option	Not Available
Power Steering	Option	Not Available
Color-Keyed Carpeting	Standard	$410 with int. pkg.

DODGE TRUCKS ARE RAM TOUGH

*Sticker price comparison, excluding title, taxes and destination charges, unadjusted for different levels of standard equipment. Two-tone paint and whitewall tires $340 extra.

**Use these numbers for comparison. Your mileage and range may differ depending on speed, distance and weather. Calif. est. lower.

Focal-Point Collections

Instead of stashing collectibles away, why not make them an integral part of your home's decor? As these three examples show, a well-displayed collection can become the focal point for an entire room.

A free-form grouping of old metal utensils and ranch artifacts lends warmth and a touch of the Old West to this family room, *top right.* The showcase for the rustic collection is a recessed alcove backed with tongue-and-groove pine paneling. Old-fashioned lanterns mounted on the sides of the niche help to illuminate the arrangement. Another collector's item, a wooden steamer trunk, serves as a coffee table and provides storage space for pillows and blankets.

A strong vertical arrangement gives focal-point punch to this collection of old magazine covers, *bottom right.* Prominently displayed on a built-out wall, the framed and matted covers add refreshing splashes of color to the neutral-toned seating area. A smaller grouping of prints on a nearby wall visually balances the collection.

A mixed bag of framed artwork enlivens this traditional living room, *bottom left.* Commanding center stage in the unique arrangement is a colorful contemporary painting of a Victorian porch scene. Smaller prints and sketches informally grouped on either side visually balance the large art piece.

When arranging a free-form display like this one, make one large or unusual piece the nucleus of the grouping, then build around it. BH&G



Photograph: Fred Lyon. Design: Donna White. Field editor: Helen Heitkamp



Photograph: Bill Hopkins. Design: Sharon Wemlinger. Field editor: Patricia Carpenter



Photograph: Bill Helms. Design: Ann Sullivan/Hilary House Interiors. Field editor: Estelle Bond Guralnick

TUACA.
ITS TASTE HAS COME.

Tuaca is a very different liqueur.
It costs a bit more but it's worth it.
Imagine a big, bold brandy taste
lightly laced with a subtle sweetness.
Unboring. Unusual.
Imported from Italy.

Tuaca. It's what's missing from
your collection of liqueurs.



Tuaca.
The bold but subtly sweet
Italian liqueur.

Sweet Cherry Desserts

To help you celebrate the arrival of flavorful dark sweet cherries, we've starred them in two extra-special summer desserts. Cherry Ice Cream is a smooth and creamy confection that's great plain or in sundaes. Cherry-Pineapple Tart is a custard pie called clafouti based on the French dessert pastry.



Photograph: Mike Dieter

CHERRY ICE CREAM

1 envelope unflavored gelatin
1¼ cups milk
1 cup whipping cream
2 beaten egg yolks
½ cup sugar
½ teaspoon vanilla
⅛ teaspoon salt
Dash almond extract
2 egg whites
¼ cup sugar
1½ cups pitted fresh dark sweet cherries, coarsely chopped

In a small saucepan soften gelatin in *¼ cup* of the milk; heat and stir till gelatin is dissolved. Remove from heat. Stir together the remaining milk, the cream, egg yolks, the ½ cup sugar, vanilla, salt, and almond extract. Stir in dissolved gelatin. Pour into an 8x8x2-inch pan. Cover and freeze till nearly firm. Beat egg whites to soft peaks (tips curl over). Gradually add the remaining ¼ cup sugar, beating to stiff peaks (tips stand straight). Set aside. In chilled large mixer bowl break frozen mixture into chunks. Beat till fluffy. Fold in egg whites and cherries. Return to pan; freeze. Makes 5 cups.

CHERRY-PINEAPPLE TART

Pastry for a one-crust pie
2 cups pitted fresh dark sweet cherries
1 8-ounce can crushed pineapple, (juice pack), well drained
4 beaten eggs
1¼ cups light cream
1 cup sugar
2 tablespoons orange liqueur
½ teaspoon finely shredded orange peel

Roll pastry to a 14-inch circle. Line a 12-inch flan pan with pastry. Turn pastry under; trim edges even with pan. Line pastry with foil and add dried beans or pie weights. Bake in a 450° oven for 10 minutes. Remove from oven; remove beans and foil. Reduce oven temperature to 350°. Place cherries and pineapple in pastry shell. Combine eggs, light cream, sugar, orange liqueur, and orange peel. Place flan pan on rack in oven. Pour custard mixture over fruit in pastry shell. Bake in 350° oven 25 to 30 minutes or till a knife inserted one inch from edge comes out clean. (Center will set as custard cools.) Cool completely. Cut into wedges. Serve with whipped cream, if desired.

Turn in for a Travel Guide!

Best Western offers you friendly places to stay wherever you go . . . and a full color guide to help you get there. Turn in at a Best Western near you and pick up your free copy of the 1981 Best Western Road Atlas and Travel Guide today, or send your name, address and $3.00 for handling and shipping to: Travel Guide, Best Western International, P.O. Box 13410, Phoenix, AZ 85004.

Make reservations at any Best Western;
see your travel agent or consult your Yellow Pages
for a listing of our 24-hour toll-free numbers.



2,734 Places in 1,947 cities worldwide
United States, Aruba, Puerto Rico, Virgin Islands, Andorra, Australia, Austria, Belgium, Canada, Denmark, Finland, France, Great Britain, Ireland, Liechtenstein, Luxembourg, Mexico, New Zealand, Spain, Sweden, Switzerland, West Germany

The Bran'nola® Bran'wich

Delicious Bran'nola® Original bread makes all your family's favorite sandwiches taste even better. It's bread baked with wholesome ingredients, sweetened with honey and tangy raisin syrup —no artificial preservatives, ever.



And every extra-large slice is rich in unprocessed miller's bran. For bran'wich variety, also try Bran'nola Hearty Wheat, Country Oat and Old Style White — delicious breads, all baked with bran!

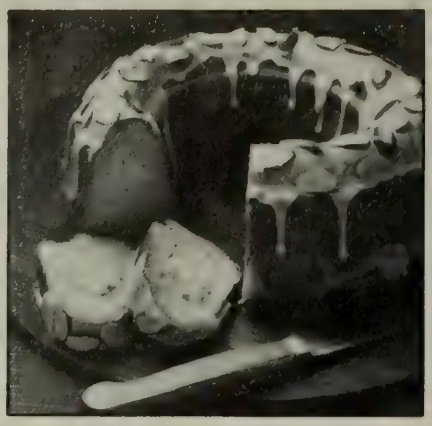


What a delicious way to give your whole family the blessing of bran!

OROWEAT

A Simplified Filled Sweet Bread

How can a rich, sweet yeast bread with a pocket of cheese and coconut be easy? Because you start with a roll mix and then forget the dough while it rises in your refrigerator.



CHEESE-FILLED BREAD RING

1 13¾-ounce package hot roll mix
¼ cup granulated sugar
3 eggs
½ cup dairy sour cream
6 tablespoons butter *or* margarine, melted
1 8-ounce package cream cheese, softened
½ cup granulated sugar
1 teaspoon finely shredded lemon peel
½ cup shredded coconut
1 cup sifted powdered sugar
¼ teaspoon vanilla
About 1½ tablespoons milk
Sliced almonds (optional)

Soften the yeast from the roll mix in ¼ cup warm *water* (110° to 115°). Combine the hot roll mix with the ¼ cup granulated sugar. Stir in the yeast mixture, *1* of the eggs, the sour cream, and butter or margarine; mix well. Place dough in a greased bowl, turning once. Cover; chill 2 to 3 hours. On floured surface roll dough to an 18-inch circle. Gently fit dough into a greased 6-cup ring mold, allowing some dough to hang over edges (dough will cover center hole). Beat together cream cheese, the ½ cup granulated sugar, and the peel till smooth. Add the remaining eggs, 1 at a time, beating well after each. Stir in coconut. Pour filling into dough-lined mold. Bring dough



Photographs: Dieter

from sides up over top of filling; seal to center of mold. Cut an X in the dough covering center hole; fold the 4 triangles back over top of ring, sealing to outer edges. Cover; let rise till almost double (1 to 1½ hours). Bake in 350° oven 30 to 35 minutes, covering with foil the last 10 minutes. Cool in pan 10 minutes; invert onto rack to cool. Combine powdered sugar, vanilla, and enough milk to make a glaze consistency; spoon over loaf. Sprinkle sliced almonds atop, if desired. Makes 1.

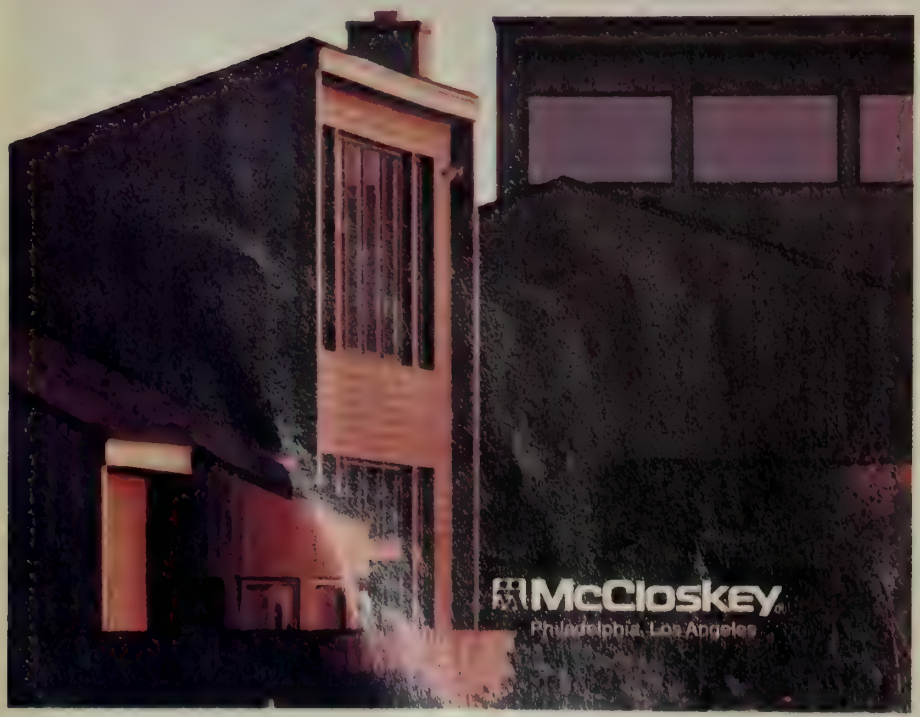
Beauty this natural preserved in one step!



Stain and protect your home professionally with McCloskey's Lumber Life Stain & Wood Preservative® It's superior water resistant properties and fungicide give long lasting protection while letting the beauty and texture of your woods show through.

High-hiding stains cover surface blemishes while semi-transparent finishes allow more grain to show. Both are excellent for all exterior wood surfaces.

McCloskey, the finest in wood finishes for more than 100 years.



All supermarkets sell barbecue meats. But Safeway does a little bit more by offering you an incredible selection of quality meats for your grill. Chops to chicken, steaks to sausages – whatever your barbecue taste or budget, you can satisfy both at Safeway.











SAFEWAY

Everything you want from a store and a little bit more.

COPYRIGHT 1981 SAFEWAY STORES, INCORPORATED

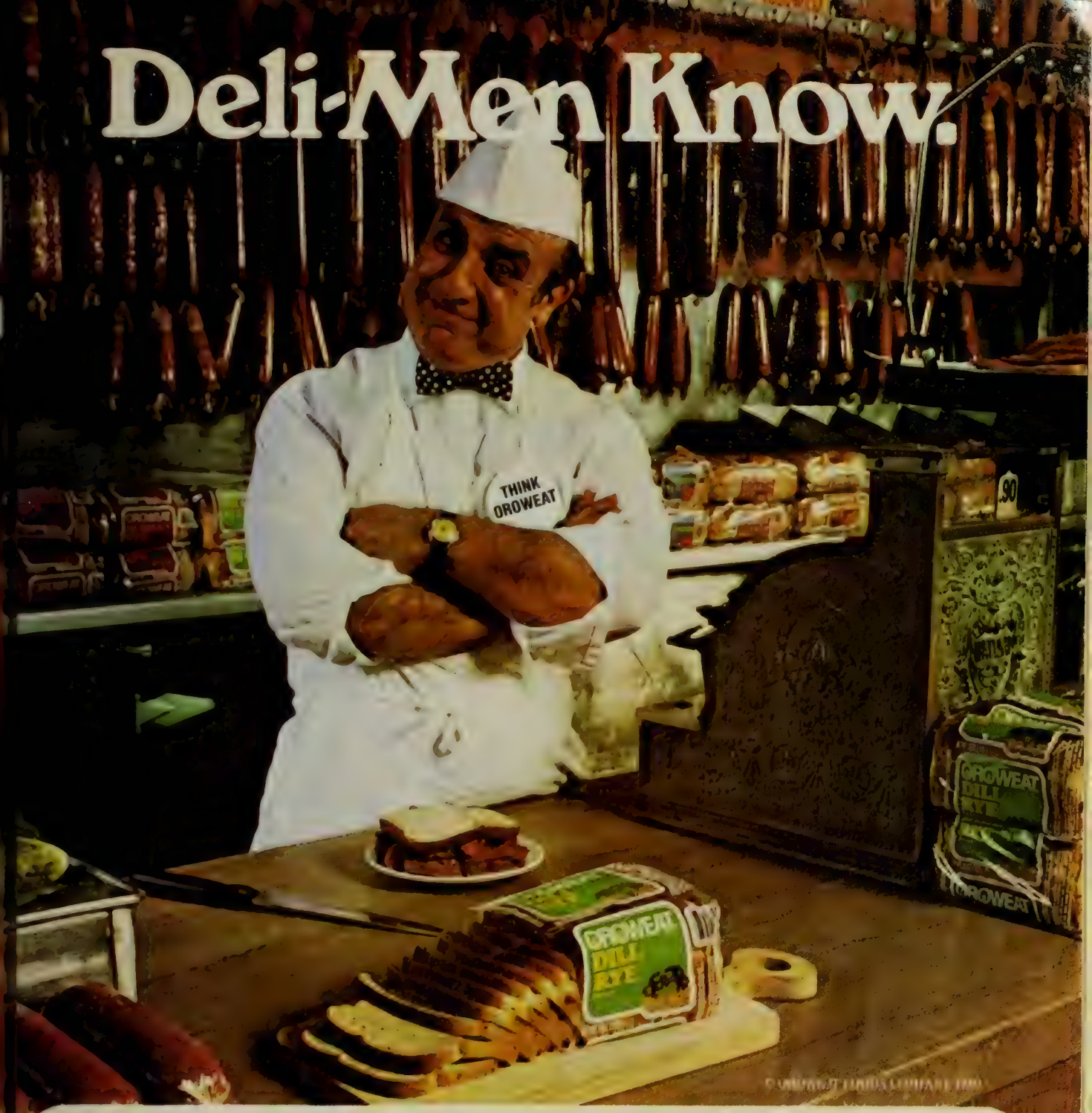
Bon apricot!



Oh, the juicy, tree-ripened goodness of Hiram Walker Apricot Flavored Brandy. Oh, the refreshing delights of the Hiram Walker Sour Ball: splash 1½ ounces of Hiram Walker Apricot Flavored Brandy over ice. Top with the juice of half a lemon, half an orange and stir. Bon appétit!

For a free recipe booklet, write [illegible], Dept. TAV, P.O. Box 11888, Detroit, Mich. 48211
© 1980 Apricot Flavored Brandy [illegible] Hiram Walker & Sons, Inc., San Francisco, Calif.

Deli-Men Know.



What does it take to make a sandwich great? Talk to your deli-man. He'll give you some answers. A delicious 3-decker, for example. Lean corned beef, hot pastrami and swiss cheese – with a dab of creamy cole slaw and russian dressing – piled high on a real deli rye. Oroweat® Dill Rye. A traditional Old World loaf – slow baked with whole dill seeds and a touch of sourdough – for deli flavor that's downright irresistible.

Oroweat Dill Rye. Now *you* know what deli-men know.

When you think deli, THINK OROWEAT®

Try Oroweat® Russian Rye and Schwarzwälder Dark Rye....just two of the many delicious Oroweat Rye varieties.



Live Next to Nature Year-Round.

Imagine yourself surrounded by sunshine, or dining under the stars! You can enjoy a fresh, new outlook on life by adding a glass-enclosed environment to your home. It's easy to enclose a deck, patio or hot tub. Or create a studio, breakfast nook, sunroom, hobby or entertainment center. Picture all the possibilities!

Our glass enclosures come pre-designed to meet codes, specifications and quality standards for room additions. Find out now how to have one added to your home, or do it yourself. **Mail the coupon or call toll free 1-800-828-9081 for the name of the nearest display distributor. Dealer and Distributor inquiries invited.**



I WANT MORE FACTS ON A GLASS-ENCLOSED ENVIRONMENT:

Name

Address

City State Zip

Home phone Business phone

(PLEASE PRINT, INCLUDE AREA CODES)

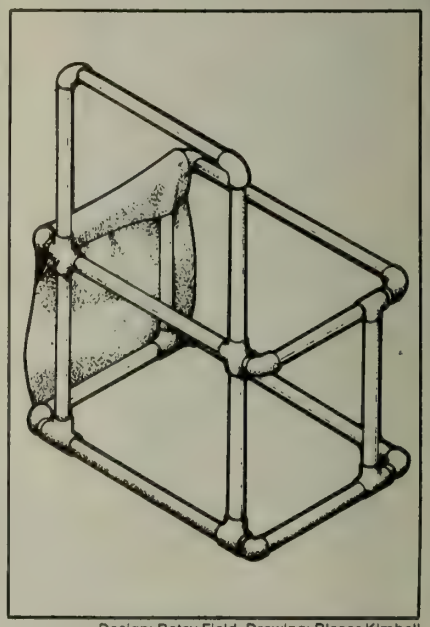
BHG

ENGLISH GREENHOUSE
PRODUCTS CORPORATION

Mail to:
English Greenhouse
Products Corp.
11th & Linden Streets
Camden, New Jersey 08102

Produce Your Own Puppet Theater

A well-made puppet theater can do nothing but add to puppet fun. This sturdy version is lightweight, inexpensive, and easy to make from plastic pipe and fabric.



Design: Betsy Field. Drawing: Blaser Kimball

Materials: Three 20-foot lengths of ¾-inch-diameter PVC plastic pipe; 10 elbow fittings; 10 T fittings; 2 X fittings; ½ pint of PVC adhesive; 5 yards of nontransparent cloth; 1 pair of curtains (about 33 inches long) and valance; hacksaw; sandpaper.

Directions: The theater measures 60 inches high, 48 inches wide, and 36 inches deep. Following the diagram, *above,* cut pieces of pipe with a hacksaw saw and sand the edges smooth. Assemble all parts first to see that they fit and that all pieces are straight and level. Apply adhesive to the pipe ends, and slide the connective pipe pieces onto the ends of the pipe lengths.

Cut fabric for the lower theater curtains that will hang from the three-foot-high crosspieces. You can make or buy the upper curtains to hang from the higher crosspiece.

Follow America's roughest trail to the world's smoothest whisky, Canadian Club.



Find the case of C.C.® we hid along the Lewis and Clark trail.

We retraced Lewis and Clark's historic expedition up the Missouri River into Montana. And where they found their roughest going, we hid a case of the smoothest whisky, Canadian Club.

Where Lewis and Clark had floated the unspoiled river, Canadian Club's rafts followed. We tested our nerves, as the explorers had, on the wild rapids of the Clark's Fork.

As we explored those historic Montana streams, we buried a case of Canadian Club overlooking the very site of one of the expedition's most important sightings. One clue: neither Lewis nor Clark made it.

Discover the taste of the world's finest whisky.

As you search along this historic trail, remember Canadian Club has a proud history of its own. For over 120 years it's been enjoyed by those who seek the very best. Canadian Club is lighter than Scotch, smoother than bourbon, and enjoyable on the rocks, in a sour or Manhattan, or with your favorite mixer.

So come search along the Lewis and Clark trail to discover why it's "The Best In The House", or simply venture down to your favorite bar and say, "Canadian Club, please!"

Canadian Club®

"The Best In The House"® in 87 lands.

6 YEARS OLD IMPORTED IN BOTT[illegible] FROM CANADA BY HIRAM WALKER IMPORTERS INC., DETROIT MICH. 86.8 PROOF BLENDED CANADIAN WHISKY. © 1981



The hidden beauty of this fine French crystal giftware is its value.
Good taste and good sense, after all, were never enemies.

cristal d'arques
"Les Pensées Cristal" Gift Collection.

Shown, Maintenon vase. Gifts begin at $15. For catalogue write: J.G. Durand, Millville, N.J. 08332.



LICENSE PLATE BINGO

FOR MILES OF FUN!

When your family rides in the car, let the miles fly by with License Plate Bingo. It's an easy, educational game that everyone age 6 to adult can play. And it makes even the longest trips seem shorter. Up to 10 players can participate. So it's sure to keep everyone in your car occupied. You play the game much like regular bingo — using license plate letters and numbers. The game includes 10 different bingo pads, 3 pencils, a plastic litter bag, and complete instructions. Order License Plate Bingo today — and have more fun on your next trip!

Better Homes and Gardens
Dept. 2WH, Box 374
Des Moines, Iowa 50336

Quantity

_____ No. 23147 License Plate Bingo $3.99 each plus 95¢ postage and handling.

Total of Merchandise $ _____
State Sales Tax* $ _____
Postage and Handling $ _____
TOTAL $ _____

Name _____
Address _____
City _____
State _____ Zip _____

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin

OUR POLICY: Full refund if not completely satisfied.

Americana Groupings

A collection of Americana can add warmth and often a touch of whimsy to almost any setting. Here, collectibles are highlighted by grouping them in eye-pleasing arrangements.



Photograph: Harry Hartman. Design: Carol Antonsson
Field editor: Estelle Bond Guralnick

In this colonial dining room, a cache of flea market finds creates a lighthearted wall grouping. An old hotel sign, a painting of playful cats, and an everyday basket are hung between a shuttered window and a pine chest. Antique trivets are casually displayed in the window.



Photograph: Ross Chapple. Design: Wood Gruber
Field editor: Eileen A. Deymier

Here, rustic wooden and metal weather vanes find a perfect place to roost on the sills of deep-set windows. The weather vanes, each mounted on a block of wood, echo the same simple lines as a woven rush-seated rocker and a primitive pine chest nearby. Plain walls and hardwood flooring are a fitting colonial background.

A door with good looks... and practicality in full swing.



The Atrium Door for great impressions.

The Atrium Door is designed for beautiful American homes like yours that command more than just ordinary sliding aluminum patio doors. And, let's face it, aluminum sliding patio doors are ordinary. Often ugly.

Today, people want a door that's energy conscious as well as beautiful. A door with personality and character that opens up whole new worlds of decorating ideas. The answer is the wooden swinging Atrium Door that warmly accents and frames your view inside and out.

Swings instead of slides.

The Atrium Door swings open and shuts snugly, exactly like your front door. There are no tracks that can get stuck, bent or out of alignment. We make it easy for every family member to open and shut the door, because our door swings on *four* smooth operating commercial grade hinges.

The Atrium Door can replace any standard sliding aluminum patio door or, even be used with our coordinating units to bring the outdoors in throughout.

The cold facts about metal doors will warm you up to Atrium.

According to the ASHRAE Handbook, a double glazed wood door provides an R value 90% greater than that of a single glazed aluminum sliding door in the winter, and



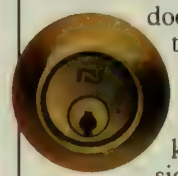
70% in the summer. In other words, the wooden door has 90% more resistance to heat loss in the winter and 70% more resistance to heat gain in the summer.

The wooden frame of the Atrium Door, kiln-dried Ponderosa pine, along with the classic Red Oak Sill, act as a natural insulator. And, combined with double insulated glass, double butyl bedding, and Schlegal Polyflex weather stripping, the Atrium gives you an R value of 2.7 and an air infiltration rate of only 0.09 cfm/sq. ft.



A beautiful open and shut case for security too.

For real security, sliding glass doors sometimes require the old broom-stick-in-the-runner technique. We end that. Our levered one inch armored, keyed dead bolt, designed for us by National Lock is virtually tamper proof. Lever and key dead bolt lock is standard, or you may choose the optional double key dead bolt lock.



Look for the one and only brand of Atrium Craftsmanship.

Craftsmanship hasn't disappeared from the American scene. It still lives in the Atrium Door, marked by its Texas Style brand, burned right on the edge of the door. Only then is it a genuine Atrium Door.

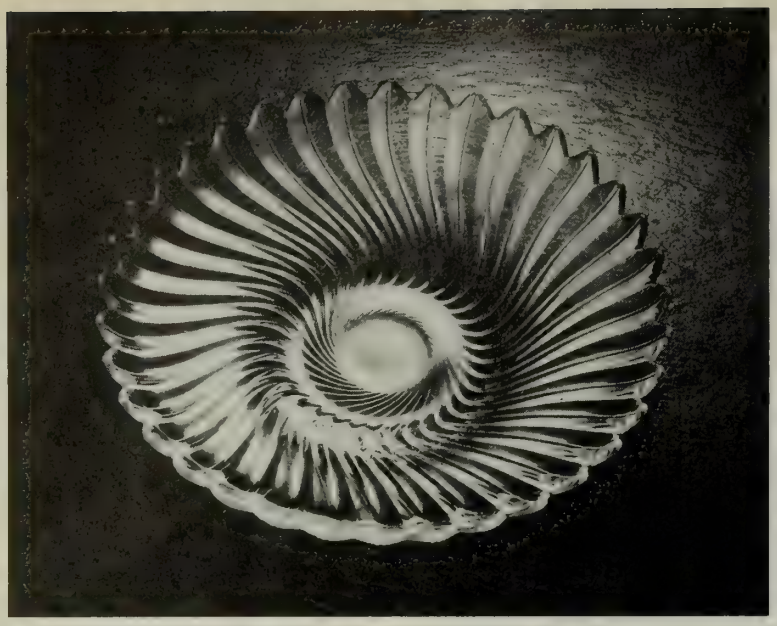
Check it out. Look for our display at your local building product dealer. If you're building a new house or remodeling your present one, get into full swing with the Atrium Door.

The Atrium Door

The Atrium Door®

The logical alternative to sliding aluminum doors.

For the name of your nearest dealer, call our toll-free number, 800-527-5249.
In Texas, call 214-438-2441.



The hidden beauty of this fine French crystal giftware is its value.
Good taste and good sense, after all, were never enemies.

cristal d'arques
"Les Pensées Cristal" Gift Collection.

Shown, Soleil centerpiece. Gifts begin at $15. For catalogue write: J.G. Durand, Millville, N.J. 08332.

Versatile—Practical

TINY WORLD TIME® Electronic Alarm Clock

Take this timely companion along wherever you go. It's small enough to use anywhere. And a special dial lets you know the time in 26 cities around the world. Shows the dateline, too. Dependable transistor circuitry runs for up to one year on one standard "AA" battery (not included). Tiny World Time measures just 4¼" x 1⅝" x 1⅛". It features a black case with brushed silver clock face—luminous hands and hour dots, too. A pleasant alarm tone gently wakes you. And Tiny World Time comes complete with a black simulated leather travel case. Makes an ideal gift. Order yours today!



Please send order to: Better Homes and Gardens® **Dept. 2WE, Box 374, Des Moines, Iowa 50336**
OUR POLICY: Full refund if not completely satisfied. CREDIT CARD USERS SPEED DELIVERY BY PHONING TOLL FREE

Quantity
___ No. 23025 Tiny World Time $29.95 plus $2.95 postage and handling

Total of Merchandise $_____
State Sales Tax* $_____
Postage and Handling $_____
Total $_____

Credit Card Orders Only
Fill in the boxes below—or PHONE TOLL FREE 800-247-5099. In Iowa, call 1-800-532-1526. (Toll free not available in Alaska or Hawaii.)

Credit Card No.

Expiration Date
Month Year

Name _____
Address _____
City _____
State _____ Zip ___

*TAX NOTE: Better Homes and Gardens® is required to collect and pay state and local sales taxes in the following states: Arizona, California, Georgia, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, New York, Pennsylvania, Tennessee, Texas, Virginia, Washington, and Wisconsin.

AMERICAN EXPRESS · master charge · VISA

DECORATING

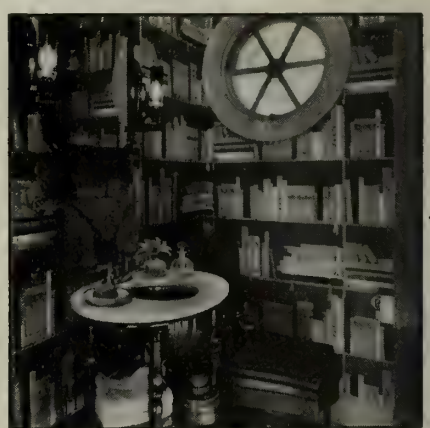
"Antiqued" Baths

Instead of modernizing a vintage bath, why not play up its old-fashioned charm? In these two turn-back-the-clock baths, the old fixtures are highlighted by creative wall, window, and floor treatments.



Photograph: John Rogers. Design: Roger Carroll
Field editor: Barbara Sims/Linda Magazzine

▲ An old claw-foot tub and a white pedestal sink gain center-stage status when set against a background of wood paneling and red carpet. The vintage bath gets its pattern punch from country-print wallpaper that tops the paneling at dado height. Simple window shutters and white shirred curtains provide the finishing touches to this turn-of-the-century scheme.



Photograph: Jessie Walker Associates
Design: William Kohanek

▲ In this pocket-size bath, a library-inspired wall covering was chosen to backdrop the old-time fixtures. The *trompe l'oeil* (fool the eye) wallpaper provides a whimsical foil to the stately washbasin and caned chair commode. To highlight the circular window, the woodwork is painted a bright contrasting color.

How Bernstein Got To Be The First Name In Italian.

Even in 1906, nobody worked harder or got up earlier than Perry Bernstein. Every day he was out at dawn shopping the farmer's market for supplies for his little New York delicatessen. Perry was a hard bargainer. But most of all he was a stickler for freshness and quality.

That went especially for the dressings he and his wife Ida concocted for their vegetables and salads. Vine-ripened tomatoes from the little family farms across the river; pure cider vinegar; eggs so new-laid they were still warm.

His customers ate it up. "Perry Bernstein, this dressing is delicious! Do me a favor, just put a little in a bottle and let me take it home!"

Perry was happy to oblige; after all he was a businessman. And that's how Bernstein's first began to be known for very special dressings.

Westward the Bernsteins.

The second generation took over and the family moved lock, stock and recipes to California.

This was dream country for a salad dressing chef. Wonderful fresh vegetables and condiments, and a population crazy about salads. The Bernsteins' bottled dressings did so well they had to move the operation out of the back of their restaurant and into its own plant.

The Italian dressing was a best seller from the start. Three generations of Bernsteins perfected the formula over the years, until they had a perfectly balanced blend of 22 ingredients. Which is exactly how we make this dressing today.

With so many would-be imitators, we'd be balmy if we told you *everything* that goes into Bernstein's Italian dressing.

Il Segreto: Tutti Naturale!

But we don't mind admitting that those 22 magic ingredients are still specially selected for freshness and flavor, as they were in Perry's day. And that they include pure vegetable oil, cider vinegar, pungent onion and garlic, our own secret blend of the world's finest spices and herbs (like coriander from Morocco and savory from France) and a bit of robust Italian *vino*.

But now as then, nothing artificial in the way of preservatives, colorings, flavorings.

"Everything should be 100% natural," said Perry in 1906, for he truly believed salad dressings were an art. "Serve stew if you must. But never scrimp on the salad."

And that, salad lovers, is how Bernstein got to be the first name in Italian — and a dozen other worthy dressings and sauces.

Buon appetito!



BERNSTEIN®

If we won't compromise why should you.



Fine French crystal you can afford to enjoy.

Patterns begin at $6 a stem. Shown, Beaugency.
Catalogue upon request.
Write: J.G. Durand, Millville, N.J. 08332

cristal d'arques

Don't let our quiet good looks deceive you.



Inside this Melitta Automatic, your coffee grounds are getting a real workout.

Notice Melitta's unique cone-shaped filter. This concentrates the grounds to put them right where the action is...directly under the flow of water. So every single ground gets fully saturated. (Other coffeemakers use basket-shaped filters that can leave dry spots.) And the water turbulence turns the grounds over and over to release full coffee flavor.

So if you're in the market for a new automatic, remember Melitta, a great looking coffeemaker that makes great tasting coffee.

Melitta

Look for Melitta coffee, filter papers and accessories at fine stores everywhere.

INTRODUCING MINUTE MAID® 100% PURE APPLE JUICE.
New Minute Maid Apple Juice comes three delicious ways!
100% PURE Minute Maid APPLE JUICE
CONCENTRATE
Minute Maid
Try it in ready-to-pour bottles, chilled cartons, and frozen concentrate—all fresh-tasting and 100% pure apple juice from concentrate—no sugar or preservatives added.
Make sure. Make it
©1980 The Coca-Cola Company
"Minute Maid" is a registered trademark of the Coca-Cola Company

Make-Ahead Breakfast Spreads



Photographs: Dieter

PEANUT BUTTER BREAKFAST SPREAD

For a tasty snack, spread this mixture on fruit wedges—

¾ cup chunk-style peanut butter
2 tablespoons honey
½ cup finely snipped dried fruit, such as raisins, dates, apricots, figs, prunes, *or* apples
Hot toast *or* warm muffins

Blend together peanut butter and honey; stir in dried fruit. Store mixture in a tightly covered container at room temperature. To serve, spread on toast or muffins. (If desired, broil toast spread with mixture 4 inches from heat for 1 to 2 minutes). Makes 1½ cups spread.



CHEESY HAM AND EGG SPREAD

1 5-ounce jar cheese spread with pimiento
1 5-ounce can chunk-style ham, chopped (½ cup)
2 hard-cooked eggs, finely chopped
Toasted English muffin halves *or* rusks, buttered

Combine cheese spread, ham, and chopped egg. Store mixture tightly covered in refrigerator. To serve, spread on toasted English muffins or rusks. Broil 3 to 4 inches from heat for 2 to 3 minutes. If desired, garnish with additional egg slices. Makes 1⅔ cups spread.

Praline & parties



Nothing mixes better with people and parties than the great taste of Praline®. For party and recipe ideas, call toll free (800) 521-6398. In Michigan (800) 482-4287 or write Praline, P.O. Box 2235, Farmington Hills MI 48018.

© 1981. Praline® Liqueur, 40 Proof, Praline Emporium Co., New Orleans, LA

SIMPLE MEASURE



Forget cups. Forget ounces. Success Rice is so easy, you just drop a bag in boiling water. No measuring. No mess. Just perfect rice in 10 minutes. Success makes it simple!

FOOD

Head Start Appetizers

Producing elegant hors d'oeuvres for your guests needn't tie you down in the kitchen. These tempting appetizers are designed to be assembled ahead so you're free to relax and enjoy your guests.



Photograph: Dieter

CREPE WEDGE STACKS

1 cup ground fully cooked
⅓ cup finely chopped celery
½ cup mayonnaise *or* salad dressing
2 tablespoons drained sweet pickle relish
1 teaspoon prepared horseradish
4 hard-cooked eggs, chopped
⅓ cup chopped pimiento-stuffed olives
2 tablespoons finely chopped green onion
2 teaspoons prepared mustard
⅛ teaspoon salt
1 recipe Basic Crepes
1 4-ounce container whipped cream cheese
Green pepper strips
Whole canned pimiento, sliced or cut into small designs

In a bowl combine ham, celery, *half* of the mayonnaise or salad dressing, the relish, and horseradish; set aside. In a separate bowl combine eggs, olives, onion, mustard, salt, and the remaining mayonnaise or salad dressing.

Spread unbrowned sides of *five* Basic Crepes with about 2 tablespoons ham mixture. Spread egg mixture on unbrowned side of *five* more crepes. Make five stacks of 2 crepes each, filling side up. Top each stack with one of the remaining crepes, browned side up. Frost top of each stack with some of the cream cheese. Cut each into 6 wedges. Decorate tops with green pepper strips and pimiento. Cover

and chill up to 24 hours. Makes 30 appetizers.

To make *Basic Crepes:* In a bowl combine 1 cup *all-purpose flour,* 1½ cups *milk,* 2 *eggs,* 1 tablespoon *cooking oil,* and ¼ teaspoon *salt;* beat with rotary beater till blended. Heat a lightly greased 6-inch skillet. Remove from heat; spoon in about 2 tablespoons batter. Lift and tilt skillet to spread batter evenly. Return to heat; brown on one side only. To remove, invert pan over paper toweling; remove crepe. Repeat with remaining batter to make 15 crepes, greasing skillet occasionally.

SUNFLOWER SEED STRIPS

1¾ cups all-purpose flour
1 package active dry yeast
3 tablespoons wheat germ
1¼ cups water
½ cup butter *or* margarine
1 tablespoon honey
1 teaspoon salt
1 egg
1 cup whole wheat flour
½ cup shelled sunflower seed
½ cup chopped walnuts

In large mixer bowl combine *1¼ cups* of all-purpose flour, the yeast, and wheat germ. In a saucepan heat water, butter or margarine, honey, and salt just till warm (115° to 120°), stirring till butter almost melts. Add to dry mixture along with egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat 3 minutes more at high speed. By hand, stir in the whole wheat flour, *half* of the sunflower seeds, *half* of the nuts, and the remaining all-purpose flour. Cover; let rise in warm place till double, 30 to 45 minutes. Stir down. Spread dough evenly in a greased 15x10x1-inch baking pan. Sprinkle with remaining sunflower seeds and nuts; press into dough lightly with hands. Let rise in a warm place till almost double, about 30 minutes. Bake in a 375° oven for 20 to 25 minutes. Cool in pan on wire rack. Cut into 3x1-inch strips. Store in a covered container. Or wrap in moisture-vaporproof material and seal, label, and freeze, if desired. Makes about 4 dozen strips.

FREEZER SHRIMP-CHEESE DIP

1 8-ounce package cream cheese, softened
2 tablespoons dry sherry
2 tablespoons milk
½ teaspoon Dijon-style mustard
1 4½-ounce can shrimp, drained and finely chopped
2 tablespoons snipped parsley
Vegetable dippers

With electric mixer beat together the softened cream cheese, sherry, milk, and mustard. Fold in shrimp and parsley. Turn mixture into a 1-pint freezer container. Seal, label, and freeze.

About 4 hours before serving, thaw dip at room temperature. Stir to fluff mixture. Serve with vegetable dippers. Makes 1¾ cups.





Bring this ad into your nearest flooring retailer. Buy any Biscayne VI Diamond Glow floor and get $4.00 per yard off the regular price.*

We think the obvious beauty of a Diamond Glow floor is reason enough to own one.

But it's Diamond Glow's hidden beauty you'll appreciate as the years go by.

An exclusive patented process gives Diamond Glow superior resistance to scuffs and stains.

Diamond Glow doesn't need waxing, and its 3 year full warranty is unprecedented in vinyl floors.

Right now, your Biscayne Diamond Glow retailer is offering an added inducement; a $4 per yard savings on Biscayne VI, our best Diamond Glow floor.

Beauty. Durability. And solid savings. It's everything you ever wanted in a care free vinyl floor.

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

We're putting quality at America's feet.

Diamond Glow by Biscayne

*Offer based on manufacturer's suggested. At participating retailers only. Expires 7/31/81.

Biscayne Decorative Products
A National Gypsum Company

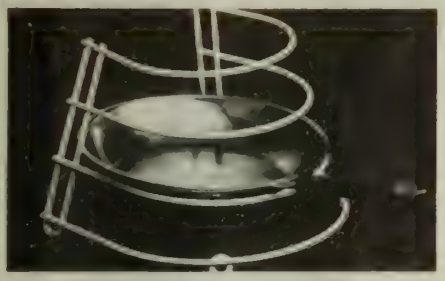
Better Homes™ Shopping editor's choice

Discover the ease and pleasure of shopping by mail. Order from the convenience of your own home with complete confidence. If not delighted, each company will happily refund your money.

by Ann Lively



Home furnishing catalog
This 1981 Mail Order Catalog has 112 full-color pages filled with everything you need to make a perfect home (furniture, linens, cookware, lighting, floor coverings, toys, and hundreds of accessories). Contains editorial features in lighting effects, cooking and furnishings ideas that are priceless. $3 + 50¢ post. Conran's, Dept. BH6, 145 Huguenot St., New Rochelle, NY 10801.



Skillets slide out separately!
This nifty rack gives each pan its own compartment and ends messy pileups. White vinyl-coated steel stands 8" tall in cabinet or on counter. Holds 4 skillets from 6½-12" dia., up to 2½" deep. A clever kitchen organizer from Italy, 10½" across at the widest. #6252, $7.98; 2/$14.98. Add $1 post. Lillian Vernon, Dept. H7E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



Special value lovely needlepoint designs
A six color design canvas 10" by 14", club mailings from The Needlepoint Club of America for one year and $5 in gift certificates. A $25 value, all now offered for $2.95 plus 75¢ postage. Choose the Flower design (shown), a child's design, mountain scene, dragon or animal design. Please Specify. The Needlepoint Club of America, Dept. BH-806, 352 Rt. 59, Monsey, NY 10952.



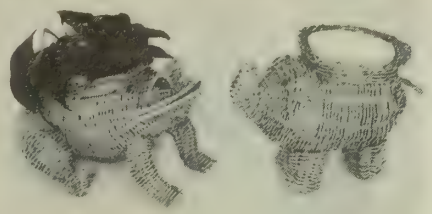
Terry espadrilles
To wear everywhere this summer in comfort. Terry lining and a ribbed crepe sole make every step a pleasure. Easy to care for; completely washable. Choose Navy, Red or Yellow. Ladies full and half sizes 6½-10 N, 6-10 M. You'll want several pairs in all colors. $12.99 + $1.95 post.; 2/$21.90 + $2.95 post. Old Pueblo Traders, Dept. BT6CE, 600 S. Country Club, Tucson, AZ 85726.



Bargain silverplating
Now's the time to go through your closets, attic, basements, etc. Any item replated at sale prices—there is absolutely no charge for dent removal or straightening. Your worn antiques or heirlooms will be quadruple silverplated. Write for info. on 25-year warranty and price list. Silverplating Div., Senti-Metal Co., Dept. BHe-6, 1919 Memory Lane, Columbus, OH 43209.



The best insulated log homes
You too can now have a beautiful log home. Choose from any of these forty designs. The complete kits are available in hand-crafted Cedar or Pine. Prices range from $5900. Please send $4.75 for Brochure/Plan Book, or $7.75 for Dealership Information Package (includes brochure). Order from Wilderness Log Homes, Route 2, Dept. BHE-6, Plymouth, Wisconsin 53073.



Frog and elephant planters
Enhance your plants and your decor with these charming handwoven natural rattan planters. Pert and practical for displaying your greenery. Styrofoam lined for easy care and convenience. The Frog is 9" x 9" x 5" high. The Elephant is 7" x 9" x 5" high. Set of 2, $9.95 plus $2 postage. 88-page Catalog 50¢. Fran's Basket House, Dept. BH6, Route 10. Succasunna, NJ 07876.



REMOVE HAIR PERMANENTLY

PERMA TWEEZ® is a simple electrolysis instrument that PERMANENTLY removes undesirable hair from face, arms, legs and body. Its 'tweezer-like' action is safe and easy to use with no adjustments to make. **Perma Tweez created the original patented safety feature that prevents skin puncture.** Over 15,000 instruments sold to doctors and almost two million purchased by people like yourself—by far the leading electrolysis system. Save hundreds of dollars on salon electrolysis by doing it yourself. Clinically tested—recommended by dermatologists.

14 DAY MONEY BACK GUARANTEE

$16.95—ADVERTISED ELSEWHERE AT $19.95

A LIMITED WARRANTY TO CONSUMERS ★ Good Housekeeping PROMISES REPLACEMENT OR REFUND IF DEFECTIVE

Cal. residents add 6% sales tax

☐ I enclose $16.95 in full payment.
☐ MasterCard ☐ Visa

Exp.
#_____ date_____

☐ COD requires $4.00 deposit. Balance includes COD charges and $1.00 handling. COD in U.S. only.

GENERAL MEDICAL CO., Dept. BH-191
1935 Armacost Ave., W. Los Angeles, CA 90025

©198 GEN.MED. MEDICAL CO

Free heat for your pool.

You can get it with the Sealed Air® Solar Pool Blanket.™ It traps the sun's warmth to heat your pool 10° or more in season. Conserves water by cutting evaporation. And cuts fuel costs as much as 70% in heated pools.

Call (800) 526-4845 (NJ: (800) 932-0385). Or write: Sealed Air Corporation—Pool Products, Park 80 Plaza East, Saddle Brook, N.J. 07662.

Sealed Air Solar Pool Blanket™

Name _____

Street _____

City _____

State _____ Zip _____ B6S



The "diamond" you can afford to lose!

A Kenya™ Gem isn't a diamond . but you're the only one who needs to know that. What you and admiring glances will see is the incredibly true, blue-white lustre and brilliance of this gem which, amazingly enough, is priced from just $75 a carat.

A truly striking variety of mens' and womens' styles and settings are available in 14K white or yellow gold... priced to lose..

but you won't want to.

Send for free full color catalog today:
Major credit cards accepted

KENYA DIVISION, Dept. BHG-6/81
Day & Frick, Inc
1760 N. Howard Street
Philadelphia, PA 19122

®Trademark of Day & Frick, Inc., Est. 1866



ADDRESS LABELS WITH NICE DESIGNS

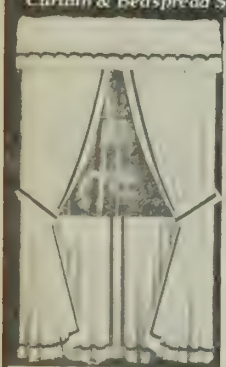
Any initial in Old English or Script, most dogs, palm, gull, saguaro, U.S. flag, pines, horse, treble clef, rose, happy face . . . also any zodiac sign, roadrunner, palette. Printed in black ink on 500 white or 250 gold gummed labels. To 20 letters per line, 4 lines. Order by initials shown. . . .

#DD	500 white 1¾"x⅞"	$3.95
#GDD	250 gold 1¾"x⅞"	$3.95
#DR	500 white 1½"x½"	$3.50
#GDR	250 gold 1½"x½"	$3.50

Please add 75¢ postage and handling. Useful 80-P. Gift Catalog, $1.00. Bruce Bolind, 156-L Bolind Bldg., Boulder, CO 80302 (Since 1956, thanks to you!)

COLONIAL MAID CURTAINS

Curtain & Bedspread Specialists Since 1947



GRAINED RIBBON

bands of rust, natural or royal blue skillfully appliqued onto natural color poly/ctn. blend muslin. Washable, no-iron. 80" wide.

30" or 36"	14.50 pr.
45" or 54"	17.50 pr.
63" or 72"	21.00 pr.
84"	25.00 pr.
Tiebacks	3.00 pr.
Valance	8.00 ea.

Satisfaction guaranteed. Add. 2.50 post. Send check, M.O., Master Charge, Visa or Am. Ex.

SEND FOR FREE COLOR CATALOG

Colonial Maid Curtains, Dept. 46, Depot Plaza, Mamaroneck, N.Y. 10543



Windmills on your mind?

Uniquely beautiful ornamental windmills. 4½ to 10 ft. high to perfect scale. Ideal for yard and garden.

FREE BROCHURE

Write to:
HOLST, INC. Dept. BM-681
1118 W. Lake P.O. Box 370
Tawas City, MI 48763



Pearl mist greenhouse

Has many deluxe features. Pre-cut, pre-drilled redwood frame with cut-to-size corrugated acrylic fiberglass panels. Shown: 8' Wide x 12' Long. Also in 8' & 16' lengths. Shipped in 4 working days of receipt of order. Send $1 (refundable) for color catalog and greenhouse growing booklet. Peter Reimuller-The Greenhouseman, Dept. 7-P, 980 17th Ave., Santa Cruz, CA 95062.



Hook a rug in half the usual time

With the Wonder Knot Gun. It hooks 800 strands per hour! Now you can create a beautiful rug for your home or as a gift in just a few nights. Simply load the gun, press, release and the pre-cut yarns are hooked. It fits your hand comfortably. Superb results with all yarns and most canvas. $4.98 + 90¢ postage. Order from Old Village Shop, Dept. VZ-2083, Hanover, PA 17331.



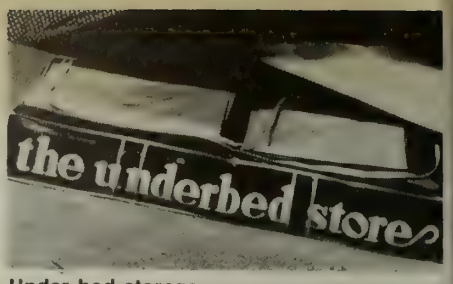
2-D punch-out template

Furniture arranging kit for quick and easy furniture layouts. A wonderful aid in helping you see just how a room will look or how many ways you can place your belongings. 81 movable cardboard shapes to professionally arrange on 8" x 10" graph board or directly on your house plans. $4.50 plus 50¢ postage. Order from Plan-It-Kit, Dept. BH-6, Box 429, Westport, CT 06881.



The rare! the exotic! the unusual!

Beautiful woods from around the world to collect and display. Crafted in the form of magnificent hen-size eggs to show off wood color and natural graining. From Africa, Europe, Brazil, India, Mexico, England, Lebanon, Asia and the USA. Catalog a fascinating history of 52 woods and prices. Send $1. Woods of the World, Inc., Dept. BHE-581, Box 24007, Cincinnati, OH 45224.



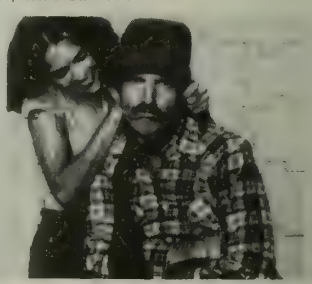
Under-bed storage

Now you can keep your blankets, shoes, seasonal clothes clean and out of the way, but still easy to reach and see. Made of sturdy heavy gauge clear vinyl, 42" x 18" x 6". It has a full zipper. When not in use it folds flat. A really useful item for your home. $7.95 + $1.45 post.; 2/$15 + $1.85 post. Holst, Inc., Dept. BH-681, 1118 West Lake, Box 370, Tawas City, MI 48763.



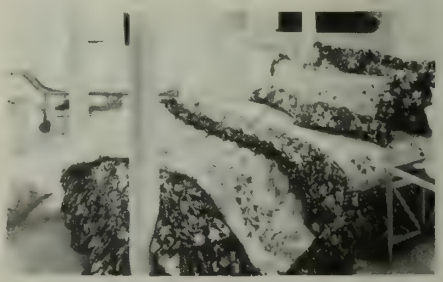
500 stamps for collectors

Relive the past! See historic events, famous people and faraway places as pictured on the 500 genuine stamps in this Giant selection. You'll also receive their latest catalog FREE and other world-wide stamps on FREE 10-day examination. Buy any or none, return balance, cancel service anytime. ($15 value) now $1.25. Order from Harris, Dept. DW-19, Boston, MA 02117.



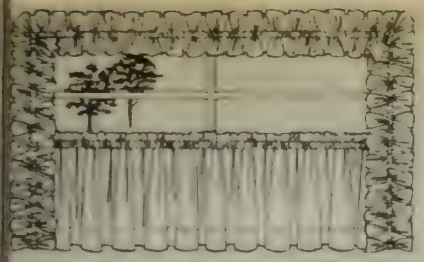
Your favorite photograph—into puzzle

The 8" x 10" jigsaw puzzle can be color or black/white depending on the photo you send. An imaginative holiday gift or greeting, a personalized thank you. Mail print or negative (which will be returned unharmed) and $4.95 ppd. First-class rush order service $2 add'l.; processed & shipped immediately. American Studios, Dept. BH681E, La Crosse, WI 54601.



The ultimate in bedroom luxury

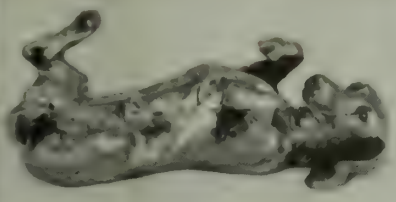
At wholesale prices from The Wholesale House of Designer Linens. Designer sheets (shown, Martex Arabian Nights), cases and comforters plus matching custom-made draperies, shams and dust ruffles. Write for free color brochure and price list. The Wholesale House, Dept. BHG6, 1319 Broadway, Hewlett, NY 11557; or phone (516) 569-2688.



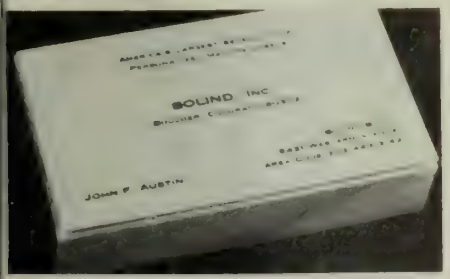
tretch ruffles fit every window
lo rods necessary; they stretch from 100" o 250". They're simple to install (hooks and nstructions are included). No iron polyester/ ayon. Choose White, Natural, Red, Wheat, ight Blue, Dusty Rose. Ruffle, $12.50. 30" r 36" Tiers, $12. Please add $2.50 post. ree 56-pg. color catalog. Order from Colo- ial Maid Curtains, Dept. BH6, Drawer G, Mamaroneck, NY 10543.



Elegant jeweled sandals
Beautifully made with sparkling hand-set, multicolored "gem" stones. Superb comfort and fit. They have cushioned insoles, adjustable backstrap and 1½" heels. White, Black, Gold, Silver, Yellow, Lt. Green, Pink or Lt. Blue. 5½-12N, 4-12M, 5-12W (no half sizes over 10). *Regularly $18,* NOW $13.90; 2/$26; add $2 post. each order. Faye Lynn, Dept. BJ, 1535 Delcrest, P1, Lakeland, FL 33803.



"Roll Over" pewter pup
Handcrafted, captivating, floppy-earred Dachshund pup. You'll love the authenticity of detail, the hefty feel of genuine solid pewter. A charming conversation piece that's irresistible on a coffee table or a shelf. A treat for yourself or a unique piece for gift giving. 3½" long; $21.98 + $1.50 postage. Ferry House, Dept. BH-6, Briarcliff Manor, New York 10510.



Unique business card paperweight
You send your business card to be photo-engraved on brass-colored metal and then mounted on ¾" Italian marble. Your card is duplicated exactly (do not staple or paperclip). Makes a unique and wonderfull gift for your favorite business person. $11.50 plus $1.50 postage. 80-page catalog, $1. Bruce Bolind, Dept. BH-6, Bolind Building, Boulder, Colorado 80302.



SAVE HUNDREDS OF DOLLARS WITH BURKE SEAT-LIFT CHAIRS
Free Week Home Trial

LONGEST SEAT-LIFT WARRANTY
Comfortable Burke seat-lift chairs let you stand and sit when you want, with less strain. Chairs sized to fit you. Power recline to any position, automatically elevating your feet and legs. Swivel Rocker available. Write for information and compare.

BURKE Inc. P O Box 1064 Dept BHG-681 Mission Kansas 66202 or call TOLL FREE 1-800-255-4147

Mr. & Mrs.
Robert W. Anderson

ENHANCE YOUR ENTRANCE DOOR
with this 5" Solid Brass Nameplate. Your name will be engraved in script type. Brass screws for easy installation provided. Total price $12 only. Satisfaction guaranteed. Send check or money order to:
SCHMIEDE & CO.
351 TERRILL ROAD FANWOOD NEW JERSEY 07023



Mr. Zip Speeds Your Mail Please let us know, at least five weeks before you move, what your new address *and zip code* will be.

Select Your LOG HOME



AMERICA'S BEST INSULATED LOG HOMES! Pre-cut "Extra Insulated" log home kits with the natural hand crafted beauty of **Northern White Cedar** or **Quality Pine** priced from $5900. Your log home can now have a superior "R" 23 wall and "R" 40 roof insulation value. Energy efficient, easily maintained and solar adaptable. Send for new full color Plan Book with over 40 exciting designs $5.00, a Dealership Information Package $7.75, or call **Toll Free** 800-558-5881. In Wisconsin 800-852-5828.

Wilderness Log Homes
Route 2-BHG61 Plymouth, WI 53073

Please Send ☐ Plan Book $5.00
☐ Dealer Information Pack w/Plan Book $7.75

Enclosed is $_____
Name _____
Street _____
City _____ State _____
Zip _____ Phone ( ) _____
I own a lot. ☐ Yes ☐ No
Building Date _____



BOOK IN COLOR!
Lists over 400 gorgeous Iris — 300 pictured in natural color. 72 pages of dwarf, tall bearded, siberian, spuria Iris. New colors — how to plant — special offers — brimful of information. "Iris Lover's Catalog."

Send $2.00 for your copy (Creditable on 1st order)

Special: **RAINBOW ASSORTMENT**
of 7 different kinds, labeled and postpaid.
A #1 Oregon Grown roots and catalog for .. **$9.75**

SCHREINER'S GARDENS
3634 Quinaby Rd., Salem, Oregon 97303

Kodacolor Film Processing
BORDERLESS PRINTS

12 Exp 110 126 & 135 mm only **$1.49** 35 mm 24 Exp **$2.98**
20 & 24 Exp 110 & 126 only **$2.98** 35 mm 36 Exp **$4.99**

KODACOLOR REPRINTS - **10 for $1.99**
SIZES 110, 126, 35 mm only
Please send this ad with order
Known by the quality we keep
All orders returned 1st Class Mail Postpaid

American Studios
Dept BH, La Crosse, WI 54601

SAVE $159.80 NOW
on a famous TROY-BILT® Tiller!



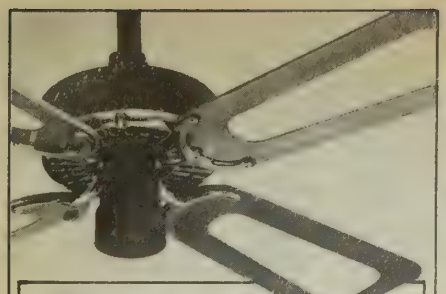
Just One Hand!

"OFF-SEASON SAVINGS" NOW IN EFFECT! Right now is the best time ever to learn about the amazing TROY-BILT Roto Tiller-Power Composter...the "breakthrough" machine that's allowing **anyone**—of **any** age—with **any** soil—to easily have a fabulously fertile, productive garden! For free complete details, prices, write today to:

TROY-BILT, 102nd St. & 9th Ave., Troy, NY 12180

TROY-BILT® Roto Tiller-Power Composters
Dept. A770
102nd St. & 9th Ave., Troy, NY 12180
Please send me the whole wonderful story of TROY-BILT® Roto Tillers including prices and OFF-SEASON SAVINGS now in effect for a limited time

Name _____
Address _____
City _____
State _____ Z _____

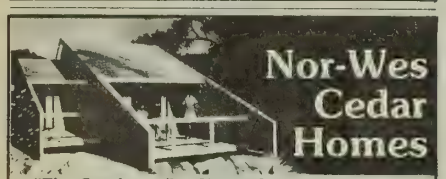


We're your greatest fans.

The Fan Gallery has a 6 year national reputation for representing the best and widest selection of fans on the market today. We can help you enjoy cooling air in summer, heat saving in winter, and fresh air all the time. All fans are energy efficient and come with a 5 year limited warranty. Easily installed on 8 foot ceilings. Many elegant styles and options in a wide price range to choose from. Full color catalogue and price list available.

Hunter Old Tyme Fans

Fan Gallery
904 Industry Drive, Bldg. 22
Seattle, WA 98188
206-575-4810
Outside WA. - 1-800-426-4621



"The Sandpiper"—*Classic Contemporary*—
In addition to our Contemporary Series we offer exciting A-Frames and the popular American Barn. The choicest Western Red Cedar is selected for our homes and they are fully insulated complete with insulating glass. Delighted customers throughout Canada and the United States claim a Nor-Wes Cedar Home is the finest precut cedar home package you can buy. Find out for yourself ... Send $3.00 for our color brochure or $6.00 for our deluxe kit.

Nor-Wes CEDAR HOMES
Dept. BH&G 3/81
11120 Bridge Rd., Surrey,
B.C. Canada V3V 3T9
Phone (604) 580-2024

Tab Curtains



Coarse, textured cotton homespun, flecked with brown. 84" wide. Washable, crease resistant. Fit windows 30" to 55" wide. Length includes tabs. 3% shrinkage. Tiebacks not included.

24" or 30" L. **$12.00** pr. | 63" or 72" L. **$18.00** pr.
36" or 40" L. **14.00** pr. | 84" L. **20.00** pr.
45" or 54" L. **16.00** pr. | Tiebacks. **1.75** pr.

ADD $2.50 FOR PST[illegible] G.
Order style KENT. Use chec[illegible]
MO., BA or M C. NJ res. add 5[illegible] tax.
FREE COLOR CATALOG.
B16K, Box 759, Westfield, NJ 0[illegible]

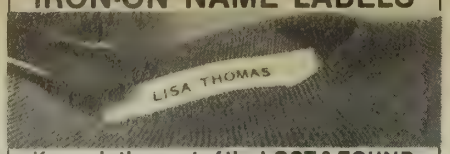
Old Colony Curtains



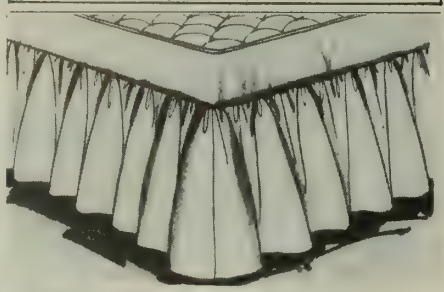
COLOR PHOTOS
YOUR CHOICE **$1.95**
24 Wallet Photos or 3 [illegible] 5 x 7
or 1 — 8 x 10 Enlargement
Send any photo or polaroid 8 x [illegible] (returned). Add 45¢ per select on [illegible] and handling and an additional 50¢ [illegible] service. Satisfaction guaranteed or money back.

COLOR LAB 1076M Springfield Ave Irvington, N.J. 07111

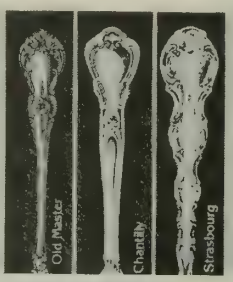
IRON-ON NAME LABELS



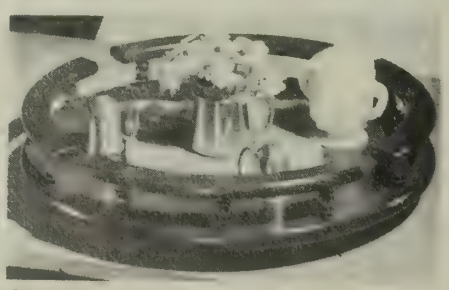
Keep clothes out of the LOST & FOUND
YOUR NAME in bold, blue letters printed on sturdy PRE-CUT cloth labels 2" × 3/8". Will adhere to any fabric, won't fade, rub or wash off. No need to sew. Irons on quickly and easily for permanent I.D. Ideal for school, camp, uniforms, nursing homes, church, gym, play groups.
All orders mailed FIRST CLASS for immediate delivery.
SATISFACTION GUARANTEED
For 50 one-line labels, send $2.75
For 100 one-line labels, send $3.75
UNIVERSAL LABEL CENTER
P.O. Box 5, Dept. **BH-61**, Boston MA 02101



Attractive dust ruffle
Perma-press, poly/cotton dust ruffle in White or Natural (eggshell) has extra-full gathered ruffles, split corners and extra-full side drops. Rolled handkerchief hems, no-iron platform and ruffle material. 18": Twin $27.50; Full $29.50; Queen $31.50. 22": Twin $30; Full $32; Queen $34. 14" avail. Add $2.50 post. Free catalog. Old Colony Curtains, Dept. B6V, Box 759, Westfield, NJ 07090.



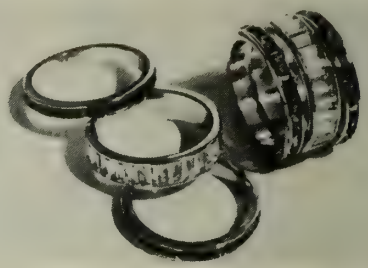
Sterling flatware patterns
Here's an opportunity to add to your flatware or to buy a new pattern. All active sterling flatware patterns by Gorham, Towle, Reed & Barton, Wallace, Lunt, International, Stieff, Oneida and Kirk are offered at great savings by Ross-Simons. Call Toll-Free 800-556-7376 for price information on specific patterns or companies. Or write: Ross-Simons Jewelers, Dept. BG6, Rt. 5, Warwick, RI 02886.



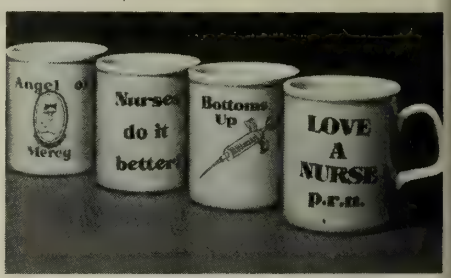
Swiveling Susan centerpiece
Useful as well as a decorative complement to your table. It features a complete gallery rail and a concealed ballbearing swivel. Made of pine and hardwood. Measures 13" dia. by 3⅞" high. Available unfinished, $15.95 or finished in dark pine, $19.95. Please add $2 postage each. Comes with a 90-day guarantee. Order from Yield House, Dept. D16A, Box 1000, North Conway, NH 03860.



Fone-A-Lert
Don't miss calls when you're in the yard or away from phone or door. Lets you hear your phone or doorbell anywhere on your premises. Just apply suction cup to surface of phone or doorbell chime box, 40' wire. Uses standard 9-volt battery (not included). 4¼ x 3½ x 2½". $19.95 + $1.50 postage. Order from Hoist, Inc., Dept. BH-681, 1118 West Lake, Box 370, Tawas City, MI 48763.



Elegant rings
For yourself or to give as gifts. All in silver-look rhodium plate. Simulated diamond band, $16.95. Guard rings in simulated ruby, emerald, sapphire, jet, topaz, aquamarine, amethyst or diamond, $7.95 each. Sizes 4-9. Please add 75¢ postage. New York residents add sales tax. Order from Lions, Dept. 45-BG, 665 Middle Neck Road, Great Neck, New York 11023.



Porcelain "Nurse" mug set
Beautiful hi-glazed beige coffee or tea mugs stand 3⅝" H x 2¾" W. Classic imprints "Nurses Do It Better," "Love A Nurse-p.r.n.," "Angel of Mercy" and "Bottoms Up" are printed in red and blue. Order a set of 4 distinctive mugs (1 of each design) for only $7.95 plus $2.25 post. 8 mugs, $13.95 + $3.50 post. Creative Marketing, Dept. NM-104, 500 Market St., Perth Amboy, NJ 08861.



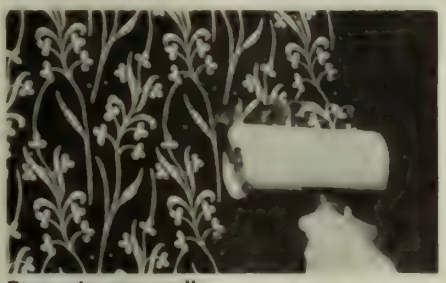
Charming pendants for you to wear
These smiling cats hang around on 18" chains collecting complements. Their smile is contagious. Choose "Loving Cats" or "Smiling Cat" in gold or silver finish. Please specify. They'll come to live with you for $5.50 each plus 50¢ post. (NY res. add sales tax.) We're sure you'll give them a good home. Money back guarantee. Martie, Dept. 3, P. O. Box 344, Katonah, NY 10536.



"Contempo" TV swivel stand
Put your TV on a pedestal! It turns every which way for perfect viewing from any angle. Super-strong platform rotates on pedestal base, gives a great view—no strain. Styrene 14" x 10" x 2½" H. Specify Ebony or White; #Z511931B. $12.95 plus $1.95 postage. Two for $24.95 plus $3.50 postage. Order from Old Village Shop, Dept. VZ-2015, 340 Poplar Street, Hanover, PA 17331.



Draw instantly—no lessons!
No talent! Just focus this invention on any person, still life, landscape or photo. Then follow the lines of the "picture image" reflected on the paper. You get a "professional looking" drawing; also reduces or enlarges. You'll delight your family and friends with the results from the Magic Art Reproducer. $3.98 + 60¢ post. Norton Products, Dept. BHG-6, Box 2012, New Rochelle, NY 10802.



Decorate your walls
Amazing roller paints wallpaper patterns directly on walls, furniture, fabrics, etc. Choose from florals, geometrics, woodgrains, modern, Colonial, Victorian and more. Now you can re-do your home or apartment in a unique fashion. Complete kit, including catalog, costs $12.95 plus $2 postage. Rollerwall, Inc., Dept. BH-61, Box 757, Silver Springs, MD 20901.



A useful comfortable shoe
Called "Teaser" is made of soft leather-like uppers with padded insoles and 1¼" heels. Available in sizes 4 through 12; in narrow, medium and wide widths. Choose White, Bone, Camel, Navy and Black. $19 plus $1.95 postage. Sizes over 10, add $1.50 extra. So comfortable you'll want several colors. Order from Sofwear Shoes, Dept. BHE-6, 1811 San Jacinto, Houston, TX 77002.

JUMBO BORDERLESS COLOR PRINTS

Kodacolor FILM
DEVELOPED & PRINTED ON DELUXE PAPER
SIZE 110-126-135MM
12 EXPOSURE
$1.25 POSTPAID

20 & 24 EXPOSURE
SIZE 110-126-135MM-$2.25 POSTPAID
36 EXP.-135MM-$4.25 POSTPAID
OFFER ENDS OCT. 5, 1981
MAIL FILM, AD WITH CHECK OR MONEY ORDER TO:
533
SKRUDLAND PHOTO
HIGHWAY H NORTH
LAKE GENEVA, WIS. 53147

YARD SALE HERE

MAKE BIG MONEY FROM YOUR YARD SALE
$100 $200 as much as $500 can be made from a successful yard sale. Outdoor signs are a must for attracting customers and dollars. The Yard Sale Success Kit provides you 11 easy-to-see flourescent signs plus helpful tips for planning your yard sale. • Do you know the best times for having a yard sale? • What items are best sellers? The Yard Sale Success Kit gives you the answers to these and many more extensively researched questions, plus 100 price tags all for $3.95 PPd. Send check or money order to AIM Co. Dept. BH6 3910 Melinda Dr. Chattanooga, TN 37416

FREE



WARDS EXCITING NEW COLLECTION OF HOME FURNISHINGS

. . .featuring furniture and accessories plus helpful tips on home decorating.

Enjoy at-home shopping pleasure. For FREE catalog, send your name and address (please print) to:

Wards Furnishings
Dept. BHG
P.O. Box 6778
Chicago, IL 60680

DON'T DELAY, Supply of free catalogs is limited. Thank you

MONTGOMERY WARD

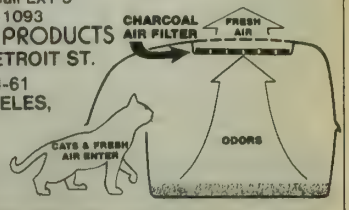
ODOR-FREE LITTER BOX
Powerful charcoal air filter removes all odor!



Litter odors are absorbed 100% by the special Boodabox® air filter scientifically treated with high grade odor absorbing activated charcoal.

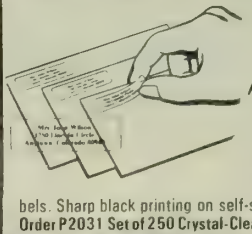
BOODABOX®
Guaranteed 100% odor-free
UNCONDITIONAL 30 DAY MONEY BACK GUARANTEE

■ Appeals to cats' privacy instincts ■ No training needed ■ Ends litter scatter ■ Conceals litter ■ Uses less litter ■ Lift top to clean covered pan ■ Fits any decor ■ Rugged Almond Beige ABS plastic ■ Deluxe textured finish ■ Sprayproof seal ■ Roomy 27"L x 16"W x 17"H ■ Big 8" x 14" entry ■ Filters last 6 months, $2.95 ea. (about 2¢ a day) ■ Filter reorder forms included ■ Liners available
$29.95 + $4.00 Shipping, Check or M.O.
Add $1.80 tax in Calif.
MC/VISA Call EXT 5
(213) 934-1093
BOODA PRODUCTS
439 S. DETROIT ST.
DEPT. BH-61
LOS ANGELES, CALIF.
90036
© 1981
Pat. Pend.

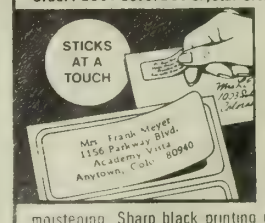




1000 RETURN ADDRESS LABELS **$1.00**
1000 gummed economy name and address labels printed in black with ANY name, address, zip code. Up to 4 lines.
Order S717 Set of 1000 Economy Labels (boxed) $1.00

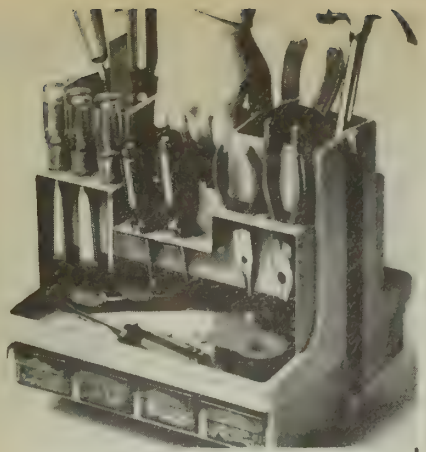


250 Crystal-Clear RETURN ADDRESS LABELS **$1.98**
The color of your stationery shows through these transparent labels. Sharp black printing on self-stick see-through labels.
Order P2031 Set of 250 Crystal-Clear Labels (boxed) $1.98



250 Self-Stick WHITE GLOSS LABELS **$1.98**
Glossy white self-stick labels cling to any smooth surface — no moistening. Sharp black printing up to 4 lines.
Order P6030 Set of 250 White Gloss Labels (boxed) $1.98

Walter Drake — 3056 Drake Bldg. Colorado Springs, CO 80940
NAME _____
ADDRESS _____
CITY & STATE _____ ZIP _____
___S717 1000 Labels @ $1 each $_____
___P2031 Crystal-Clear Labels @ $1.98 ea $_____
___P6030 White Gloss Labels @ $1.98 ea $_____
Add 20¢ per set for shipping & handling $_____
SATISFACTION GUARANTEED Total $_____



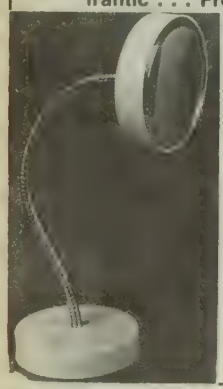
HEAVY-DUTY, LIGHTWEIGHT TOOL CADDY totes and organizes all your tools! Molded blue plastic has 6 compartments, 22 cut-outs, 8 acrylic drawers for nails, screws, small accessories — lift and pull action prevents accidental spills. From Canada, 12¾x11x11¾" with large handle — an outstanding gift! (Tools not included.)
6237 Tool Caddy $15.98

Add $1.95 shipping. NY res. add tax. MasterCard, Visa: send card #, exp. date.

CHARGE BY PHONE, TOLL FREE: Call 1-800-228-2626 for fastest service.

LILLIAN VERNON® Dept. H63
510 S. Fulton Ave., Mt. Vernon, NY 10550

If tweezing your brows and applying eye makeup makes you frantic . . . Fret no more!!!



This marvelous Magic-Focus mirror was developed by a noted eye doctor for the woman who can't see what she is doing without her glasses, and can't do what she is seeing with glasses. Distortion free, optically perfect mirror has a flexible brass gooseneck arm for hands-free grooming; adjusts to perfect focus for your eyes. Tweeze or apply makeup WITHOUT GLASSES, regardless of your prescription or need for bifocals 4" mirror; white frame and base

$17.98
plus $1.95 post & hndlg

FERRY HOUSE Dept. BR
Briarcliff Manor, N.Y. 10510

---

greenhouses

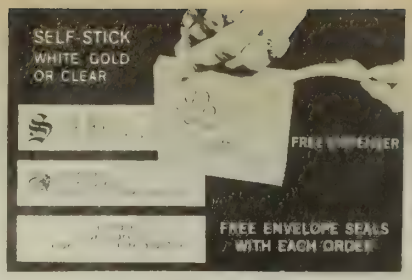
Shatterproof fiberglass/California Redwood. Designed for the home gardener. Freestanding and lean-to models and accessories. Use my "guaranteed lay-away" plan.

Send $1.00 (refundable) for my color catalog, plus a regular $1.50 greenhouse booklet.

Peter Reimuller
—The Greenhouseman®
980 17th Ave. Dept. 7 F, Santa Cruz, CA 95062

PALLISER Furniture and *Carol-Ann* Furniture, 2 fine quality Canadian manufacturers.

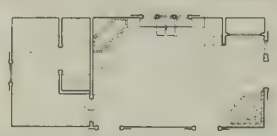
ARE YOU GOING INTO THE MAIL ORDER BUSINESS?
NEED HELP WITH YOUR AD?
Send for the facts about mail order advertising in Better Homes and Gardens magazine. Write to:
BETTER HOMES AND GARDENS MAGAZINE
Dept. MO-1-6, 750 Third Avenue, New York, N.Y. 10017



ADDRESS LABELS IN FREE DISPENSER
Self-Sticking labels dispense with ease ready to apply. No moistening needed. Up to 4 lines in rich black. FREE ENVELOPE SEALS with each order. Deluxe 2¼" Lg. Money back guarantee. 500 labels per order.

	WHITE	GOLD	CLEAR
1 Order	$3.95	$ 4.95	$ 5.95
3 Orders (Mixed copy OK)	$9.95	$11.95	$14.95

Specify: Plain ( ) Initial ( ) Zodiac ( )
Add 50¢ per order Post/Hdlg. (Cal. res. add 6%)
Send to: LABELS UNLIMITED, Dept. 543
182 Paul Dr., San Rafael, CA 94903



DESIGN YOUR OWN KITCHEN AND BATH
WITH OUR FLOOR PLAN DRAFTING KIT

Save money and avoid errors with our unique kit. Lets you produce accurate, professional scale floor plans easily and quickly. Kit contains all the tools and information you need...simple, step by step instructions, handy tips, graph paper, architect scale, templates and facts

To get yours, send $8.95 plus $1.00 postage and handling to.

IVEL ILLUSTRATIONS
Dept. BH681, 130 Pleasant Street, Leicester, MA 01524
Money back guarantee if not completely satisfied

COLOR PHOTO SPECIALS

YOUR CHOICE ALL BORDERLESS
$2.50 FULL COLOR

16 WALLET SIZE WITH FREE 5x7
or
10 -3½x5 PRINTS
or
4 -5x7 ENLS.
or
1 -8x10 ENL.
or
20 WALLET SIZE



Full size color copies on Kodak lustre paper without borders. Finest copies available. Send only photo(s) or instant print(s) (8x10 or smaller). Returned. Add 35¢ per selection for post. and hndlg., and 50¢ extra for First Class service. Satisfaction guaranteed or money back. Send check or m.o. to:
RELIANCE COLOR LABS, INC.
Studio 514-6, Box 159, Stamford, CT 06904

SAVE ENERGY

SHOP BY MAIL

Crochet World

FOR ALL THOSE WITH CROCHET IN THEIR HEARTS

- Over 100 crochet patterns during the year!
- Less than 4c a pattern!
- Crochet Patterns
- Crochet Designs
- Crochet Articles
- Antique Crochet Patterns
- Crochet Columnists
- Crochet Contests
- Crochet Exchanges
- Crochet Information
- Crochet News
- Crochet Photos
- Crochet Gossip



JUST $6.00 per year

CROCHET WORLD (PUB BIMONTHLY)
Box 837-SY, Seabrook, N.H. 03874

Extra wide ruffles
Curtains for every room in your home. In Natural or White; 84" wide per pair with 4½" ruffles. 45" or 54", $17 pr.; 63" or 72", $20 pr.; 81" or 90", $22 pr. Please add $2.75 post. each order. Free Catalog. Country Curtains, Dept. BHG6, Stockbridge, MA 01262.





Giant pampas plumes
Dense natural plumage reaches a full 7' high. Add glamour to your decor. Arrangement of 8 feathery plumes, $29.95 + $5 postage. Color Portfolio 50¢. Tropical Island Imports, Dept. BH3, 901 N. W. 8th Ave., Ft. Lauderdale, FL 33311. Toll Free: 1 (800) 327-3729.

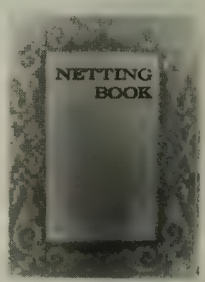
Hair today—gone tomorrow
Perma Tweez, a permanent electrolysis method, removes hair from face, legs, body. Original patented feature destroys roots without puncturing skin. $16.95 ppd. General Medical, Dept. BHE-60, 1935 Armacost, W. Los Angeles, CA 90025.





Silken Schefflera
Everlasting; a decorating favorite. It looks so real you'll want to water it! Large 52", $29.95 + $3 post. 10" x 10" handwoven banana basket, $3.95 + $2 post. Color Portfolio 50¢. Tropical Island Imports, Dept. BH5, 901 N.W. 8th Ave., Ft. Lauderdale, FL 33311.

Netting Book
Loads of ideas on how to perform this fascinating phase of needlework! A 48 page book of Netting patterns that is popular today. Get one for yourself and introduce it to your Needlework Group. $2 ppd. Netting Book, Box 428-BH, Seabrook, NH 03874.





Seashells in a seashell
Unique collection of shells from around the world nestled in a Giant Clam Shell. Excellent for display or as a unique gift. Collection in Giant 10" Clam Shell, base included. $12.95 + $3 postage. Write for Color Portfolio 50¢. Tropical Island Imports, Dept. BH5, 901 North West 8th Avenue, Ft. Lauderdale, FL 33311. Call Toll Free: 800-327-3729.



Cluster of violets
A bouquet of Dandy Daffodils, Zesty Zinnias, Perky Pansies, Heart-warming Hyacinth, Perfect Pinks, Fresh-as-a Daisy and a crochet basket to hold them. Patterns $2 ea.; 8/$7.98 ppd. Kits $5.98, 8/$39.98 ppd. Annie's Attic, Rt 2, Box 212b, BH5, Big Sandy, TX 75755

Spiral stairs
Perfect indoors or out. balcony, basement, main stair, loft. Complete range of styles, sizes and detailing in stock adjustable or custom made models. Free consultation. Send 50¢ for info. Mylen Ind., 650-D6 Washington St., Box 350, Peekskill, NY 10566





Hummingbird feeder
One-quart bottle gives lasting feast for birds. 6 dripless red plastic flowers lure hummingbirds to the feeder. Just fill with sugar water, hang near window and watch. Order A2072; $7.99 postpaid. Walter Drake, BH32 Drake Bldg., Colorado Springs, CO 80940

Beautifully plated
Solid metal baby shoes $3 99 pair. A keepsake forever. Available: Portrait Stands (shown). Bookends, TV lamps. Makes the perfect gift for dad, grandparents. Send no money. Write for details and postpaid mailer. American Bronzing, Box 6504-Fe-2, Bexley, OH 43209





Lyre pendulum
Do-it-yourselfers who build Emperor Clock Co.'s Model 120-K grandfather clocks can accessorize them with a solid brass Lyre Pendulum; perfectly matched in size and weight. Free Color Catalog. Emperor Clock Co., Emperor Industrial Park, Fairhope, AL 36532.



Enjoy New England Log Homes Living
Select from more than 50 energy-efficient models available with hand-peeled logs or Panelog™ designs. Easily adaptable to solar energy; build it yourself with NELHI's Total Building and All-weather TotalSeal Insulating systems. A home for every budget. Details in NELHI's PLANNING KIT: $5 postpaid. NELHI, Dept. BH6, P. O. Box 5056, 2301 State St., Hamden, CT 06518.

Look Slimmer Instantly!!!



No pills to take starvation diets or tedious exercise programs. Simply put on your Speed Slimmer and immediately look thinner, feel younger and stand taller. Best of all, your Speed Slimmer keeps on working as long as you wear it! Feel the control as you go about your daily routine! One size fits men and women. Order your Speed Slimmer #**20820** TODAY!

Send only **$7.99** plus .95¢ postage & handling Or, **SAVE** $2.93 and order TWO Speed Slimmers for only **$14.95** **We pay postage & Handling.** (N.J. res. add sales tax.):

CREATIVE MARKETING,
Dept WS-18, 500 Market St
Perth Amboy, NJ 08861



Handwoven Huaraches

A supple sandal artfully woven of GENUINE STEERHIDE LEATHER. Open toe and heel. Imported for us in NATURAL. Full sizes, 5-10M.

Send $1 for NEW CATALOG credited to 1st purchase

$13.95 pair
two pairs just $24.90

SATISFACTION GUARANTEED OR MONEY BACK!

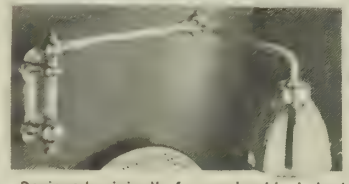
Call 602-795-1281
Charge Orders Only

Add $1.95 p&h one item, $2.95 for two or more. AZ res. add 6% tax.

Dept. BT6HR.
600 S. Country Club, Tucson, AZ 85726

OLD PUEBLO TRADERS since 1946

CHART ROOM SWIVEL LAMP OF GLEAMING SOLID BRASS



only **$64.**

Sight-Saver Special 2 for $119.00

Designed originally for use in ships' chart rooms . . . now a handsome addition to your home! Perfect for reading, studying, sewing, hobbies and all close work! Its traditional nautical look and efficient design give it a unique, functional beauty that blends well with every decor, and it helps eliminate eyestrain with a four-direction swivel feature that puts the light precisely where it's needed. It mounts on the wall, reaches 25" and can accommodate a high-wattage bulb. (Z803585), **$64.00 ea., 2 for $119.00.** Add $2.50 post. & handl. each. Major Credit Cards accepted. PA res. add sales tax. Moneyback guarantee.

Pennsylvania Station, Dept. PZ-2024,
340 Poplar St., Hanover, PA 17331

COUNTRY CURTAINS®

Gingham Checks



LENGTHS
25", 30" or 36" 10.50 pr.
45" or 54" .. 14.00 pr.
63" or 72" .. 16.50 pr.
VALANCE
10" x 74" ... 4.25 ea.

Send for free catalog

Country Curtains are a tradition years of old fashioned quality and conscientious service. 1 4" woven checks in red, yellow, light blue, brown or pink with white. Cotton/polyester. 74" wide per pr. Matching bedspreads. Check, money order, Mastercard, or Visa Mass res add 5% tax. Postage/handling: under $25 add $1.75, over $25 add $2.75. Satisfaction guaranteed.

COUNTRY CURTAINS
Dept. 62, Stockbridge, Mass. 01262



"SAVE YOUR HEART"

with a **STAIR-GLIDE®** Stairway Lift

America's largest selling stairway lift. Ideal for people who cannot or should not climb stairs. Easily installed in less than 2 hours without damaging stairway. Runs off household current. Choose from Deluxe or Economy models.

AMERICAN STAIR-GLIDE® CORP.
4001 East 138th, Dept. BHG-061
Grandview, Missouri 64030





1 Ct. or 2 Ct. ROUND SPINELS. Lionite synthetic spinels with diamond-like brilliance and pronged settings. Specify white or yellow gold plate. Send ring size. **1 Ct. $6.95. 2 Ct. $9.95**
Add 75¢ postage
Send 25¢ for catalogue

BLACK ONYX RING. A genuine onyx stone in an elongated oval cut, tops a white gold-plate ring in a delicate setting. Sizes 4-9. **$15.95.** Please send ring size.
N.Y. residents add sales tax

Lions
665 MIDDLE NECK RD. B-25. GREAT NECK, N.Y. 11023



BRIGHTEN YOUR KITCHEN THE WAY EUROPEANS DO!

Do you find your electric burners very unattractive and hard to keep clean? With Burner Covers you protect burners from spills and grease while adding a beautiful touch to your kitchen decor. Burner Covers are manufactured from strong steel and fine porcelain enamel, heat resistant and dishwasher safe. New, great conversation pieces. You love to show them to your friends. Burner Covers make unique gifts. Many colorful designs available. Two sizes: Small, $6.95 each ppd. Large, $7.95 each ppd.

MAX BURTON ENTERPRISES, INC.
502 Puyallup Ave., Tacoma, Washington 98421

Send for your *free* color brochure and price list today! BH-6

Name _____
Street _____ Apt. _____
City _____
State _____ Zip _____

The Man Next Door®

Rosemary reports that another big tuition increase is on tap next semester at her college. Hmm—I think I finally understand what is meant by "higher" education.

Along with just about everyone else, Bill and Isabel Norman are trying to economize. For starters, they redefined the "family vacation." They decided they can go west and stay with two cousins and a brother along the way, or head south and lay over with a sister's family and a grandmother.

The whole Hillis family is pitching in to tend our backyard vegetable garden this summer. Even Judy, age 11, has volunteered to help keep the weeds out—but I'm going to keep a watchful eye on her around the spinach.

Mother Hillis reports she doesn't often lose her train of thought, but it does slow down more for crossings these days.

"Show me a man driving one of those subcompact cars," says Ed Randall, "and I'll show you a man with his shoulder to the wheel." And his knees to the dashboard, I might add.

According to Millie Dowd, you can always spot a careful supermarket shopper. Her wad of coupons is as thick as her wad of money.



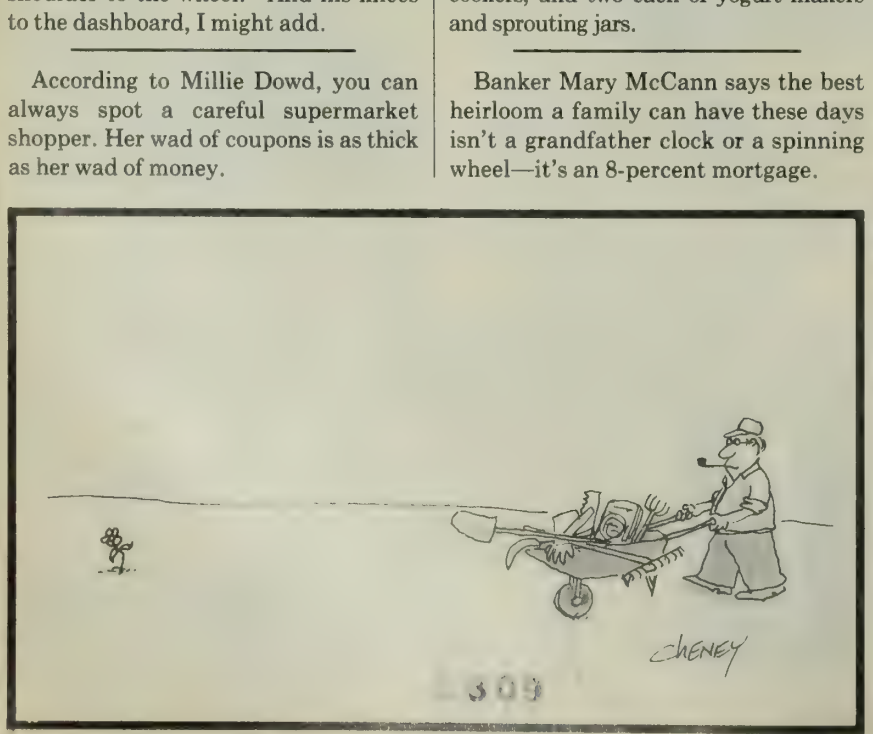
"Madam . . . the dates on the milk are all the same . . ."

Dick Dresch says he installed a new hammock in his backyard because he wanted one place around the house where he could still have his sway.

Asked by her four-year-old the difference between credit cards and money, Liz Randall replied instantly, "Credit cards you keep."

Remember when a June bride could count on getting several duplicate toasters and electric skillets among her gifts? Times—and gifts—have changed. Rosemary reports one recently wed dorm mate tallied five woks, four crockery cookers, and two each of yogurt-makers and sprouting jars.

Banker Mary McCann says the best heirloom a family can have these days isn't a grandfather clock or a spinning wheel—it's an 8-percent mortgage.



Lee Bayless has an interesting explanation for our current economic doldrums. He says the low birth rate in recent years has resulted in a critical shortage of teen-agers to spread their parents' money around town.

I was elbow-deep in soapsuds when my young friend Hank, aged seven, rapped on the kitchen door. "Mr. Hillis! You're doing the dishes?" he exclaimed as I waved him in.

Despite Hank's wonderment, doing household chores doesn't bother me, especially now that Chris is working part time at the library. And judging from the results of my straw poll at the office, I'm not alone.

With so many wives working, more of my male associates are pitching in on cooking, cleaning, shopping, and other domestic chores. We still aren't doing as much as we should, but attitudes are slowly changing for the better. By the time Hank is grown, there'll undoubtedly be even more domestic equality among men and women.

Several of the fellows I work with are getting positively vain about their newly developed culinary abilities. Bill Kendall's breads already are famous around the office. Dick Dresch is happily planning to lay away lots of pickles and jams this summer. Charlie Ellman gives out copies of a casserole recipe he perfected.

Before their wives returned to work, not one of these fellows could turn out anything more complicated than a fried egg or a bowl of soup.

Unfortunately, I have little talent at the stove, which is why Hank found me at the kitchen sink.

After I had made several valiant attempts at preparing dinner for the family, Chris and I reached a decision: It would be in the best interests of all the Hillises if I concentrated my efforts on kitchen cleanup and the laundry.

Those tasks may seem mundane to you, but I am proud of my contribution nevertheless: I'll stack my dinner plates and bath towels against Dick Dresch's pickles any day!

Burton Hillis